

**Bread Baking:
The ultimate
guide to making
your own bread
at home**

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Introduction

The savings of making your own bread are immense; it's rare for a homemade loaf of bread to cost more than a dollar. Compare that to the prices you find on the shelf in the grocery store and consider the fact that you'll probably go through several loaves of bread each week.

Of course, that store-bought loaf doesn't just come with a higher price tag, it also comes with dough conditioners, additives, preservatives, and a heap of sugar. That loaf is jam-packed with tasty sounding things like calcium propionate, calcium sulfate, and potassium iodate.

All that extra money you're spending isn't just buying you convenience, it's also buying you a handful of strange chemicals you need to look up on the Internet to understand. I would argue that learning how to bloom yeast, knead dough, and bake a tasty loaf at home is much less complicated than figuring out what kind of strange chemicals you're feeding your family every day, wouldn't you?

Understanding flour

Wheat flours

Different types of wheat make different types of flour. Not every kind of flour can make quality bread dough. Protein content is the most influential factor in determining if a type of flour should be used for bread. The protein content of most flours is directly related to the available gluten that flour can create. Gluten is a large protein molecule that, when hydrated, forms protein chains that tangle together and give dough the structure that holds it together. This structure then captures the gas bubbles created by yeast, steam, or chemical leavening agents that cause the bread to rise.

Cake flour

Cake flour has very low protein content, averaging around 7 to 9 percent. As a result, it has a very low amount of available gluten. While this makes for soft, tender cakes, and pastries, it has little of the structure required for making bread. Cake flour is also treated with chlorine dioxide or chlorine gas to help whiten it. This chemical change makes cake flour more acidic and less hospitable for yeast.

Whole wheat flour

Whole wheat flour has high protein content, averaging between 11 and 15 percent. Unfortunately, not all of this protein is available as gluten. A large amount of the protein in whole wheat flour is locked up in the germ and bran coating that is ground into the flour. While wheat germ and bran contribute healthy nutrients as well as fiber, they ultimately interfere with gluten formation.

Bread dough made completely from whole wheat flour will not have enough gluten to maintain a significant rise. As a result, unless you like very dense, heavy bread, it can be a good idea to add a little all-purpose or bread flour to whole wheat bread.

All-purpose flour

All-purpose flour has modest protein content averaging between 11 and 12 percent. This amount of available gluten works well with breads that use chemical leavening agents. While all-purpose flour can be used to make a yeast-leavened bread, it doesn't usually have the same rise as dough made from bread flour. It is also worth noting that because all-purpose flour comes from regional blends of ground wheat, the protein content can be inconsistent from one bag of flour to the next.

Bread flour

Bread flour averages between 12 and 13 percent protein content. As a result, it has enough available gluten to make dough that will be sturdy enough to trap the gasses released by yeast.

Self-rising flour

Self-rising flour is actually a blend of all-purpose flour combined with the chemical leavening agent baking powder. It is often used for quick breads and pastries, however, it should not be used for yeast-raised bread dough. Self-rising flour often requires sifting, or whisking, to break up any small clumps before being incorporated with the wet ingredients. Self-rising flour should be stored in a sealed container, and kept in low humidity to prolong the shelf-life of the baking powder.

Bread Baking Recipes

Cheesy Pesto Bread



Serves: 12

Preparation time: 20 minutes

Cooking time: 1 hour

Ingredients

2 cups blanched almond flour

½ cup arrowroot powder

½ teaspoon white pepper

2 eggs

¼ cup prepared pesto

1/3 cup Parmesan cheese, shredded and divided

7 tablespoons flaxseeds meal

½ teaspoon baking soda

Salt, to taste

1 cup full-fat coconut milk

1¾ cups Cheddar cheese, shredded

Directions

- Preheat the oven to 350 degrees F. Line a loaf pan with lightly, greased parchment paper.
- In a large bowl, place the almond flour, flax seeds meal, arrowroot powder, baking soda, white pepper and salt and mix well. In another bowl, add eggs and coconut milk and beat until well blended. Add pesto, Cheddar cheese and ¼ cup of Parmesan cheese and mix until well blended.
- Place the mixture into the prepared loaf pan and sprinkle with remaining Parmesan cheese.

- Bake for about 50-60 minutes or until a skewer inserted in the center of loaf comes out clean.
- Remove from the oven and place the pan onto a wire rack to cool for about 10 minutes. Carefully invert onto a wire rack to cool slightly. With a knife, cut the bread into desired-sized slices and serve warm.

Per Serving: Calories: 306; Total Fat: 24.1g; Saturated Fat: 9g; Protein: 11.9g; Carbs: 12.5g; Fiber: 3.5g; Sugar: 1.5g

Cornbread



Serves: 12

Preparation time: 15 minutes

Cooking time: 23 minutes

Ingredients

1 cup yellow cornmeal

$\frac{1}{4}$ cup white sugar

$\frac{1}{2}$ teaspoon baking soda

2 large eggs
¼ cup
honey
1 cup all-purpose flour
1 teaspoon baking powder
¼ teaspoon salt
1 cup buttermilk
½ cup butter, melted and cooled slightly

Directions

- Preheat oven to 400 degrees F. Place a 9-inch square baking pan in the oven to heat up.
- In a large bowl, mix together cornmeal, flour, brown sugar, baking powder, baking soda and salt. With a wooden spoon, create a well in the middle of flour mixture. Add eggs, buttermilk and honey and mix until well blended. Add butter and mix until just blended.
- Carefully, place the mixture into heated pan evenly.
- Bake for about 20-23 minutes or until a skewer inserted in the center of loaf comes out clean.
- Remove from the oven and place onto wire rack to cool for about 10 minutes before serving. Cut into desired-sized pieces and serve.

Per Serving: Calories: 200; Total Fat: 9.2g; Saturated Fat: 5.3g; Protein: 3.7g; Carbs: 27g; Fiber: 1g; Sugar: 11.1g

Nuts & Seeds Bread



Serves: 12

Preparation time: 20 minutes

Cooking time: 35 minutes

Ingredients

1½ cups blanched almond flour

¼ cup brown flax meal

Salt, to taste

3 tablespoons agave nectar

¾ cup arrowroot powder

½ teaspoon baking soda

4 large eggs

1 teaspoon apple cider vinegar

1/3 cup sunflower seeds

1/3 cup pumpkin seeds

½ cup unsalted pistachios, chopped

¼ cup hazelnuts, chopped

¼ cup walnuts, chopped

Directions

- Preheat oven to 350 degrees F. Line a loaf pan with a lightly, greased parchment paper.
- In a large bowl, add almond flour, arrowroot powder, flax meal, baking soda and salt and mix well. In another bowl, add eggs, agave nectar and vinegar and beat until well blended. Add egg mixture into the bowl of flour mixture and mix until well blended. Gently, fold in seeds and nuts.
- Transfer the mixture into the prepared loaf pan.
- Bake for about 30-35 minutes or until a skewer inserted in the center of loaf comes out clean.
- Remove from the oven and place the pan onto a wire rack to cool for about 10 minutes. Carefully invert the loaf on wire rack to cool completely before slicing. Cut the bread into desired-sized slices and serve.

Per Serving: Calories: 143; Total Fat: 8.6g; Saturated Fat: 1.2g; Protein: 5.2g; Carbs: 12.4g; Fiber: 1.5g; Sugar: 1.8g

Bacon & Jalapeño Bread



Serves: 8

Preparation time: 20 minutes

Cooking time: 55 minutes

Ingredients

4 ounces thick bacon slices

½ cup coconut flour

Salt, to taste

½ cup coconut oil, melted and cooled

3 large jalapeño peppers, sliced

¼ teaspoon baking soda

6 large eggs

¼ cup water

Directions

- Preheat the oven to 400 degrees F. Grease a baking sheet.
- Place bacon and jalapeño peppers onto the prepared baking sheet in a single layer.

- Bake for about 5 minutes per side.
- Remove from the oven and set aside to cool slightly.
- Now, preheat the oven to 375 degrees F and lightly, grease a baking dish.
- In a food processor, add bacon and jalapeño and pulse until chopped roughly.
- In a large bowl, place the coconut flour, baking soda and salt and mix well. In another bowl, add eggs and oil and beat until well blended. Add egg mixture into the bowl of flour mixture and mix until well blended. Gently, fold in bacon mixture.
- Place the mixture into the prepared baking dish.
- Bake for about 40-45 minutes or until a skewer inserted in the center of bread comes out clean.
- Remove from the oven and place the baking dish onto a wire rack to cool for about 10 minutes. Carefully invert the bread onto a wire rack to cool slightly. With a knife, cut the bread into desired-sized slices and serve warm.

Per Serving: Calories: 254; Total Fat: 23.5g; Saturated Fat: 15g; Protein: 10.2g; Carbs: 1.4g; Fiber: 0.5g; Sugar: 0.5g

Zesty Cranberry Bread



Serves: 12

Preparation time: 20 minutes

Cooking time: 50 minutes

Ingredients

2 cups all-purpose flour

½ teaspoon baking soda

1 egg

1½ teaspoon baking powder

Salt, to taste

¾ cup white sugar

2 tablespoons vegetable oil

¾ cup fresh orange juice

1 cup fresh cranberries, chopped

½ cup walnuts, chopped

1 tablespoon fresh orange zest, grated

Directions

- Preheat the oven to 350 degrees F. Grease a 13x9-inch bread pan.

- In a large bowl, place the flour, baking powder, baking soda and salt and mix well. In another bowl, add egg, sugar, oil and orange juice and beat until well blended. Add egg mixture into the bowl of flour mixture and mix until just blended. Fold in cranberries, walnuts and orange zest.
- Place the mixture in prepared loaf pan evenly.
- Bake for about 50 minutes or until a skewer inserted in the center of loaf comes out clean
- Remove from the oven and transfer onto a wire rack to cool for about 10 minutes. Carefully invert the loaf onto the wire rack to cool completely before slicing. Cut the bread loaf into desired-sized slices and serve.

Per Serving: Calories: 193; Total Fat: 15.9g;
Saturated Fat: 0.8g; Protein: 4g; Carbs: 31.8g; Fiber:
1.3g; Sugar: 14.3g

Cheesy Pepperoni Bread



Serves: 12

Preparation time: 20 minutes

Cooking time: 50 minutes

Ingredients

1 $\frac{1}{4}$ cups milk

3 cups all-purpose flour

1 ($\frac{1}{4}$ -ounce) package active dry yeast

$\frac{1}{2}$ teaspoon garlic powder

1 $\frac{1}{2}$ tablespoons butter

1 tablespoon sugar

$\frac{1}{2}$ teaspoon Italian seasoning

Salt, to taste

8 ounces turkey pepperoni, sliced

Nonstick cooking spray

$\frac{1}{4}$ cup mozzarella cheese, shredded

Directions

- In a small pan, add milk and butter over medium heat and cook until its temperature reaches to 120 degrees F.

