



Granola Wheat Germ Muffin Recipe

Doris Longacre



Granola Wheat Germ Muffin Recipe:

The Complete Idiot's Guide to Comfort Food Leslie Bilderback CMB,2007-09-04 In this mouth watering guide award winning chef and author Leslie Bilderback serves up a hearty helping of soul soothing tasty dishes that satisfy your craving for comfort food From casseroles to cookies more than 300 recipes will tempt you with the family favorites you remember from the past and will want to share with the next generation Each recipe includes an icon for quick reference to help you decide which dishes best fit the occasion Great for autumn and winter cooking

Rage Baking Katherine Alford,Kathy Gunst,2023-07-25 The political cookbook that has the food world buzzing Forbes Editors Pick features 50 recipes short essays interviews and quotes from some of the best bakers activists and outspoken women in our country today The 2016 election The January 6th insurrection Impeachment twice The overturning of Roe v Wade For many women baking now has a new meaning It s an outlet for expressing our feelings about the current state of American politics and culture It s a way to deal with our stress and anxiety and yes rage and fury Rage Baking offers more than 50 cookie cake tart and pie recipes with beautiful photography by Jerelle Guy to help vent these emotions And it goes further Inside you ll find inspirational essays reflections and interviews with well known bakers and impassioned feminists and activists to help motivate you to act and organize in your communities Be inspired with recipes such as Oatmeal Cookies from Ruth Reichl Lemon Bars from Vallery Lomas Swedish Visiting Cake from Dorie Greenspan Rum Raisin Brownies from Julia Turshen Root Beer Cake with Chocolate Root Beer Glaze from Carla Hall Classic Southern Pecan Pie from Cecile Richards Almond and Chocolate Leche Cake from Pati Jinich Chocolate Cherry Biscotti from Grace Young And essays interviews and poetry by Ani DiFranco Jennifer Finney Boylan Elle Simone Hali Bey Ramdene and Von Diaz among others Timely The New York Times fun and creative this cookbook speaks to a wide range of bakers who are looking for new ways to use their sweetest skills to combine food and activism Rage Baking brings women together with humor and passion to defend resist and protest PROCEEDS OF THIS BOOK GO TO EMILY S LIST TO SUPPORT WOMEN CANDIDATES

The Little Vegan Cookbook Editors of Fair Winds Press,2016-06-15 The Little Vegan Cookbook compiles 500 cruelty free recipes from several vegan titles for a cookbook that s filled with hearty entrees indulgent desserts and everything in between Vegans and non vegans alike can satisfy their every craving with this collection of 500 delicious and nutritious plant based cruelty free recipes The Little Vegan Cookbook has exhaustively compiled the best recipes entrees sides snacks desserts from a myriad of other vegan cookbooks by a variety of authors The result is the finest highly curated collection of vegan dishes you could wish for These recipes include hearty main dishes fresh and light salads wholesome soups and stews and surprisingly decadent desserts and baked goods Plus this pocket sized vegan kitchen companion fits on even the smallest of shelves and easily comes with you should you need to cook somewhere other than your own kitchen The Little Vegan Cookbook is sure to be a staple in your home for years to come

Giant Book of Tofu Cooking K. Lee Evans,Chris Rankin,2000 It s been the super food of the East for at least two millennia

and it's finally made a name for itself here. No matter what dish it's added to, from soups to desserts, tofu makes the meal healthier and better. On its own, this soft white bean curd has virtually no taste, but it has a remarkable ability to drink up the flavors and seasonings it's marinated in. Plus, tofu comes in different textures, so it's a perfect substitute for meat, fish, cheese, or eggs. You've probably heard of its almost miraculous ability to lower the risks for heart disease, cancer, and, according to the newest research, Alzheimer's, but you may not have known how to prepare it. This comprehensive all-vegetarian tofu cookbook celebrates tofu's versatility 350 ways with easy-to-follow recipes that will expand your horizons and tickle your tastebuds. Tofruitty smoothies, Tofu huevos rancheros, banana bread, mock tuna salad, tofu crab cakes, tropical cheesecake, escape, and even pecan pie.

