

BREADS AND CRACKERS

Note: If you use white flour, use only unbleached white flour. In the bleaching process bromine is added which interferes with thyroid function and harms your thyroid. However, it is best to use white flour sparingly anyway, as the frequent use of white flour contributes to constipation, lack of nutrition, and a host of many chronic illnesses.

Challah Bread (Sabbath Bread)

Serve this bread on Friday nights to usher in the Sabbath. The seventh strand over the six braided strands represents the Sabbath being the most delightful day of the week over the other six days. No knife is used to cut this bread. Instead, each person breaks off a piece, to denote that we are looking forward to heaven where there will be no knives and no implements of war. Serve with a fruit soup and Homemade Cool Whip (see recipe in the Spreads and Sauces section).

For the Braids:

2 Tbsp. active dry yeast
4 tsp. salt poppy seeds
 $\frac{3}{4}$ cup honey
1 $\frac{3}{4}$ cups hot water
2 cups unbleached white flour (more to come)
1 $\frac{1}{4}$ cups vegetable oil
3 large eggs or egg replacer
5-6 more cups unbleached white flour

For the Glaze, optional:

1 egg
Poppy seeds

Measure yeast, salt, honey, and hot water into a bowl and stir. Mix in the first two cups of flour. Mix in the oil and three large eggs. Add four more cups of flour gradually. As soon as working with the spoon or whisk becomes difficult switch to mixing the flour in with your bare hands. Keep adding flour just until it is no longer sticky and can be formed. This dough is easy to knead because it is soft and yielding. Knead ten minutes. Put the ball of dough into a greased bowl and turn it to grease all sides. Cover with a clean towel and let rise till double. Cut into two halves, as this recipe makes two loaves. Cut one half into seven small pieces. Form two three-strand braids. Place one braid on a cookie sheet and then place the next braid on top of it. We found that the secret to keep the loaf from toppling over while rising was to make the bottom braid twice the size of the top braid. Take the seventh strand and lay it on the top, from one end of the loaf to the other, tucking it under at the ends. Do the same with the other half. Let rise till double. Take the remaining egg and beat it. Brush loaves with the beaten egg using a pastry brush. Sprinkle the poppy seeds on the loaves. Bake at 350 degrees Fahrenheit for 35 to 40 minutes until the loaves are a light golden brown. If you are vegan you can substitute egg replacer for the eggs and skip the glaze. Option: For a healthier loaf, substitute 1 to 1 $\frac{1}{2}$ cups raw wheat germ for an equal amount of flour. With a cup of wheat germ in it your loaf will still be fluffy and light and the flavor will be faintly nuttier, which some people like better.

Whole Wheat Bread

This is the best whole wheat bread we have ever tasted. It is 100% whole wheat but is lighter than most whole wheat home made breads. If you have trouble with constipation, this bread will probably cure your problem.

2 $\frac{3}{4}$ Cup hot water
 $\frac{1}{2}$ of $\frac{1}{3}$ Cup oil
 $\frac{1}{2}$ of $\frac{1}{3}$ Cup molasses
1 scant Tbsp salt
1 50 mg Vitamin C tablet, crushed
 $\frac{1}{2}$ Tbsp liquid lecithin
 $\frac{1}{4}$ Cup gluten flour
4 $\frac{1}{2}$ Cups whole wheat flour

Mix the above on low in a Bosch Bread Mixer to blend.

Add: 1 $\frac{1}{2}$ Tbsp yeast and mix on low.

Add: 2 Cups whole wheat flour ad mix. Continue adding flour $\frac{1}{4}$ Cup at a time until a ball forms and stays on the hook. Knead on low speed for 10 minutes. Prehead oven to 150 degrees. Grease bread pans. Form dough into loaves, put in bread pans, and place in oven. Turn oven off and let rise till double. Turn oven on to 350 degrees and bake for 45 minutes. Take out of the oven, remove from pans, and place loaves on cooling rack to cool.

Sweet Rolls

Make the above Whole Wheat Bread Recipe, substituting honey for the molasses. Roll the amount of dough used for one loaf of bread into a rectangle. Cover with a layer of Date Spread (see recipe below) leaving $\frac{1}{4}$ inch along one long edge free of spread. Sprinkle liberally with raisins (or can use dried cranberries or other dried chopped fruits for a variation). Roll up the long way like a jelly roll, and pinch the seam closed. Cut 1-inch rolls by cutting all the way through with a sharp knife or scissors. Place rolls cut side up on a lightly oiled cookie sheet. Let rise until double. Bake at 350 degrees for about 20 minutes or until lightly browned. Lightly brush tops with maple syrup while hot. Cool on a wire rack.

Date Spread

2 $\frac{1}{2}$ Cups chopped dates (cut with scissors is easier than chopping with a knife)
1 Cup water
1 tsp vanilla
 $\frac{1}{4}$ tsp lemon extract, optional
 $\frac{1}{4}$ tsp salt

Bring all ingredients to a boil and mash to make a thick paste.

Carrot Nut Raisin Bread

½ Cup soymilk
3 ½ Tbsp sugar
1 tsp salt
1 Tbsp butter (or oil)
1 egg, beaten (or egg replacer)
¾ Cup warm water
1 pkg yeast
½ Cup grated carrots
½ Cup chopped walnuts
½ Cup raisins
Enough flour to make a stiff dough, about 3-4 Cups (I use half whole wheat and half unbleached white flour)

Dissolve yeast in warm water. Place butter and soymilk in a pan and heat until butter is dissolved. (Or use oil instead and skip the heating.) Add all ingredients together except for flour and mix. Add flour last, adding just enough to make a nice kneadable dough. Knead for 10 minutes. Let rise until double. Shape into loaves. Let rise again. Bake at 350 degrees for 45 to 60 minutes until lightly browned.