- In a large bowl, mix together 1½ cups of flour, sugar, yeast, Italian seasoning, garlic powder and salt. Add pepperoni and stir to combine. Add milk mixture and knead for about 3 minutes. Add remaining flour, ½ cup at a time and knead until a sticky dough forms.
- Now, place the dough into a well-greased bowl and spray the top with cooking spray evenly. With a plastic wrap, cover the bowl and set aside in warm place for about 1 hour.
- With your hands, punch the dough down and set aside for about 10 minutes. Place the dough into a greased 8x5-inch loaf pan. With a plastic wrap, cover the loaf pan and set aside in a warm place for about 45 minutes.
- Preheat the oven to 375 degrees F.
- Bake for about 10 minutes. Now, set the temperature of the oven to 350 degrees F. Bake for about 20-25 minutes. Remove from the oven and sprinkle the cheese on top of bread evenly. Bake for about 10 minutes more.
- Remove from the oven and place the pan onto a wire rack to cool for about 10 minutes. Carefully invert the bread onto the wire rack to cool for about 10-15

minutes. With a knife, cut the bread into desired-sized slices and serve.

Per Serving: Calories: 191; Total Fat: 5g; Saturated Fat: 2.3g; Protein: 10.2g; Carbs: 26.5g; Fiber: 1g; Sugar: 2.3g

Chocolaty Banana Bread



Serves: 12

Preparation time: 15 minutes

Cooking time: 40 minutes

Ingredients

½ cup coconut flour

1 teaspoon baking soda

Pinch of salt

¼ cup coconut oil, melted

1 teaspoon baking powder

½ teaspoon ground cinnamon
½ cup almond butter
1 tablespoon maple syrup
1 teaspoon vanilla extract
2½ cups bananas, peeled and mashed
6 ounces dark chocolate chips

Directions

- Preheat the oven to 350 degrees F. Grease a 9x5-inch loaf pan.
- In a large bowl, place the flour, baking powder, baking soda, cinnamon and salt and mix. In another bowl, add egg, almond butter, coconut oil, maple syrup and vanilla extract and beat until well blended. Add bananas and beat well. Add the egg mixture into the bowl of the flour mixture and mix until well blended. Gently, fold in chocolate chips.
- Transfer the mixture into prepared loaf pan evenly.
- Bake for about 40 minutes or until a skewer inserted in the center of loaf comes out clean.
- Remove from the oven and place the loaf pan onto a wire rack to cool for about 10 minutes. Carefully invert the loaf onto wire rack to cool completely before slicing. With a sharp knife, cut the loaf into desired-sized slices and serve.

Per Serving: Calories: 125; Total Fat: 7.6g; Saturated Fat: 5.5g; Protein: 1.3g; Carbs: 15.9g; Fiber: 1g; Sugar: 10.7g

Pumpkin Bread



Serves: 24

Preparation time: 15 minutes

Cooking time: 1 hour

Ingredients

3½ cups all-purpose flour

½ teaspoon baking powder

1 teaspoon ground cloves

1 teaspoon ground allspice

2 teaspoons baking soda

2 teaspoons ground ginger

1 teaspoon ground cinnamon

1 teaspoon salt

4 eggs, beaten

3 cups sugar

2/3 cup water

1 cup canola oil

1 (15-ounce) can pumpkin puree

Directions

- Preheat oven to 350 degrees F. Generously, grease 2 (9x5-inch) loaf pans.
- In a large bowl, place the flour, baking soda, baking powder, spices and salt and mix. In another bowl, add eggs, sugar, oil and water and beat until well blended. Add pumpkin puree and beat until well blended. Add egg mixture into the bowl of flour mixture and mix until just blended.
- Divide the mixture in both prepared loaf pans evenly.
- Bake for about 1 hour or until a skewer inserted in the center of loaf comes out clean.
- Remove from the oven and place the pans onto wire racks to cool for about 10 minutes. Carefully invert the loaf onto wire rack to cool completely before slicing. With a sharp knife, cut the loaf into desired-sized slices and serve.

Per Serving: Calories: 258; Total Fat: 10.1g;
Saturated Fat: 1g; Protein: 3g; Carbs: 40.8g; Fiber:
1.1g; Sugar: 25.7g

Coconut, Carrot & Zucchini Bread



Serves: 12

Preparation time: 20 minutes

Cooking time: 1½ hours

Ingredients

2 cups all-purpose flour

½ teaspoon baking powder

2 large eggs, beaten

½ cup granulated sugar

½ teaspoon baking soda

¾ teaspoon salt

¾ cup light brown sugar

½ cup canola oil

1 cup zucchini, grated

1 cup carrots, grated

1¼ cups sweetened coconut, shredded and divided

Directions

- Preheat oven to 375 degrees F. Grease an 8x4-inch loaf pan.
- In a bowl, add flour, baking soda, baking powder and salt and mix well. In another

large bowl, add eggs, sugars and canola oil and beat until smooth. Add zucchini, carrots and $\frac{3}{4}$ cup of coconut and stir to combine. Add flour mixture and mix until just blended.

- Place the mixture into prepared loaf pan evenly and top with remaining coconut. With a piece of foil, cover the loaf pan loosely.
- Bake for about 1½ hours or until a skewer inserted in the center of loaf comes out clean.
- Remove from the oven and place the pan onto a wire rack to cool for about 30 minutes. Carefully invert the loaf onto wire rack to cool completely before slicing. With a sharp knife, cut the loaf into desired-sized slices and serve.

Per Serving: Calories: 269; Total Fat: 12.9g;
Saturated Fat: 3.4g; Protein: 3.7g; Carbs: 35.8g;
Fiber: 1.6g; Sugar: 18.4g

Beer Bread



Serves: 12

Preparation time: 10 minutes

Cooking time: 1 hour

Ingredients

3 cups self-rising flour

1 (12 fluid ounces) bottle beer

3 tablespoons white sugar

Directions

- Preheat the oven to 350 degrees F. Grease a 9x5-inch loaf pan.
- In a large bowl, add the flour and sugar and mix. Add beer and mix until sticky dough forms.
- Place the mixture into prepared pan evenly.
- Bake for about 50-60 minutes or until top becomes crunchy.

- Remove from the oven and place the pan onto a wire rack to cool for about 15 minutes. Carefully invert the loaf onto wire rack to cool completely before slicing. With a sharp knife, cut the loaf into desired-sized slices and serve.

Per Serving: Calories: 137; Total Fat: 0.1g; Saturated Fat: 0g; Protein: 3.4g; Carbs: 27.9g; Fiber: 0.8g; Sugar: 3.1g

Sandwich Bread



Serves: 32

Preparation time: 20 minutes

Cooking time: 45 minutes

Ingredients

1 (¼-ounce) package active dry yeast

6¼-6¾ cups all-purpose flour

1 tablespoon salt

2¼ cups warm water

3 tablespoons sugar

2 tablespoons canola oil

Directions

- In a large bowl, place yeast and warm water and mix until dissolved. Add 3 cups flour, sugar, salt and oil and beat until well blended and smooth. Slowly, add remaining flour, ½ cup at a time and mix until a soft dough forms.
- Transfer the dough onto a generously floured surface and with your hands, knead until smooth and elastic. Transfer the dough into a greased bowl and turn to coat well. With a plastic wrap, cover the bowl and set aside in a warm place for about 1½ hours.
- Uncover and with your hands, punch down the dough. Transfer the dough onto a lightly floured surface and cut into 2 equal sized portions. Shape each dough portion into a loaf. Put 1 loaf into each of a greased 9x5-inch loaf pan. With a plastic wrap, cover the loaf pans and set aside in a warm place for about 30-45 minutes.
- Preheat the oven to 375 degrees F.
- Bake for about 30-35 minutes or until the top of loaves become golden brown.
- Remove from the oven and place onto wire racks to cool for about 8-10 minutes. Carefully invert the loaves onto wire

racks to cool completely before slicing.
With a sharp knife, cut the bread loaves
into desired-sized slices and serve.

Per Serving: Calories: 124; Total Fat: 1.3g; Saturated
Fat: 0.1g; Protein: 24.4g; Carbs: 24.4g; Fiber: 0.9g;
Sugar: 1.4g

Quinoa Bread



Serves: 12

Preparation time: 10 minutes

Cooking time: 1½ hours

Directions

1¾ cups uncooked quinoa, soaked overnight and
rinsed

½ teaspoon bicarbonate soda

½ cup water

1 tablespoon fresh lemon juice

¼ cup chia seeds, soaked in ½ cup of water overnight

Pinch of sea salt

¼ cup extra-virgin olive oil

Directions

- Preheat the oven to 320 degrees F. Line a loaf pan with parchment paper.
- In a food processor, place all the ingredients and pulse for about 3 minutes.
- Transfer the mixture into prepared loaf pan.
- Bake for about 1½ hours.
- Remove from the oven and place the pan onto a wire rack to cool for about 10 minutes. Carefully, invert the loaf onto wire rack to cool completely before slicing. With a sharp knife, cut the loaf into desired-sized slices and serve.

Per Serving: Calories: 151; Total Fat: 7.2g; Saturated Fat: 0.8g; Protein: 4.5g; Carbs: 18.3g; Fiber: 3.8g; Sugar: 0g

Gingerbread



Serves: 12

Preparation time: 15 minutes

Cooking time: 1 hour

Ingredients

$\frac{3}{4}$ cup honey

$\frac{1}{4}$ cup full-fat yogurt

$\frac{1}{4}$ cup olive oil

1 teaspoon baking soda

2 teaspoons ground ginger

6 tablespoons butter

$\frac{1}{4}$ cup milk

$1\frac{1}{2}$ cups unbleached white flour

1 teaspoon baking powder

1 teaspoon ground cinnamon

2 tablespoons candied ginger, chopped finely

1 tablespoon fresh ginger, grated

2 teaspoons fennel seeds, crushed

2 large eggs, beaten

Directions

- Preheat oven to 325 degrees F. Line an 8½x4½-inch loaf pan with parchment paper.
- In a medium pan, add honey and butter over low heat and cook until butter is melted, stirring continuously. Remove from heat and stir in yogurt, milk and oil until well blended. Set aside to cool.
- In a large bowl, place flour, baking powder, baking soda and spices and mix well. Add candied ginger, fresh ginger and fennel seeds in honey mixture and mix well. Add eggs and beat until well blended. Slowly, add honey mixture into flour mixture, 1/3 at a time and gently, beat until just blended after each addition.
- Transfer the mixture into prepared loaf pan.
- Bake for about 50-60 minutes or until a skewer inserted in the center of loaf comes out clean.
- Remove loaf pan from oven and place the pan onto a wire rack to cool for at least 10-15 minutes. Remove the bread from pan and place onto wire rack to cool for at least 30 minutes before slicing.
- With a sharp knife, cut bread in desired-sized slices and serve.