More-with-Less Doris Longacre, 2016-09-27 How we cook can change the world. With one small idea, a movement was born. The essential cookbook of simple eating and Christian compassion, *More with Less* has given generations of cooks basic healthy recipes that are gentle on the budget and mindful of those who are hungry. This 40th anniversary edition preserves hundreds of timeless recipes and tips from Doris Janzen Longacre's bestselling cookbook and offers updates by award-winning food writer Rachel Marie Stone. If you own just one cookbook, *More with Less* is the one. Serve your household nourishing meals and inspiring stories about sharing resources and living with less. Join a community that is cooking with a conscience. The World Community Cookbook series benefits the work of Mennonite Central Committee, a worldwide ministry of relief, development, and peace. Nearly one million copies sold. Simple. Wholesome. Generous. Faithful. Key features of the 40th Anniversary edition include: Classic recipes with tips for contemporary cooks. Colorful photographs throughout. New recipes featuring fresh healthy ingredients. Updated nutritional information and cooking techniques. Inspiring stories of living joyfully and simply. Recipe labels on vegetarian and gluten-free dishes.

Sweet and Sugar Free Karen E. Barkie, 1982-08-15 Karen Barkie has created over 200 imaginative and easy-to-follow recipes for cakes, pies, cookies, breads, sherberts, custards, and much more, sweetened with a variety of fruit and fruit juices and without one spoonful of sugar. Complete with charts listing the caloric and nutritional values of fruit and fruit juices, tips on baking with a dozen different flours, and instructions for creating hundreds of toppings and fruit combinations. P 4 of cover

Pop It in the Toaster Oven Lois Dewitt, 2010-12-01 Are you pressed for time, too tired to cook just for yourself, or simply looking for something beyond a microwaved frozen meal or take-out food loaded with fat, salt, and preservatives? Busy people want a real oven-baked dinner without all the fuss, not to mention the leftovers. The solution: The trusty toaster oven, which is designed to bake, roast, toast, and broil small portions of food both efficiently and economically. This amazing cookbook will show time-pressed cooks how to prepare delicious healthy meals quickly and easily while opening their eyes to the wide range of dishes that are possible with this often underutilized appliance. *Pop It in the Toaster Oven* will inspire any bored eater to break out of the toast function with recipes such as Buttermilk Pancakes, Minted Lamb Chops, Ginger Miso Calamari, Spicy Beef Fajitas, and Pear Praline Pie. With special tips on choosing the best toaster oven and the proper cookware to use, *Pop It in the Toaster Oven* will help

readers to rediscover this wonderfully convenient appliance Veggie Good Ladybug-Judy,2011-09 Sometimes as vegetarians we feel that our food options are limited My husband loves desserts but does not have many options since he does not to eat eggs I started experimenting successfully with many of our favorite savory dishes specially the desserts About 2 years ago my youngest son said hey mom it s time for you to get your cookbook out there My family has been very supportive We have had fun trying out new recipes although some of them may have been a disaster I can assure you that my flops are not included in the book I love to draw so the illustrations in this book are my humble creations A Cookbook with Survival Guide Tips Susan Gericke,2015-05-26 A Cookbook with Survival Guide Tips by Susan Kay Gericke is not your ordinary cookbook The concept of this book is to use basic food skills to help the young adults of today learn organizational skills not only to turn their lives around but also to use as a tool for teaching their own children necessary skills before they enter the world on their own Hence the inspiration to write this book was conceived It draws on the author s personal encounter with just such a young adult facing these very issues The author not only provides some delicious recipes but also some very helpful tips on time saving organization food handling safety and shopping There is one particularly enlightening section called Did You Know You Can where she details some really creative ways to take some of the frustration out of certain food prep chores This is a book not only for the novice but even the experienced cook will find something new