Gluten Free Bread

3 Cups gluten free flour (see below for recipe)
1 Tbs. xanthan gum
1 Tbs yeast
1 tsp salt.
Blend together.
Add:
2 eggs or egg replacer
1 tsp cider vinegar
1/4 Cup honey or agave nectar
1 1/4 Cup warm water

Mix or knead for 3 minutes. Spoon into greased bread pan. Bake at 375 for 35 minutes. Remove from pan. Place back on the oven rack and bake an additional 5 minutes.

Gluten Free Flour

1 1/4 Cup garbanzo flour
1 3/4 Cup brown rice flour
2 Cups potato starch
2 Cups cornstarch
1 Cup tapioca starch
1 Cup sorghum or amaranth or millet flour.
If you're potato sensitive replace with cornstarch or arrowroot starch. If you're corn sensitive replace with potato or arrowroot starch.

Multi Grain Flour Blend for Bread

- 1 ¼ Cups garfava flour (garbanzos and fava beans)
- 1 ¼ Cup super fine brown rice flour
- 2 Cups potato starch
- 2 Cups cornstarch or arrowroot powder
- 1 Cup tapioca starch flour
- 1 Cup sorghum flour or amaranth flour

Mix all ingredients together.

Country Corn Muffins (Gluten Free)

- 2 Cups soaked soybeans (To soak, put 1 1/4 Cup soybeans in pan. Cover with water and let stand overnight. Will make about 2 Cups soaked soybeans.)
- 1 tsp salt
- 2-3 Tbsp honey
- 2 Cups water
- ¾ Cups cornmeal

Blend the first four ingredients until smooth and creamy. Add cornmeal and mix. Spoon into greased muffin tins. Bake at 350 degrees for 45 minutes. Let sit in pans for 10-15 minutes. They will firm up and be easier to take out of the muffin tins.

Red Hot Snacker

- 3 cups sunflower seeds, soaked in distilled water for 4 hours, and drained
- 1 Cup flaxseeds soaked with 2 Cups distilled water, let stand for one hour and do not drain
- 2 chopped tomatoes
- ½ chopped onion
- 1 tsp chili flakes
- 2 tsp whole cumin seeds
- 2 ½ tsp Celtic Sea Salt

Mix together in bowl. Put in food processor and process until creamy. Will probably need to process in food processor in two batches. Spread out very thin, about 1/8th inch on a dehydrator screen covered with a Teflex sheet. If they are thicker than 1/8th inch will have an off flavor. Cut into squares or diamonds. Dehydrate at 105 degrees for 6-8 hours, then take off Teflex sheet and dehydrate for about 8 more hours until crispy.

Melody's Fruitcake

I hate fruitcake with candied fruit and I find that most people do as well. However, most people rave over my fruitcake made with dried fruits instead of candied fruits.

- 4 Cups chopped dates
- 2 Cups whole brazil nuts
- 4 Cups walnuts, chopped
- 2 ½ Cup raisins
- 2 ½ Cups chopped dried pineapple
- 1 Cup dried apricots, chopped
- 1 Cup prunes, chopped
- 8 eggs or the equivalent in egg replacer
- 1 Cup sugar or ½ Cup fructose
- 2 Cups unbleached white flour (for gluten free, use the gluten free flour recipe under the Bread Recipes)
- 2 tsp Rumford's baking powder (Found in the health food store—a healthy alternative)
- 2 tsp salt

Tip: Cut the dried fruits with scissors instead of chopping with a knife. Combine fruits and nuts. Mix. Add eggs (or egg replacer) and mix. In a separate bowl combine sugar, flour, baking powder, and salt. Add to fruits and nuts mixture. Mix well. Grease bread pans. Pack mixture firmly into pans. Bake at 325 degrees for 45 minutes and then 300 degrees for 15 minutes or until lightly browned on top. Makes 3 regular sized fruitcakes, or 7 small fruitcakes. (I like to make them in small loaf pans.)

Raw Veggie Flaxseed Crackers

- 2 Cups whole flax seeds soaked in 2 Cups distilled water for 4 hours
- 3 Cups chopped cilantro
- 2 Cups broccoli chopped into small pieces
- 2 Cups finely diced celery
- 2 Cups finely chopped spinach
- 1 Cup finely chopped sun-dried tomatoes, soaked in distilled water
- 1 orange bell pepper, finely diced
- 2 carrots, shredded
- ½ tsp salt

These are very colorful crackers, loaded with veggies and packed with nutrition. Mix all ingredients in a large bowl. Remove from bowl and place on a Telfex sheet on top of a mesh dehydrator screen. Spread batter about 1/8 – ¼ inch thick and score for ease for breaking crackers apart. Dehydrate at 1-5 degrees for 10-12 ours, then flip crackers over, remove Telfex sheets and dehydrate for another 7-8 hours or until crisp. The Creamed Spinach Dip is very good on these crackers. If you don't have a dehydrator, you can dehydrate these crackers on a cookie sheet in the oven. Turn the oven on the lowest temperature possible and leave the oven door slightly ajar.