Per Serving: Calories: 280; Total Fat: 13.5g;
Saturated Fat: 5.6g; Protein: 4.8g; Carbs: 37.3g;
Fiber: 0.9g; Sugar: 21.7g

Rye Bread



Serves: 12-14

Preparation time: 15 minutes

Cooking time: 45 minutes

Ingredients

3 cups whole-spelt flour

½ cup rolled oats

1½ teaspoons salt

2 cups water

1 cup rye flour

¼ cup cocoa powder

¼ teaspoon dry yeast

1 teaspoon maple syrup

Directions

- In a large bowl, mix together flours, oats, cocoa, salt and dry yeast. Add water and maple syrup and mix until a dough forms.

With a plastic wrap, cover the bowl and set aside at room temperature for about 12-15 hours.

- Transfer the dough into a 12-inch loaf pan and with wet hands, press it down evenly. Sprinkle the top with a little flour. With a clean dish towel, cover the loaf pan and set aside at room temperature for about 1-2 hours.
- Preheat the oven to 400 degrees F and arrange a rack in the middle of the oven.
- Bake for about 40-45 minutes.
- Remove from the oven and place the pan onto a wire rack to cool for about 20-30 minutes. Carefully invert the loaf onto wire rack to cool completely before slicing. With a sharp knife, cut the loaf into desired-sized slices and serve.

Per Serving: Calories: 69; Total Fat: 0.9g; Saturated Fat: 0.2g; Protein: 3g; Carbs: 14.4g; Fiber: 3.3g; Sugar: 0.5g

Dried Fruit Bread



Serves: 24

Preparation time: 20 minutes

Cooking time: 30 minutes

Ingredients

3¼ cups bread flour, divided

1/3 plus 2/3 cup lukewarm water

2/3 cup mixed dried fruit

¼ cup sugar

2 teaspoons dry yeast

2 ounces cream cheese, softened

1 egg

1 teaspoon salt

2 tablespoons butter, melted

2 tablespoons powder sugar

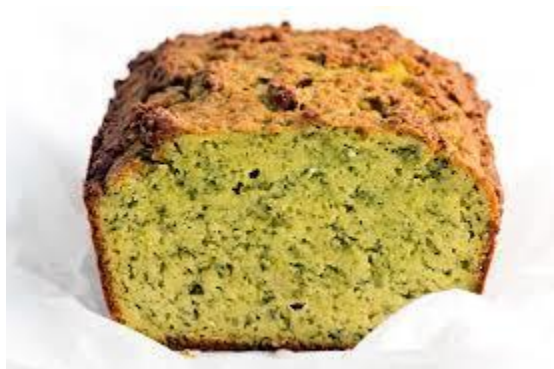
Directions

- In the bowl of a stand mixer, place ¼ cup of bread flour, yeast and 1/3 cup of lukewarm water and mix until well blended. Set aside for about 5 minutes. Add cream cheese, egg, sugar, salt and dried fruit and mix until well blended.

- Now, attach the mixer with dough hook. Slowly, add remaining flour and water, mixing continuously on low speed until well blended. Now, mix on medium speed until a soft and elastic dough forms. With greased hands, place the dough into a greased bowl. With a plastic wrap, cover the bowl and set aside at room temperature for about 1 hour.
- Cut the dough into 3 equal sized portions and shape each into a loaf. Place each dough loaf into 1 greased paper baking pan. With a plastic wrap, cover each pan and set aside at room temperature for about 25-30 minutes.
- Preheat the oven to 375 degrees F.
- Bake for about 30 minutes.
- Remove from the oven and coat the top of each loaf with melted butter. Place onto wire racks to cool slightly, carefully, remove loaves from pans and keep onto wire racks completely. Dust with powdered sugar and cut into desired-sized slices. Serve.

Per Serving: Calories: 124; Total Fat: 2.2g; Saturated Fat: 1.2g; Protein: 2.5g; Carbs: 23.3g; Fiber: 0.8g; Sugar: 2.8g

Kale Bread



Serves: 12

Preparation time: 20 minutes

Cooking time: 50 minutes

Ingredients

1½ cups all-purpose flour

1½ tablespoons baking powder

Salt and ground black pepper, to taste

1 cup feta cheese, crumbled

¾ cup plain Greek yogurt

2 eggs

1 cup whole-wheat flour

1/8 teaspoon red pepper flakes, crushed

2½ cups fresh kale, shredded

¾ cup whole milk

½ cup extra-virgin olive oil

Directions

- Preheat the oven to 350 degrees F. Line a loaf pan with a parchment paper.
- In a large bowl, place the flours, baking powder, red pepper flakes, salt and black

pepper and mix well. Add kale and feta cheese and stir to combine. In another bowl, add milk, yogurt, oil and eggs and beat until well blended. Add yogurt mixture into flour mixture and mix until just moistened.

- Place the mixture into the prepared loaf pan.
- Bake in the oven for about 45-50 minutes or until a skewer inserted in the center of loaf comes out clean.
- Remove from the oven and place the pan onto a wire rack to cool for about 10 minutes. Carefully invert the bread onto a wire rack to cool slightly. With a knife, cut the bread into desired-sized slices and serve warm.

Per Serving: Calories: 239; Total Fat: 12.7g;
Saturated Fat: 3.8g; Protein: 7.2g; Carbs: 24.6g;
Fiber: 1g; Sugar: 2.5g

Breadsticks Recipes

Lemony Parmesan Breadsticks



Serves: 16

Preparation time: 20 minutes

Cooking time: 25 minutes

Ingredients

1 tablespoon sugar

1 (¼-ounce) package active dry yeast

1 cup warm water

1 cup bran cereal

2¼ cups all-purpose flour

½ cup Parmesan cheese, shredded

1½ teaspoons lemon peel, grated

1 teaspoon garlic salt

1 teaspoon black pepper

½ teaspoon cayenne pepper

2 tablespoons olive oil

Cornmeal, as required

1 egg white, slightly beaten

Directions

- In a bowl, add sugar, yeast and warm water and mix until well blended. Set aside for about 5 minutes.
- In a food processor, add cereal and pulse until crushed. Add flour, cheese, lemon peel, garlic salt, black pepper and cayenne pepper and pulse for about 10 seconds. Add oil and pulse for about 10 seconds more. Add yeast mixture and pulse a dough ball is formed. Set aside in processor for about 5 minutes. Again, pulse for about 10 seconds more.
- Remove the dough from the processor and place into a bowl. With a plastic wrap, cover the bowl and set aside for about 10 minutes.
- Preheat the oven to 325 degrees F. Grease 2 baking sheets.
- Cut the dough into 16 equal sized pieces. Place the dough pieces onto a cornmeal dusted surface and roll each into a thin and 14-inch long rope.
- Arrange the breadsticks onto prepared baking sheets in a single layer. Coat the top of each breadstick with egg white and set aside for about 15 minutes.
- Bake for about 25-35 minutes or until top becomes golden brown.
- Remove from the oven and place the baking sheets onto wire racks to cool completely before serving.

Per Serving: Calories: 122; Total Fat: 3.5g; Saturated Fat: 1.2g; Protein: 4.6g; Carbs: 19.1g; Fiber: 2g; Sugar: 1.6g

Molasses Breadsticks



Serves: 12

Preparation time: 20 minutes

Cooking time: 18 minutes

Ingredients

2 tablespoons brown sugar

1 cup warm water

1 (¼-ounce) package dry yeast

1½-2 cups bread flour

1½ cups whole-wheat flour

½ cup plus 2 tablespoons cornmeal

2 tablespoons light molasses

2 tablespoons butter, melted

2 eggs

1½ teaspoons salt

1 tablespoon cold water

Directions

- For breadsticks: in the bowl of a stand mixer, dissolve brown sugar and yeast in warm water. Add ½ cup of bread flour, wheat flour, ½ cup of cornmeal, molasses, butter, 1 egg and salt and beat on medium speed until smooth. Add enough remaining bread flour and beat until a dough forms.
- Place the dough onto a floured surface and with your hands, knead until smooth and elastic. Now, transfer the dough into a well-greased bowl and turn to coat. With a plastic wrap, cover the bowl and set aside in a warm place for about 1 hour.
- With your hands, punch the dough down. Arrange the dough onto a floured surface and cut into 12 pieces. Shape each dough piece into 9x½-inch breadsticks. Arrange the breadsticks onto greased baking sheets about 2-inch apart. With a plastic wrap, cover each baking sheet and set aside in warm place for about 20-30 minutes.
- Preheat the oven to 375 degrees F.
- Meanwhile, for egg wash: in a bowl, add egg and 1 tablespoon of cold water and beat well. Coat the breadsticks with egg mixture and sprinkle with cornmeal.

- Bake for about 13-18 minutes or until top becomes golden brown.
- Remove from the oven and place the baking sheets onto wire racks to cool completely.

Per Serving: Calories: 177; Total Fat: 3.2g; Saturated Fat: 1.5g; Protein: 4.8g; Carbs: 31g; Fiber: 1.3g; Sugar: 3.5g

Garlic & Rosemary Breadsticks



Serves: 18

Preparation time: 20 minutes

Cooking time: 30 minutes

Ingredients

½ cup all-purpose rice flour blend

½ teaspoon dried rosemary, crushed

½ teaspoon xanthan gum

¼ teaspoon salt

½ cup water

¼ cup butter

1 small garlic clove, chopped finely

2 eggs

2 teaspoons poppy seed

Directions

- Preheat the oven to 400 degrees F.
- In a bowl, mix together flour blend, xanthan gum, rosemary and salt.
- In a pan, add water, butter and garlic and bring to a boil. Reduce the heat to low. Add flour mixture and cook for about 1 minute or until a ball is formed, stirring continuously and vigorously. Remove from the heat and set aside to cool for about 5 minutes. Add eggs, 1 at a time and beat well after each addition until well blended.
- In a resealable plastic bag place the dough. Seal the bag and cut a ½-inch hole from one corner. With your hands, twist bag together at the top. Now, pipe the dough into thin 8-inch strips onto an ungreased baking sheet and sprinkle with the poppy seeds.
- Bake for 20-25 minutes or until the top becomes golden brown.
- Remove from the oven and place the pan onto a wire rack to cool slightly before serving.