The Cookbook for Teens Mendocino Press,2014-02-11 The super simple teen guide to becoming a kitchen whiz Even the world s top chefs had to start somewhere The Cookbook for Teens offers the easiest recipes to get aspiring chefs cooking with confidence even if they ve never cooked more than a slice of toast This cookbook for teens starts off with the basics practice preparation and cooking techniques how to read recipes and how to shop for groceries Once these fundamentals are mastered teens will learn how to make their own easy dishes with super simple recipes for appetizers entr es and snacks The Cookbook for Teens includes Chef Hacks Young chefs will soon become kitchen pros with key cooking skills safety tips and shopping guidance This cookbook for teens is the key 74 Fool proof Recipes Teens will love cooking and eating easy and tasty recipes like Bacon and Cheese Risotto and Deep Dish Spaghetti Pizza The Skills Test Teens can put all of their skills to the test with a step by step guide to preparing a three course meal that will WOW family and friends Give new chefs the tools skills and recipes they need to begin mastering the art of cooking with The Cookbook for Teens History of Soy Flour, Grits and Flakes (510 CE to 2013) William Shurtleff,Akiko Aoyagi,2013-12-01 The world s most comprehensive well document and well illustrated book on this subject With extensive index 28 cm **Childhood Brain & Spinal Cord**

Tumors Tania Shiminski-Maher,Patsy Cullen,Maria Sansalone,2001-11-01 Childhood Brain Spinal Cord Tumors includes detailed and medically reviewed information about both benign and malignant brain and spinal cord tumors that strike children and adolescents In addition it offers day to day practical advice on how to cope with procedures hospitalization family and friends school social and financial issues and communication Woven among the medical details and the practical

advice are the voices of parents and children who have lived with cancer and its treatments As many parents have already found advice from veteran parents can be a lifeline Woven among the medical details and the practical advice are the voices of parents and children who have lived with cancer and its treatments As many parents know advice from veteran parents can be a lifeline Obtaining a basic understanding of topics such as medical terminology how drugs work common side effects of chemotherapy and how to work more effectively with medical personnel improves the quality of life for the whole family Having parents describe their own emotional ups and downs how they coped and how they molded their family life around hospitalizations can be a tremendous comfort Just knowing that there are other kids on chemotherapy who refuse to eat anything but tacos or who have frequent rages can make one feel less alone Parents who read this book will find understandable medical information obtain advice that eases their daily life and feel empowered to be strong advocates for their child It also contains a personal treatment summary and long term follow up guide for your child to keep as a permanent record

Simply Delicious Mary Jane Blount,1989 *Official Gazette of the United States Patent and Trademark Office* ,2002 *Better Than Peanut Butter & Jelly* Marty Mattare,Wendy Muldawer,2006-04-01 This new revised edition of the trusted guide to vegetarian family cooking is better than ever with recipes for quick healthy tasty kid tested meals many of them totally new for this edition The vegan information has been expanded too with plenty of helpful tips on incorporating vegan choices into a diet This is one recipe book that belongs in every earth friendly kitchen

The Best Life Diet Revised and Updated Bob Greene,2008-12-30 From the bestselling author of *Get With the Program* and Bob Greene's *Total Body Makeover* comes *The Best Life Diet* a lifetime plan for losing weight and keeping it off Bob Greene helped Oprah achieve her dramatic weight loss and he can help you too You'll eat the same delicious food that Oprah enjoys and just like Oprah you'll have Bob to encourage you at every step Unlike a celebrity however you don't need to hire a staff of experts to aid and advise you because Bob's plan easily tailored to an array of tastes lifestyles and activity levels acts as your personal trainer and private nutritionist Just open the book and let Bob help you get started down the path toward your best possible life What sets Bob apart from all the other experts who claim to have plans that work is that he admits that weight loss is difficult seventeen years of watching people struggle to lose weight on a seemingly endless string of trendy crash diets only to backslide and regain the pounds they've shed have taught him that dropping pounds is not simply a numbers game By acknowledging that it is not simple laziness but a complicated web of social rituals cultural expectations and habits that drives people to gain weight Greene is able to attack the problem of weight loss realistically and offer not a short lived quick fix formula but a long term program that accounts for the challenges and constraints of the real world Divided into three phases *The Best Life Diet* gives you the tools you need to change your life In each phase you'll be asked to reexamine the decisions you make on a daily basis and gradually alter your habits to achieve lasting results The book also includes easy to follow meal plans that make it simple to meet your daily energy and nutrient requirements whether you are on the run and

breakfast means a quick smoothie or you have time to shop for fresh produce and make something special You ll watch the weight disappear as you learn to prepare festive and flavorful dishes like Fire Roasted Tomato Shrimp Veracruz Chicken Sausage Jambalaya or Flank Steak with Chimichurri Topping and indulge in desserts like Roasted Peaches with Ricotta and Almonds or Apple Rhubarb Walnut Crisp And for each delicious recipe there is a detailed nutritional analysis so you know exactly what you are eating and how it fits into your personal eating plan Most important Bob s plan doesn t end once you ve lost the weight Instead it gives you the tools you need to make living your best life second nature because for Greene a diet is not something you go on or off but a set of guidelines that will help you claim the life you deserve **The Eat-Clean Diet**

Recharged! Tosca Reno,2009 This larger revised and fully updated edition of the bestselling Eat Clean Diet offers in depth information on exercise motivation maintaining fat loss and more Features 50 new recipes and menu plans **Cornelia**

Guest's Simple Pleasures Cornelia Guest,2012-06-12 The author shares the story of how she committed to vegan eating after her mother became ill then offers recipes and entertaining ideas including stuffed squash blossoms raspberry muffins and chilled asparagus soup **1001 Heart Healthy Recipes** Dick Logue,2012-11-01 1 001 Heart Healthy Recipes makes it

easier than ever before for you to avoid expensive and unsafe processed foods and instead prepare and enjoy dishes that will help you maintain healthy cholesterol levels and lower your risk for heart disease You ll discover simple to follow recipes for everything from snacks and salads to hearty meat dishes vegetarian fare and satisfying soups and stews And if you think eating healthy means you ll have to give up the foods you love think again Inside you ll find healthy makeovers for your favorite comfort foods takeout meals and desserts making it easy to maintain your heart healthy diet and achieve your most ambitious weight loss and health improvement goals You ll find healthy recipes to satisfy any craving any time of day Hearty whole grain pancakes waffles and muffins Veggie packed frittatas omelets and quiches Delicious and nourishing fruit smoothies Healthier versions of your favorite condiments dips and spice mixes Satisfying main dishes featuring beef chicken pork lamb and fish Vegetarian meals and sides packed with nutrient dense superfoods Internationally inspired cuisines including Italian Mexican Asian and Cajun Tips and instructions for baking yummy hydrogenated oil free breads cakes and cookies Don t sacrifice taste and variety for the sake of healthy eating Find all the heart healthy recipes you ll ever need and enjoy the foods and flavors you and your family love in this one book **Quick and Easy Heart Healthy Recipes** Dick

Logue,2025-02-04 Eat healthier without sacrificing taste with this collection of heart healthy recipes for breakfast lunch dinner desserts and snacks With Quick and Easy Heart Healthy Recipes avoid expensive and unsafe processed foods and instead prepare and enjoy dishes that will help you maintain healthy cholesterol levels and lower your risk for heart disease In this best of the best recipe collection based on Dick Logue s popular but out of print 1 001 Heart Healthy Recipes you ll discover simple to follow recipes for everything from snacks and salads to hearty meat dishes vegetarian fare and satisfying soups and stews If you think eating healthy means you ll have to give up the foods you love think again Inside you ll find

makeovers for your favorite comfort foods takeout meals and desserts making it easy to maintain your heart healthy diet and achieve your most ambitious weight loss and health improvement goals Hearty whole grain pancakes waffles and muffins Veggie packed frittatas omelets and quiches Delicious and nourishing fruit smoothies Healthier versions of your favorite condiments dips and spice mixes Satisfying main dishes featuring beef chicken pork lamb and fish Vegetarian meals and sides packed with nutrient dense superfoods Internationally inspired cuisines including Italian Mexican Asian and Cajun Tips and instructions for baking yummy hydrogenated oil free breads cakes and cookies Don't sacrifice taste and variety for the sake of healthy eating Find all the heart healthy recipes you'll ever need and enjoy the foods and flavors you and your family love

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