Per Serving: Calories: 35; Total Fat: 3.2g; Saturated Fat: 1.8g; Protein: 0.8g; Carbs: 1g; Fiber: 0.1g; Sugar: 0.1g

Sesame Breadsticks



Serves: 32

Preparation time: 20 minutes

Cooking time: 25 minutes

Ingredients

2¼ teaspoons fast-acting dry yeast

2-2¼ cups all-purpose flour

2/3 cup warm water

1 tablespoon granulated sugar

1 teaspoon sea salt

1/3 cup olive oil

1 large egg white

1 tablespoon cold water

1½ teaspoons sesame seed

Directions

- In a large bowl, place the yeast and warm water and mix until well blended. Add 1

cup of flour, sugar, 1 teaspoon of salt and $\frac{1}{4}$ cup of oil and with an electric beater, beat on medium speed until smooth. Add enough of remaining flour, $\frac{1}{2}$ cup at a time and with a wooden spoon, mix until dough a slightly sticky dough forms.

- Place the dough onto a lightly floured surface and with your hands, knead until dough is smooth and springy. Shape dough into a 10-inch long roll and then, cut into 32 equal sized pieces crosswise. Now, roll each piece into an 8-inch long stick. Arrange breadsticks onto greased baking sheets about 1-inch apart. on cookie sheets and coat with remaining oil. With 1 greased plastic wrap, cover each baking sheet loosely and set aside in a warm place for about 20 minutes.
- Preheat the oven to 350 degrees F and arrange a rack in the middle of the oven.
- In a small bowl, place the egg white and 1 tablespoon of water and beat slightly. Coat the top of breadsticks with egg wash and sprinkle with sesame seeds.
- Bake for about 20-25 minutes or until top becomes golden brown.
- Remove from the oven and place the baking sheets onto wire racks to cool slightly before serving.

Per Serving: Calories: 54; Total Fat: 2.3g; Saturated Fat: 0.3g; Protein: 1.2g; Carbs: 7.2g; Fiber: 0.3g; Sugar: 0.4g

No-Yeast Breadsticks



Serves: 12

Preparation time: 20 minutes

Cooking time: 18 minutes

Ingredients

1¼ cups all-purpose flour

1½ teaspoons baking powder

2 teaspoons sugar

½ teaspoon salt

2/3 cup milk

3 tablespoons melted butter

2 teaspoons black sesame seeds

Directions

- Preheat the oven to 450 degrees F.

- In a bowl, place the flour, sugar, baking powder and salt and mix well. Add milk and mix until a soft dough forms.
- Now, place the dough onto a lightly floured surface and with your hands, knead 3-4 times. Now, roll the dough into a 10x5x1/2-inch rectangle. Cut the dough rectangle into 12 equal sized sticks.
- In a 13x9-inch baking dish, place melted butter. Place the breadsticks in the baking dish of melted butter and roll to coat evenly.
- Bake for about 14-18 minutes or until top becomes golden brown.
- Remove from the oven and place the baking dish onto a wire rack to cool slightly.
- Serve warm.

Per Serving: Calories: 86; Total Fat: 3.5g; Saturated Fat: 2g; Protein: 1.9g; Carbs: 11.7g; Fiber: 0.4g; Sugar: 1.3g

Buttered Salty Breadsticks



Serves: 16

Preparation time: 25 minutes

Cooking time: 15 minutes

Ingredients

1½ cups plus 2 tablespoons warm water

4¼ cups all-purpose flour

1 package active dry yeast

2 tablespoons unsalted butter, softened

2 tablespoons sugar

1 tablespoon fine salt

3 tablespoons unsalted butter, melted

¼ teaspoon garlic powder

Pinch of dried oregano

Directions

- In a bowl of the stand mixer, attached with a paddle attachment, add warm

water and sprinkle with the yeast. Set aside for about 5 minutes.

- In the bowl of yeast mixture, add flour, softened butter, sugar, fine salt and remaining warm water and mix until a slightly sticky dough forms.
- Place the dough onto a lightly floured surface and with your hands, knead until very smooth and soft. With your hands, roll into a 24-inch long log. Then, cut the log into 16 (1½-inch-long) pieces. With your hands, knead each dough piece slightly and then, shape each into a 7-inch-long breadstick.
- Arrange the breadsticks onto a parchment-lined baking sheet about 2-inch apart. With a clean kitchen cloth, cover the baking sheet and place in a warm place for about 45 minutes.
- Preheat the oven to 400 degrees F.
- Coat the breadsticks with 1½ tablespoons of melted butter and sprinkle with ¼ teaspoon of kosher salt.
- Bake for 15 minutes or until the top becomes lightly golden.
- Remove from the oven and place the pan onto a wire rack to cool slightly.
- Meanwhile, in a bowl, place the remaining kosher salt, garlic powder and oregano and mix well. Coat the warm breadsticks with the remaining melted butter and sprinkle with the salt mixture.

- Serve immediately.

Per Serving: Calories: 160; Total Fat: 4g; Saturated Fat: 2.3g; Protein: 3.7g; Carbs: 27g; Fiber: 1g; Sugar: 1.6g

Margarine Breadsticks



Serves: 24

Preparation time: 20 minutes

Cooking time: 25 minutes

Ingredients

2 cups Bisquick mix plus more

1/3 cup margarine, melted

1/2 cup cold water

Directions

- Preheat the oven to 425 degrees F.

- In a 13x9-inch pan, add margarine and place in the oven to melt.
- In a bowl, add Bisquick mix and water and mix until soft dough forms.
- Dust a smooth surface with extra Bisquick mix generously. Place the dough onto dusted surface and gently coat with Bisquick mix. Make a ball from the dough and with your hands, knead 5 times. With a floured rolling pin, roll the dough into a 10x6-inch rectangle. Cut the dough rectangle in half lengthwise. Then, cut each half into 12 ($\frac{3}{4}$ -inch wide) sticks crosswise.
- Place the breadsticks in the baking dish of melted margarine and roll to coat evenly.
- Bake for about 12-15 minutes or until golden brown.
- Serve hot.

Per Serving: Calories: 63; Total Fat: 4g; Saturated Fat: 0.8g; Protein: 24.4g; Carbs: 6.6g; Fiber: 0g; Sugar: 0.8g

Garlic Breadsticks



Serves: 12

Preparation time: 25 minutes

Cooking time: 1 hour 40 minutes

Ingredients

2 cups all-purpose flour

1 teaspoon sugar

1 teaspoon baking yeast

1 teaspoon salt

2/3 cup lukewarm water

4 tablespoons olive oil

1 head garlic

1 cup mozzarella cheese, shredded

¼ cup Parmesan cheese, grated

Directions

- In a bowl of the stand mixer, attached with dough hook, add flour, sugar, yeast,

salt and lukewarm water and mix on low speed until dough forms. Add 1 tablespoon of oil and mix on medium speed until dough becomes soft and slightly sticky.

- Place the dough into a well-greased bowl and turn once to coat. With a clean kitchen towel, cover the bowl and place in a warm place for about 1-2 hours or until doubled in size.
- Meanwhile, for roasted garlic: preheat the oven to 400 degrees F.
- Carefully, cut the top of the garlic head to expose the garlic cloves. Place the garlic head in the center of a foil piece, cut side up and drizzle with 1 tablespoon of oil. Wrap the foil around the garlic head.
- Roast for about 45-75 minutes or until the garlic is golden and soft.
- Remove from the oven and set aside to cool slightly. Carefully, squeeze the garlic cloves out. Through a garlic press, press the garlic cloves into a small bowl. Add remaining 2 tablespoons of oil and mix well.
- Place the dough onto a lightly floured surface and roll into a 10x12-inch rectangle. Coat the dough rectangle with the garlic mixture evenly and sprinkle with ½ cup of mozzarella and Parmesan cheeses. Fold the dough in half to cover

the cheeses. Cut the dough into 12 equal sized strips. Then twist each strip.

- Arrange the breadsticks onto a parchment paper lined baking sheet in a single layer and sprinkle with remaining mozzarella cheese. With a kitchen towel, cover the baking sheet and set aside for about 30 minutes.
- Preheat the oven to 400 degrees F.
- Bake for 20-25 minutes or until the top becomes golden brown.
- Remove from the oven and place the baking sheet onto a wire rack to cool slightly.
- Serve warm.

Per Serving: Calories: 134; Total Fat: 5.7g; Saturated Fat: 1.2g; Protein: 3.8g; Carbs: 17.1g; Fiber: 0.7g; Sugar: 0.4

Simple Breadsticks



Serves: 24

Preparation time: 20 minutes

Cooking time: 25 minutes

Ingredients

2¾ cups all-purpose flour

¾ cup plus 1 tablespoon warm water

1 teaspoon instant dry yeast

¼ cup olive oil

2 tablespoons butter, melted and cooled slightly 1¼
teaspoons salt

Directions

- In a bowl of the stand mixer, attached with a dough hook, add all ingredient and mix on low speed until well blended. Now, increase the speed to medium-low and mix for about 5 minutes. With a plastic wrap, cover the bowl and set aside at room temperature for about 1 hour.
- Preheat the oven to 375 degrees F. Line 2 large baking sheets with the baking paper.
- Divide the dough into 24 equal sized portions and then, roll each into a 10-inch long and 1/3-inch wide log.
- Arrange breadsticks onto prepared baking sheets, leaving space between each other.
- Bake for about 20-25 minutes or until top becomes golden brown.

- Remove from the oven and place the baking sheets onto wire racks to cool completely before serving.

Per Serving: Calories: 79; Total Fat: 3.2g; Saturated Fat: 0.9g; Protein: 1.5g; Carbs: 10.9g; Fiber: 0.4g; Sugar: 0g

Cinnamon Sugar Breadsticks



Serves: 16

Preparation time: 15 minutes

Cooking time: 20 minutes

Ingredients

¼ cup butter

3 cups flour

1 tablespoon vegetable oil

1 tablespoon baking powder

1 teaspoon salt

¾-1 cup milk

¼ cup cinnamon sugar

Directions

- Preheat the oven to 425 degrees F.
- In a 13x9-inch pan, add butter and oil and place in the oven to melt.
- In a bowl, place the flour, baking powder and salt and mix well. Add milk and mix until a non-sticky dough forms.
- Place the dough onto a lightly floured surface and with your hands, knead 5-6 times. With your hands, roll the dough into 13x9-inch rectangle.
- Arrange the dough into the baking dish over melted butter and oil and sprinkle with cinnamon sugar evenly. Cut the dough rectangle into 12 equal sized sticks.
- Bake for about 20 minutes or until the top becomes golden brown.
- Remove from the oven and place the baking dish onto a wire rack to cool slightly.
- Serve warm.

Per Serving: Calories: 139; Total Fat: 4.3g; Saturated Fat: 2.2g; Protein: 3g; Carbs: 22.2g; Fiber: 0.7g; Sugar: 3.9g

Parmesan Breadsticks



Serves: 18

Preparation time: 20 minutes

Cooking time: 25 minutes

Ingredients

1 (¼-ounce) package active dry yeast

¼ cup white sugar

1 cup warm water

2¼ cups all-purpose flour

1 egg

3 tablespoons vegetable oil

½ teaspoon salt

½ cup butter, melted

½ teaspoon garlic salt

¼ cup Parmesan cheese, shredded

Directions

- In a bowl, dissolve yeast and 1½ teaspoons of sugar in ½ cup of warm water. in a bowl. Set aside for about 5 minutes.

- In the bowl of yeast mixture, add flour, remaining sugar, egg, oil, salt and remaining warm water and mix until a dough forms. Place the dough onto a floured smooth surface and with your hands, knead until smooth and elastic.
- Place the dough into a well-greased bowl and turn once to coat. With a damp kitchen towel, cover the bowl and place in a warm place for about 40 minutes.
- With your hands, punch the dough down and place onto a floured surface. Cut the dough into 18 equal sized pieces and then, shape each into a 6-inch rope.
- Arrange the dough ropes onto a greased baking sheet about 2-inch apart. With a plastic wrap, cover the baking sheet and place in a warm place for about 25 minutes.
- Preheat oven to 400 degrees F.
- Bake for about 10-12 minutes or until top becomes golden brown.
- Meanwhile, in a small bowl, add butter and garlic salt and beat well.
- Remove from the oven and coat the breadsticks with butter mixture evenly.
- Sprinkle with Parmesan cheese and serve.

Per Serving: Calories: 142; Total Fat: 8.1g; Saturated Fat: 4g; Protein: 2.6g; Carbs: 15g; Fiber: 0.5g; Sugar: 2.9g

Honey Breadsticks



Serves: 24

Preparation time: 20 minutes

Cooking time: 20 minutes

Ingredients

1 tablespoon honey

1½ cups warm water

1 tablespoon active dry yeast

4 cups whole-wheat flour

1 teaspoon kosher salt

¼ cup butter, melted

Directions

- In a large bowl, add honey, yeast and warm water and mix well. Add 2 cups of flour and salt and mix until well blended. Add 1 cup of the flour and combine well. Slowly, add remaining flour, a little at a time and mix until a non-sticky dough forms.
- Place the dough into a well-greased bowl and turn once to coat. With a clean kitchen towel, cover the bowl and set aside in a warm place for about 45 minutes.
- Place the dough onto a generously floured smooth surface and roll into ¼-inch thickness. With a pizza cutter, cut the dough into 1-inch strips. Fold each strip in the half and then, twist it.
- Arrange the breadsticks onto 2 greased baking sheets in a single layer. With a clean kitchen towel, cover each baking sheet and set aside in a warm place for about 30-45 minutes.
- Preheat the oven on to 375 degrees F.
- Coat the tops of breadsticks with melted butter.
- Bake for about 15-20 minutes or until golden brown.

- Remove from the oven and place the baking sheets onto the wire racks to cool slightly before serving.

Per Serving: Calories: 97; Total Fat: 2.1g; Saturated Fat: 1.2g; Protein: 2.4g; Carbs: 16.8g; Fiber: 0.4g; Sugar: 0.8g

Mozzarella Stuffed Breadsticks



Serves: 16

Preparation time: 25 minutes

Cooking time: 25 minutes

Ingredients

4½ cups bread flour

1 teaspoon instant dry yeast

1 teaspoon salt

1½ cups warm water
3 tablespoons olive oil
8 ounces mozzarella cheese block
½ teaspoon Italian seasoning
¼ teaspoon garlic powder
¼ teaspoon kosher salt

Directions

- In a bowl of the stand mixer, attached with a dough hook, add flour, yeast, salt and water and mix on low speed for about 3 minutes. Add 1½ tablespoons of oil and mix on medium speed for about 3 minutes.
- Place the dough into a well-greased bowl and turn to coat. With a plastic wrap, cover the bowl and place in a warm place for about 1 hour.
- Place the dough onto a floured smooth surface and knead well. Place the dough into the greased bowl. With a plastic wrap, cover the bowl and place in a warm place for about 1 hour.
- Place the dough onto a floured smooth surface and knead for 2-3 times. With a plastic wrap, cover the dough loosely for about 10-15 minutes.
- Cut the mozzarella cheese block into 12 (4-inch long ¾-inch thick) pieces.
- Divide the dough into 12 equal-sized portions and roll each into a 2x5-inch rectangle. With wet fingers, pat the top surface of each dough rectangle. Place 1 cheese piece in the center of each rectangle

lengthwise. Carefully, roll the dough around the cheese and with your fingers, pinch seams together to seal.

- Arrange the breadsticks onto a parchment-lined baking sheet, seam-side down. With a plastic wrap, cover the baking sheet and place in a warm place for about 30 minutes.
- Preheat the oven to 425 degrees F.
- In a small bowl, add the remaining oil, Italian seasonings, garlic powder and salt and mix until well blended. Coat the top of each breadstick with the oil mixture.
- Bake for about 22-25 minutes or until top becomes golden brown.
- Remove from the oven and place the baking sheet onto a wire rack to cool slightly.
- Serve warm.

Per Serving: Calories: 192; Total Fat: 6g; Saturated Fat: 2.2g; Protein: 7.7g; Carbs: 27.4g; Fiber: 1g; Sugar: 0.1g

Sour Cream Breadsticks



Serves: 12

Preparation time: 15 minutes

Cooking time: 12 minutes

Ingredients

2 cups all-purpose flour

½ teaspoon salt

3 teaspoons baking powder

1/3 cup cold butter

2 tablespoons fresh chives, minced

1¼ cups sour cream

2 tablespoons butter, melted

Coarse salt, to taste

Directions

- Preheat the oven to 450 degrees F.
- In a large bowl, place the flour, baking powder and salt and mix well. With a pastry cutter, cut in cold butter until a fine crumb like mixture is formed. Add the

chives and stir to combine well. Add sour cream and mix until just a dough ball is formed.

- Place the dough onto a lightly floured smooth surface and with your hands, knead until a smooth ball is formed. With a lightly floured rolling pin, roll the dough into a 12×8-inch rectangle. Then, cut the dough rectangle into 12 (1-inch) wide strips.
- Arrange the breadsticks onto an ungreased baking sheet 1-inch apart. Coat the top of each breadstick the melted butter and sprinkle with coarse salt.
- Bake for about 10-12 minutes or until top becomes golden brown.
- Remove from the oven and place the pan onto a wire rack to cool slightly.
- Serve warm.

Per Serving: Calories: 135; Total Fat: 8.2g; Saturated Fat: 5.1g; Protein: 2.2g; Carbs: 13.2g; Fiber: 0.5g; Sugar: 0.1g

Buns Recipes

Raisin Buns



Serves: 12

Preparation time: 25 minutes

Cooking time: 17 minutes

Ingredients

½ cup raisins

½ cup plus ½ teaspoon white sugar

2¼ teaspoons active dry yeast

¾ cup very warm milk

½ cup unsalted butter, softened

½ teaspoon salt

3 large eggs, well beaten

3½ cups all-purpose flour

1/8 teaspoon ground nutmeg

¼ teaspoon ground cinnamon

1 teaspoon water

½ cup powdered sugar

2½ teaspoons cold milk

Directions

- In a small bowl of the hot water, soak the raisins for about 10 minutes. Drain the raisins completely and with paper towels pat dry.
- In a large bowl, dissolve ½ teaspoon of sugar and yeast in ¼ cup of warm milk and set aside for about 10 minutes.
- In a bowl of the stand mixer, attached with a dough hook, add remaining warm milk, remaining sugar, ¼ cup of butter and salt and mix until well blended. Add yeast mixture, 2 eggs, cinnamon and nutmeg and mix well. Place the flour, 1 cup at a time and mix until a soft dough forms. Now, mix on speed 2 until smooth and elastic. Add raisins and mix well.
- Place the dough into a large well-greased bowl and turn once to coat. With a clean tea towel, cover the bowl and set aside in a warm place for about 1½ hours.
- Transfer the dough onto a lightly floured surface and cut into 12 equal sized pieces. Shape each dough piece into a ball.

- Place the dough balls in a 9x13-inch baking dish. With a clean tea towel, cover the baking dish and set aside in a warm place for about 30 minutes.
- Preheat the oven to 375 degrees F.
- For egg wash: in a bowl, add 1 egg and 1 teaspoon of water and beat lightly. Coat the top of buns with the egg wash slightly.
- Bake for about 15-17 minutes or until tops become golden brown.
- Remove from the oven and place the baking dish onto a wire rack to cool slightly.
- Meanwhile, for glaze: in a bowl, add powdered sugar and cold milk and beat until thick. Spread glaze over warm buns and serve immediately.

Per Serving: Calories: 297; Total Fat: 9.7g; Saturated Fat: 5.5g; Protein: 6.4g; Carbs: 47.1g; Fiber: 1.4g; Sugar: 17.7g

Chocolate Buns



Serves: 20

Preparation time: 20 minutes

Cooking time: 20 minutes

Ingredients

3½ cups all-purpose flour

6 tablespoons granulated sugar

3 tablespoons cocoa powder

2¼ teaspoons instant yeast

1½ teaspoons salt

1 cup lukewarm water

¼ cup lukewarm whole milk

¼ cup unsalted butter, softened

2/3 cup chocolate chips

Directions

- In a bowl of the standing mixer, attached with a dough hook, add flour, sugar, cocoa powder, yeast and salt and mix until well blended. Add water, milk, and butter and mix on medium-low speed

until soft and elastic dough forms. Add chocolate chips and mix until well blended.

- Place the dough into a large well-greased bowl and turn to coat. With a plastic wrap, cover the bowl and set aside in a warm place for about 2 hours.
- With your hands, punch down the dough well. Cut the dough into 20 equal sized pieces and shape each into a ball.
- Arrange the dough balls onto 2 parchment paper lined baking sheets about 3-inch apart. With a plastic wrap, cover the bowl and set aside in a warm place for about 1 hour.
- Preheat the oven to 350 degrees F.
- Bake for about 15-20 minutes or until top becomes golden brown.
- Remove from the oven and place the pan onto a wire rack to cool completely before serving.

Per Serving: Calories: 148; Total Fat: 4.4g; Saturated Fat: 2.8g; Protein: 3.1g; Carbs: 24.4g; Fiber: 1.1g; Sugar: 6.7g

Cheesy Bacon Buns



Serves: 12

Preparation time: 25 minutes

Cooking time: 25 minutes

Ingredients

2¼ teaspoons instant yeast

1 cup milk

3 cups all-purpose flour

1 tablespoon sugar

1¼ teaspoons salt

2 pinches ground black pepper

5 tablespoons unsalted butter, melted and cooled

3 cooked bacon strips, chopped

1½ cups cheddar cheese, grated

½ cup onion, grated

2 teaspoons fresh dill, minced

Directions

- Preheat the oven to 350 degrees F.
- In a bowl, dissolve yeast in milk.
- In a bowl of the stand mixer, attached with a paddle attachment, add flour,

sugar, 1 teaspoon of salt and 1 pinch of black pepper and mix slightly. Add the yeast mixture and 4 tablespoons of butter and mix on low speed until a dough forms. Now, switch the mixer to the dough hook and mix on low speed until smooth and elastic.

- Place the dough into a large well-greased bowl and turn once to coat. With a plastic wrap, cover the bowl and set aside in a warm place for about 2 hours.
- Meanwhile, for filling: in a bowl, add bacon, cheese, onion, remaining salt and pinch of black pepper and mix well.
- Place the dough onto a lightly floured surface and roll into a 12x16-inch rectangle. Spread the filling over the dough, leaving about ½-inch borders. Now, roll the dough into a log tightly. With a sharp serrated knife, cut the log into 12 (1-inch) rolls.
- Arrange the rolls onto 2 parchment paper-lined round baking pans and coat the tops with remaining butter. With a plastic wrap, cover each baking pans and set aside at room temperature for about 2 hours.
- Preheat the oven to 350 degrees F.
- Bake for 20-25 minutes or until the tops become golden brown.
- Serve immediately.

Per Serving: Calories: 271; Total Fat: 13.3g;
Saturated Fat: 7.3g; Protein: 10.5g; Carbs: 27g; Fiber:
1.1g; Sugar: 2.3g

Potato Buns



Serves: 8

Preparation time: 25 minutes

Cooking time: 42 minutes

Ingredients

1 large russet potato, peeled and cubed

¼ cup butter, softened

1 cup buttermilk

1 large egg

1 tablespoon active dry yeast

1 tablespoon sugar

1¼ teaspoons salt

2-2½ cups whole-wheat flour

1¾ cups bread flour

½ cup fine-ground cornmeal

Directions

- In a pan of salted water, add potatoes and bring to a boil. Reduce the heat to medium-low a simmer, covered for about 20 minutes. Drain the potatoes and return to pan. Again, place the pan over low heat and cook for about 2 minutes, stirring continuously. Remove from heat and with a potato masher, mash potato.
- In a bowl of the stand mixer, attached with a dough hook, add warm potato and butter and mix on low speed until well blended. Add buttermilk, egg, sugar, yeast, salt and 1 cup of whole-wheat flour and mix on low speed for about 3 minutes. Add remaining whole-wheat flour and mix well. Add bread flour in two batches and mix well after each addition until soft, smooth, only slightly sticky dough ball forms.
- Transfer the dough into a lightly floured bowl and turn to coat. With a damp kitchen towel, cover the bowl and set aside in a warm place for about 1 hour.
- Place the dough onto a cornmeal-dusted work surface and sprinkle with some cornmeal. With your hands, punch down the dough. Make 8 equal sized balls from the dough. Sprinkle dough balls with a little more cornmeal.
- Arrange the dough balls on 2 lightly greased baking sheets about 3-4-inch

apart. With a damp kitchen towel, cover the baking sheets and set aside in a warm place for about 45 minutes.

- Preheat the oven to 400 degrees F.
- Bake for 15-20 minutes or until the top becomes golden brown.
- Remove from the oven and place the baking sheets onto wire racks to cool slightly.
- Serve warm.

Per Serving: Calories: 388; Total Fat: 7.7g; Saturated Fat: 4.2g; Protein: 10.9g; Carbs: 68.5g; Fiber: 3.3g; Sugar: 3.5g

Burger Buns



Serves: 12

Preparation time: 15 minutes

Cooking time: 12 minutes

Ingredients

2 tablespoons active dry yeast

1 cup plus 2 tablespoons warm water

1/3 cup vegetable oil

1/4 cup sugar

3-3½ cups flour

1 egg

1 teaspoon salt

Directions

- Preheat the oven to 425 degrees F. Generously, grease a large baking sheet.
- In a bowl, add yeast and warm water and mix until well blended. Stir in oil and sugar and set aside for about 5 minutes. Add flour, egg and salt and mix until a soft dough forms.
- Place the dough onto a lightly floured surface and with your hands, knead until smooth and elastic. Cut the dough into 12 equal sized pieces and shape each into a ball.
- Arrange the dough balls onto prepared baking sheet about 3-inch apart. With a plastic wrap, cover the baking sheet and set aside for about 10 minutes.
- Bake for 8-12 minutes or until the tops become golden brown.
- Remove from the oven and place the pan onto a wire rack to cool completely before serving.

Per Serving: Calories: 213; Total Fat: 6.9g; Saturated Fat: 1.4g; Protein: 5g; Carbs: 32.8g; Fiber: 1.4g; Sugar: 4.3g

Coconut Buns



Serves: 24 / Preparation time: 15 minutes / Cooking time: 20 minutes

Ingredients

2 cups all-purpose flour
1 teaspoon baking powder
1 cup white sugar
½ teaspoon salt
1 cup cold butter, cut into pieces
½ cup milk
2 eggs
1 teaspoon vanilla extract
½ teaspoon almond extract
¾ cup flaked coconut

Directions

- Preheat the oven to 350 degrees F.
- In a large bowl, place the flour, sugar, baking powder and salt and mix well. With a pastry cutter, cut in the butter until fine crumbs like mixture is formed. In another bowl, add milk, eggs and both

extracts and heat until well blended. With a spoon, make a well in the middle of flour mixture. In the well, place the milk mixture and coconut and mix until just blended.

- With a rounded tablespoonful, place the mixture onto 2-3 ungreased baking sheets about 3-inch apart.
- Bake for 20 minutes or until the top becomes golden brown.
- Remove from the oven and place the baking sheets onto wire racks to cool completely before serving.

Per Serving: Calories: 154; Total Fat: 9.1g; Saturated Fat: 5.8g; Protein: 1.9g; Carbs: 17.1g; Fiber: 0.5g; Sugar: 8.8g

Milky Buns



Serves: 9

Preparation time: 20 minutes

Cooking time: 17 minutes

Ingredients

2½ cups plus 2 tablespoons all-purpose flour

½ cup plus 3 tablespoons milk

3 tablespoons water

1 large egg

¼ cup unsalted butter, melted

¼ cup sugar

2 tablespoons whole milk powder

1 tablespoon instant yeast

1 teaspoon salt

Directions

- In a small pan, add 2 tablespoons of flour, 3 tablespoons of milk and water and mix until smooth. Place the pan over low heat and cook until the mixture is thick, stirring continuously. Remove from heat and transfer into a small bowl to cool completely.
- In a large bowl, add the starter and remaining all ingredients and with a large wooden spoon, mix until a dough comes together.
- Place the dough onto a floured surface and with your hands, knead until a smooth, elastic and soft dough ball is formed. Place the dough into a lightly greased bowl and turn to coat. With a plastic wrap, cover the bowl and set aside for about 60-90 minutes.

- Cut the dough into 9 equal sized pieces and shape each into a ball. Arrange the dough balls onto a greased 9-inch baking dish. With a plastic wrap, cover the baking dish and set aside for about 50 minutes.
- Preheat the oven to 350 degrees F.
- Coat the top of rolls with some milk.
- Bake for 15-17 minutes or until the tops become golden brown.
- Remove from the oven and place the baking dish onto a wire rack to cool slightly.
- Serve warm.

Per Serving: Calories: 220; Total Fat: 6.5g; Saturated Fat: 3.7g; Protein: 6.1g; Carbs: 34.5g; Fiber: 1.2g; Sugar: 7.4g

Cheese Buns



Serves: 12

Preparation time: 20 minutes

Cooking time: 20 minutes

Ingredients

1 tablespoon instant yeast

2 tablespoons honey

1 cup plus 3 tablespoons warm water

3 cups bread flour

2 1/3 cups Cheddar cheese, grated

1/2 cup butter, melted

1 teaspoon salt

1/4 teaspoon cracked black pepper

Directions

- In a bowl of the stand mixer, add the yeast, honey and 3 tablespoons of the

warm water and mix well. Set aside until foamy.

- In the bowl of yeast mixture, add flour, 1/3 cup of cheese, 1/4 cup of butter, salt, black pepper and remaining water and mix on low speed until dough comes together. Now, mix on medium speed until the dough becomes smooth and elastic
- Place the dough into a generously greased bowl and turn to coat. With a plastic wrap, cover the bowl and set aside in warm place for about 30-60 minutes.
- With your hands, punch the dough down. Transfer the dough onto a lightly floured surface and with your hands, stretch into a rectangle. Coat the top of dough rectangle with remaining butter and sprinkle with remaining cheese. Carefully, roll the dough into a log tightly. Cut the dough into 1-inch thick pieces.
- Arrange the dough pieces onto 2 greased baking sheets. With a plastic wrap, cover the bowl and set aside in warm place for about 30-40 minutes.
- Preheat the oven to 350 degrees F.
- Bake for 20 minutes or until the top becomes golden brown.

- Remove from the oven and place the baking sheets onto wire racks to cool slightly.
- Serve warm.

Per Serving: Calories: 284; Total Fat: 15.3g;
Saturated Fat: 9.6g; Protein: 9.2g; Carbs: 27.4g;
Fiber: 1.1g; Sugar: 3.1g

Snack Recipes

Raisin Scones



Serves: 8

Preparation time: 20 minutes

Cooking time: 17 minutes

Ingredients

2 cups all-purpose flour

1/3 cup plus 1 teaspoon sugar

1 teaspoon baking powder

1/4 teaspoon baking soda

½ teaspoon salt
½ cup chilled unsalted butter
½ cup raisins
½ cup sour cream
1 large egg

Directions

- Preheat the oven to 400 degrees F. Arrange a rack in the lower-middle position of oven. Line a baking sheet with parchment paper.
- In a bowl, mix together the flour, 1/3 cup of sugar, salt, baking powder and baking soda. With a pastry blender, cut in butter until a coarse meal like mixture is formed. Fold in the raisins. In another bowl, place the sour cream and egg and beat until smooth. Add egg mixture into flour mixture and with a fork, mix until large dough clumps form. Now, with your hands, knead until a dough ball is formed.
- Place the dough onto a floured surface and with your hands, pat into a 7-8-inch circle with ¾-inch thickness. Sprinkle with remaining 1 tsp. of sugar. Cut the dough into 8 equal sized triangles.
- Arrange the scones onto prepared baking sheet about 1-inch apart.
- Bake for about 15-17 minutes or until the top becomes golden.

- Remove from the oven and place the baking sheet onto a wire rack to cool for about 5 minutes.
- Serve warm.

Per Serving: Calories: 314; Total Fat: 15.5g;
Saturated Fat: 9.4g; Protein: 4.9g; Carbs: 40.3g;
Fiber: 1.2g; Sugar: 13.9g

Sandwich Cookies



Serves: 12

Preparation time: 25 minutes

Cooking time: 12 minutes

Ingredients

2½ tablespoon lemon peel, grated

½ cup fresh lemon juice

3¾ cups all-purpose flour, sifted

½ teaspoon baking soda
1 teaspoon salt
1½ cups sugar
1½ cups butter, softened
2 large eggs
2 large egg yolks
1 teaspoons vanilla extract
2 cups powdered sugar

Directions

- In a small pan, add 1 tablespoon of lemon peel and juice over medium heat and bring to a boil. Cook for about 4-5 minutes or until mixture reduces to 2 tablespoons. Place the mixture into a bowl and set aside to cool completely.
- In a large bowl, place the flour, baking soda and salt and mix well. In another bowl, add sugar and 1 cup of butter and beat until well blended. Add eggs, 1 at a time and beat well after addition. In the same way beat in egg yolks. Add lemon mixture and stir to combine. Place the egg mixture into the bowl of the flour mixture and mix until a dough forms.
- With a plastic wrap, wrap the dough and refrigerate for about 6-8 hours.

- Preheat the oven to 375 degrees F. Line 2 large cookie sheets with parchment papers.
- Remove the dough from the refrigerator. Transfer the dough onto a floured surface. With a lightly floured rolling pin, roll the dough into 3/8-inch thickness. With a 2-inch cookie cutter, cut the cookies.
- Arrange the cookie onto prepared cookie sheets in a single layer.
- Bake for about 12 minutes.
- Remove from the oven and place the cookie sheets onto wire racks to cool for about 5 minutes. Carefully invert the cookies and place onto wire racks to cool completely before filling.
- Meanwhile, for filling: in a bowl, add remaining lemon peel and pinch of salt and with the back of a spoon, mash until a paste forms. Add powdered sugar and remaining butter and beat until well blended and fluffy.
- Arrange half of cookies onto a smooth surface, flat side up. Spread 2 teaspoons of filling over each cookie evenly. Place remaining cookies on top, flat side down.
- Serve.

Per Serving: Calories: 542; Total Fat: 25.1g;
Saturated Fat: 15.2g; Protein: 5.9g; Carbs: 75.4g;
Fiber: 1.2g; Sugar: 45.1g

Cheese Biscuits



Serves: 12

Preparation time: 20 minutes

Cooking time: 17 minutes

Ingredients

2 cups all-purpose flour

1 teaspoon baking powder

Salt and black pepper, as required

1/3 cup cold butter, chopped

3 garlic cloves, minced

4 cooked bacon slices, crumbled

1¼ cups blue cheese, crumbled

1 cup buttermilk

¼ cup unsalted butter, melted

Directions

- Preheat the oven to 450 degrees F. Line a large cookie sheet with a parchment paper.
- In a large bowl, place the flour, baking powder, salt and black pepper. Add chopped butter and mix until coarse

crumb forms. Add 2 garlic cloves, bacon and cheese and mix until well blended. Gradually, add milk and with your hands, mix until well blended.

- With a tablespoon, place the mixture onto prepared cookie sheet. With your fingers, flatten the cookies slightly.
- Bake for about 12-15 minutes. Remove the cookie sheet from oven.
- Meanwhile, in a bowl, mix together melted butter and remaining garlic clove.
- Remove the cookie sheet from oven and coat the top of each biscuit with garlic mixture.
- Now, turn the oven to broiler. Broil the biscuits for about 2 minutes or until top becomes golden brown.
- Serve warm.

Per Serving: Calories: 272; Total Fat: 18.1g;
Saturated Fat: 10.2g; Protein: 9.6g; Carbs: 17.8g;
Fiber: 0.6g; Sugar: 1.1g

Pretzel Recipes

Buttered Pretzels



Serves: 12

Preparation time: 15 minutes

Cooking time: 11 minutes

Ingredients

2 cups warm milk

1½ tablespoons active dry yeast

4½ cups all-purpose flour

6 tablespoons light-brown sugar

4 tablespoons butter, softened

2 teaspoons fine salt

3 cups warm water

1/3 cup baking soda

Coarse salt, to taste

6 tablespoons butter, melted

Directions

- In a bowl of the stand mixer, place the milk and yeast and beat until yeast is

dissolved. Set aside for about 5 minutes. Add 1 cup of flour, brown sugar, softened butter and sea salt and mix with the whisk attachment until well blended.

- Place the remaining flour and mix with the dough hook on medium-low speed until elastic.
- With a plastic wrap, cover the bowl and set aside in a warm place for about 1 hour.
- Preheat the oven to 450 degrees F. Line 2 large baking sheets with baking paper.
- Place the dough onto a lightly floured surface and with your hands, punch down the well. Cut the dough into 12 equal sized portions. Roll each dough portion into a rope and make a U-shape of each. Cross each U-shape over each other and press onto the bottom of the U to form the shape of a pretzel.
- In a large bowl, dissolve baking soda in warm water. Coat the pretzels with the baking soda mixture.
- Arrange the pretzels onto prepared baking sheets and sprinkle with kosher salt.
- Bake for about 7-11 minutes or until golden brown.
- Remove from the oven and coat the pretzels with melted butter.

- Serve warm.

Per Serving: Calories: 297; Total Fat: 11g; Saturated Fat: 6.7g; Protein: 6.9g; Carbs: 42.8g; Fiber: 1.6g; Sugar: 6.3g

Simple Pretzels



Serves: 12

Preparation time: 15 minutes

Cooking time: 8 minutes

Ingredients

4 teaspoons active dry yeast

½ cup plus 1 teaspoon white sugar

1¼ cups warm water

5 cups all-purpose flour

1½ teaspoons salt

1 tablespoon vegetable oil

½ cup baking soda

4 cups hot water

¼ cup kosher salt

Directions

- In a small bowl, place the yeast, 1 teaspoon of the sugar and warm water and mix well. Set aside for about 10 minutes.
- In a large bowl, place the flour, ½ cup of sugar and salt and mix well. Make a well in the middle of flour mixture. In the well, add yeast mixture and oil and mix until a dough comes together. With your hands, knead until smooth.
- Transfer the dough into a lightly greased bowl and turn to coat. With a plastic wrap, cover the bowl and set aside in a warm place for about 1 hour.
- Preheat oven to 450 degrees F. Grease 2 baking sheets.
- In a large bowl, place the baking soda and hot water and mix until well blended. Set aside until it rises.
- Transfer the dough onto a lightly floured surface and divide into 12 equal sized portions. Roll each dough portion into a rope and make a U-shape of each. Cross each U-shape over each other and press onto the bottom of the U to form the shape of a pretzel. Coat the pretzels with the baking soda mixture.
- Arrange the pretzels onto prepared baking sheets and sprinkle with kosher salt.

- Bake for about 8 minutes.
- Remove from the oven and place the baking sheets onto wire racks to cool slightly before serving.
- Serve warm.

Per Serving: Calories: 235; Total Fat: 1.7g; Saturated Fat: 0.3g; Protein: 5.9g; Carbs: 48.6g; Fiber: 1.7g; Sugar: 8.5g

Cheese Pretzels



Serves: 6

Preparation time: 15 minutes

Cooking time: 14 minutes

Ingredients

2 cups almond flour, blanched

1 tablespoon baking powder

1 teaspoon garlic powder

1 teaspoon onion powder
3 cups mozzarella cheese, shredded
5 tablespoons cream cheese
3 large eggs, beaten
Coarse sea salt, for topping

Directions

- Preheat oven to 425 degrees F. Arrange a rack in the center of the oven. Line a baking sheet with parchment paper.
- In a bowl, mix together the almond flour, baking powder, onion powder and garlic powder.
- In a large microwave-safe bowl, add mozzarella cheese and cream cheese and microwave for about 2½ minutes, stirring once after 1½ minutes. add flour mixture and 2 eggs and mix until well blended.
- Transfer the dough onto a floured surface and cut into 6 equal sized portions. Roll each portion into a rope and make a U-shape of each. Cross each U-shape over each other and press onto the bottom of the U to form the shape of a pretzel.
- Arrange the pretzels onto the prepared baking sheet. Coat each pretzel with remaining beaten egg and sprinkle with coarse salt.
- Bake for about 12-14 minutes or until top becomes golden brown.

- Remove from the oven and place the baking sheet onto a wire racks to cool slightly before serving.
- Serve warm.

Per Serving: Calories: 324; Total Fat: 26.6g;
Saturated Fat: 5.4g; Protein: 15.9g; Carbs: 10.7g;
Fiber: 4.1g; Sugar: 1.8g

Cake Recipes

Apple Cake



Serves: 12

Preparation time: 15 minutes

Cooking time: 40 minutes

Ingredients

2 cups sifted all-purpose flour

1 teaspoon baking soda

2 teaspoons ground cinnamon

Pinch of ground cardamom

Pinch of ground cloves

1 teaspoon salt

2 cups white sugar

2 eggs

1 cup canola oil

1 teaspoon vanilla extract

4 cups apples, peeled, cored and chopped

Directions

- Preheat the oven to 350 degrees F and grease and dust a 9x13-inch cake pan.
- In a large bowl, mix together flour, baking soda, cinnamon, cardamom and salt. In another bowl, add eggs, sugar, oil and vanilla and beat until well blended. Add egg mixture into the bowl of flour mixture and mix until just blended. Gently, fold in chopped apples.
- Place the mixture into prepared cake pan evenly.
- Bake for 30-40 minutes or until a skewer inserted in the center of muffins comes out clean.
- Remove from the oven and place the pan onto a wire rack to cool for about 10-15 minutes. Carefully invert the cake and place onto the wire rack to cool completely before slicing.
- Cut into desired-sized slices and serve.

Per Serving: Calories: 413; Total Fat: 19.2g;
Saturated Fat: 1.6g; Protein: 3.3g; Carbs: 59.9g;
Fiber: 2.6g; Sugar: 41.2g

Coconut Cake



Serves: 10

Preparation time: 20 minutes

Cooking time: 30 minutes

Ingredients

1 (18¼-ounce) package white cake mix

1 cup water

1/3 cup canola oil

3 eggs

½ teaspoon coconut extract

1 (14-ounce) can sweetened condensed milk

1 (14-ounce) can sweetened cream of coconut

1 cup heavy whipping cream

1 cup flaked coconut

1 tablespoon white sugar

Directions

- Preheat the oven to 350 degrees F. Dust a 13x9-inch greased cake pan with a little flour.
- In a large bowl, add the cake mix, water, oil, water, eggs and coconut extract and beat until well blended.
- Place the mixture into the prepared cake pan evenly.
- Bake for 30 minutes or until a skewer inserted in the middle of the cake comes out clean.
- Meanwhile, in a medium bowl, add condensed milk and cream of coconut and stir until smooth.
- Remove from the oven and place the pan onto a wire rack. With a fork, poke the holes over cake. Place the milk mixture over the cake and Set aside to soak into the cake.
- Refrigerate the cake overnight.
- In a bowl, place the heavy whipping cream and beat until soft peaks form. Add the sugar and beat until stiff.
- Place the whipped cream over the cooled cake and top with the flaked coconut.
- Cut into desired-sized slices and serve.

Per Serving: Calories: 690; Total Fat: 33.3g;
Saturated Fat: 13.4g; Protein: 9.1g; Carbs: 90.4g;
Fiber: 1.2g; Sugar: 64.4g

Pineapple Upside-Down Cake



Serves: 12

Preparation time: 20 minutes

Cooking time: 48 minutes

Ingredients

1 2/3 cups all-purpose flour, sifted

1/2 teaspoons baking powder

1/4 teaspoon baking soda

1 teaspoon ground cinnamon

1/2 teaspoon salt

1/4 cup granulated sugar

1 1/4 cups light brown sugar

3/4 cup unsalted butter, melted

1 large egg

1/4 cup fresh pineapple juice

1/2 cup milk

1/4 cup plain yogurt

2 teaspoons pure vanilla extract

6-8 fresh pineapple slices
18-20 maraschino cherries

Directions

- Preheat oven to 350 degrees F. Line a 9-inch deep cake pan with lightly greased parchment paper.
- In a large bowl, place the flour, baking powder, baking soda, cinnamon and salt and mix well. In another mixing bowl, add granulated sugar, $\frac{3}{4}$ cup of brown sugar and $\frac{1}{4}$ cup of butter and beat until well blended. Add egg, pineapple juice, milk, yogurt and vanilla extract and beat until well blended. Add egg mixture into the bowl of flour mixture and mix until just blended.
- In the bottom of prepared cake pan, pour remaining melted butter evenly and sprinkle with remaining brown sugar. Arrange pineapple slices in the bottom of pan over brown sugar. Place cherries between pineapple slices. Spread the cake mixture over pineapple slices evenly.
- Bake for about 20 minutes. Remove from the oven and with a piece of foil, cover the pan loosely and bake for about 20-28 minutes or until a skewer inserted in the center of the cake comes out clean.
- Remove from the oven and place the pan onto a wire rack to cool for about 10-15 minutes. Carefully, turn the cake onto a serving platter.

- Cut into desired-sized slices and serve warm.

Per Serving: Calories: 268; Total Fat: 1.42g;
Saturated Fat: 7.6g; Protein: 3.3g; Carbs: 36.6g;
Fiber: 0.9g; Sugar: 22.1g

Muffin Recipes

Chocolate Muffins



Serves: 12

Preparation time: 15 minutes

Cooking time: 20 minutes

Ingredients

2 cups all-purpose flour

1 cup white sugar

½ cup unsweetened cocoa powder

1 teaspoon baking
soda
1 cup plain yogurt
½ cup milk
½ cup vegetable oil
1 egg
1 teaspoon vanilla extract
1 cup chocolate chips

Directions

- Preheat oven to 400 degrees F and grease 12 cups of a muffin pan.
- In a large bowl, place the flour, sugar, cocoa powder and baking soda and mix well. In another bowl, add yogurt, milk, oil, egg and vanilla and beat until smooth. Add egg mixture into the bowl of flour mixture and mix until just blended. Gently, fold in ¾ cup of chocolate chips.
- Place mixture into prepared muffin cups about ¾ of full and sprinkle with remaining chocolate chips.
- Bake for 20 minutes or until a skewer inserted in the center of the muffins comes out clean.
- Remove from the oven and place the pan onto a wire rack to cool for about 10 minutes. Carefully invert the muffins and place onto the wire rack to cool completely before serving.

Per Serving: Calories: 328; Total Fat: 14.7g;
Saturated Fat: 5.5g; Protein: 5.9g; Carbs: 44.8g;
Fiber: 2.9g; Sugar: 26g

Oat Muffins



Serves: 10

Preparation time: 20 minutes

Cooking time: 18 minutes

Ingredients

1 $\frac{3}{4}$ cups quick-cooking oats

1 $\frac{1}{4}$ cups all-purpose flour

$\frac{1}{2}$ cup plus 1 tablespoon brown sugar

1 teaspoon baking powder

$\frac{3}{4}$ teaspoon baking soda

$\frac{3}{4}$ plus $\frac{1}{8}$ teaspoon ground cinnamon

$\frac{1}{2}$ teaspoon salt

1 cup unsweetened applesauce

$\frac{1}{2}$ cup fat-free milk

3 tablespoons canola oil

1 egg white

1 tablespoon butter, melted

Directions

- Preheat the oven to 400 degrees F. Grease 10 cups of a muffin pan.
- In a large bowl, mix together 1½ cups of oats, flour, ½ cup of brown sugar, baking powder, baking soda, cinnamon and salt. In another bowl, add applesauce, milk, oil and egg white and beat until well blended. Place the milk mixture into the bowl of flour mixture and mix until just blended.
- For topping: in a bowl, add ¼ cup of oats, 1 tablespoon of brown sugar, 1/8 teaspoon of cinnamon and butter and mix until a crumbly mixture forms.
- Place flour mixture into prepared muffin cups about ¾ of full and sprinkle with crumb mixture.
- Bake for 16-18 minutes or until a skewer inserted in the center of the muffins comes out clean.
- Remove from the oven and place the pan onto a wire rack to cool for about 10 minutes. Carefully invert the muffins and place onto the wire rack to cool completely before serving.

Per Serving: Calories: 207; Total Fat: 6.5g; Saturated Fat: 1.2g; Protein: 4.3g; Carbs: 33.3g; Fiber: 2.3g; Sugar: 11.1g

Cream Cheese Muffins



Serves: 6

Preparation time: 15 minutes

Cooking time: 15 minutes

Ingredients

1 cup all-purpose flour

½ cup cream cheese, softened

½ cup unsalted butter, softened

1 teaspoon baking powder

½ teaspoon salt

½ teaspoon smoked paprika

¾ cup milk

Directions

- Preheat the oven to 425 degrees F and line 6 cups of a muffin pan with silicone liners.
- In the bowl of an electric mixer, place all the ingredients except milk and beat on medium-high speed for about 2 minutes.

Slowly, add milk, beating continuously until well blended.

- Transfer the cheese mixture into the prepared muffin cups evenly.
- Bake for about 12-15 minutes or until top becomes golden brown.
- Remove from the oven and place the pan onto a wire rack to cool for about 10 minutes. Carefully invert the muffins and place onto the wire rack to cool completely before serving.

Per Serving: Calories: 296; Total Fat: 22.9g;
Saturated Fat: 14.4g; Protein: 4.8g; Carbs: 18.4g;
Fiber: 0.7g; Sugar: 1.5g

Conclusion

When it comes to bread, if you don't make it on your own, you will actually be missing out on a lot in the process. The following are some of the best reasons why you should make your own bread. Once you understand them, you will likely never want to purchase store bought bread again.

Baking your own bread is much healthier

We already mentioned this in the previous section, but baking your own bread really is the best way to go. This is mostly because you are familiar with all of the ingredients that have gone into your bread bowl. This is regardless of whether you are making bread, cake, muffins, etc. When you know that every ingredient that you have added is organic and will benefit your body, then you never have to worry about the additives that are added to mass produced bread. Regardless of how often a bread maker may say that their bread is great, if it has been made for the masses, the bread will inevitably have additives that will in no way be helping your body. You don't want to eat this bread, you want to eat the healthy bread that you've made for yourself.

It's a great way to add a touch of your craft into celebrations

Because there are so many different ways that you can make bread, you can incorporate it into pretty much any celebration or gathering. It is much more rewarding to know that you have created something on your own, rather than to know that it only took you a few minutes to purchase something that has been pre-made. There are certainly moments when we are grateful that we can just go out and buy food, but it is a shame that the modern world has distanced us so much from some of the traditional ways that we used to prepare our food. Making your own bread is a great way to reconnect to your culture and to feel like you've accomplished something that you can share with others.

It helps to rebel against large corporations

There are not many moments in life when we feel that we can actually make a change in the world, especially when there are so many large corporations that seem to be taking over everything. But surprisingly, by preparing your own food, you are actually standing up for yourself and not purchasing something that was produced only to suit the masses, and not something that was made to actually provide you with nutrition. Stand up for yourself and your loved ones by making bread something that you will prepare on your own, without being overcome by the large corporations.