

RECIPES



FROM THE KITCHEN OF
HIGHLANDS MONTESSORI

Basic Yeast Bread

Ingredients:

- 1/2 packet of yeast (*small jar*)
- 1/4 stick butter (*butter dish*)
- 1/2 c oatmeal (*medium jar*)
- 1 c warm water (*large jar*)
- 2 c flour (*large canister*)
- 1/2 T sugar (*small jar w/ salt*)
- 1 t salt (*small jar w/ sugar*)

Directions:

- Mix the **yeast** with a little **water** (~1/4 cup) in the small bowl
- Place the **butter** and the rest of the warm **water** in the large bowl and allow the butter to melt.
- Pour the dissolved yeast in the large bowl.
- Add the **sugar** and **salt**. Stir.
- Add the **flour**, scoop by scoop, stirring after each addition.
- Add the **oatmeal** in the same fashion. The dough should be soft, not too sticky, hard, or dry.
- Form the dough into a ball and cover with a tea towel. Let rise in a warm place for about an hour.

- Turn the dough onto the breadboard and knead.
- Form small balls of dough and place the rolls in the muffin tin
- Cover the rolls and let rise for a half hour.

- Bake the rolls at 400 degrees for about 15 minutes, or until golden brown.

Pumpkin Muffins

Ingredients:

- 3/4 c flour (*large canister*)
- 1/3 sugar (*large canister w/ flour*)
- 1/2 t baking powder (*large canister w/ flour*)
- 1/2 t baking soda (*large canister w/ flour*)
- Pinch of salt (*large canister w/ flour*)
- 1/2 t pumpkin pie spice (*small jar*)
- 1/2 can pumpkin (*large jar*)
- 1/2 cup applesauce (*medium jar*)
- 1/4 cup canola oil (*small jar*)

Directions:

- Scoop the **flour and sugar mix** into a large bowl.
- Add the **pumpkin pie spice** and stir.
- Add the **pumpkin** and stir.
- Add the **applesauce** and stir.
- Add the **canola oil** and stir.
- Scoop the batter into the muffin tin.
- Bake for 8-10 minutes at 400 degrees.

Gingerbread

Ingredients:

- 3/4 c flour (*large canister*)
- 1/2 t baking soda (*large canister w/ flour*)
- 1/2 t baking powder (*large canister w/ flour*)
- Pinch of salt (*large canister w/ flour*)
- 1/3 brown sugar (*medium jar*)
- 1/2 t ground ginger (*small jar*)
- Pinch of nutmeg (*small jar w/ ginger*)
- 1/4 cup molasses (*small jar*)
- 1/4 cup canola oil (*small jar*)
- 1/2 cup yogurt or applesauce (*large jar*)

Directions:

- Scoop the **flour mix** into a large bowl.
- Add the **brown sugar** and stir.
- Add the **ginger and nutmeg** and stir.
- Add the **molasses** and stir.
- Add the **canola oil** and stir.
- Add the **yogurt** and stir.
- Line the muffin tin with papers.
- Scoop the batter into the muffin tin.
- Bake for 8-10 minutes at 400 degrees.

Cheesy Herb Bread

Ingredients:

- ½ packet of yeast
- ¼ stick butter
- ½ c oatmeal
- 1 c warm water
- 2 c flour
- ½ T sugar
- 1 t salt
- 1 t herbs of your choice
- ½ c cheese

Directions:

- Mix the **yeast** with a little **water** (~1/4 cup) in the small bowl
- Place the **butter** and the rest of the warm **water** in the large bowl and allow the butter to melt.
- Pour the dissolved yeast in the large bowl.
- Add the **sugar** and **salt**. Stir.
- Add the **flour**, scoop by scoop, stirring after each addition.
- Add the **oatmeal** in the same fashion.
- Add the **herbs** and the **cheese** to the dough. The dough should be soft, not too sticky, hard, or dry.
- Form the dough into a ball and cover with a tea towel. Let rise in a warm place for about an hour.
- Roll dough into balls and place in muffin tin.
- Cover the rolls and let rise for a half hour.
- Bake the rolls at 400 degrees for about 15 minutes, or until golden brown.

Banana Muffins

Ingredients:

- 1 c flour (*large canister*)
- 1 t baking powder (*large canister w/ flour*)
- Pinch of baking soda (*large canister w/ flour*)
- 1/3 c sugar (*small jar*)
- 3 T canola oil (*small jar*)
- 1/3 c applesauce (*small jar*)
- 1 ripe banana, slightly mashed (*large jar*)

Directions:

- Line the muffin tin with muffin paper cups.
- Scoop the **flour mix** into a large bowl.
- Add the **sugar** and stir.
- Add the **canola oil** and stir.
- Add the **applesauce** and stir.
- Add the **mashed banana** and stir.
- Scoop the batter into the muffin tin.
- Bake for 12-15 minutes at 400 degrees.

Oatmeal Muffins

Ingredients:

- 1/2 c flour (*large canister*)
- 1 t baking powder (*large canister w/ flour*)
- Pinch of salt (*large canister w/ flour*)
- 1/2 c oats (*medium jar*)
- 2 T sugar (*small jar*)
- 1/2 c milk (*large jar*)
- 2 T canola oil (*small jar*)
- 3 T applesauce (*small jar*)

Directions:

- Line the muffin tin with muffin paper cups.
- Scoop the **flour mix** into a large bowl.
- Add the **oats** and stir.
- Add the **sugar** and stir.
- Add the **milk** and stir.
- Add the **canola oil** and stir.
- Add the **applesauce** and stir.
- Scoop the batter into the muffin tin.
- Bake for 12-15 minutes at 400 degrees.

Notes:

- This is a versatile recipe. Feel free to add dried raisins or nuts for additional flavor.

Cornbread

Ingredients:

- 1/2 c flour (*large canister*)
- 1 t baking powder (*large canister w/ flour*)
- 1/2 t of salt (*large canister w/ flour*)
- 1/2 c cornmeal (*medium jar*)
- 2 T sugar (*small jar*)
- 1/2 c milk (*large jar*)
- 2 T canola oil (*small jar*)
- 2 T yogurt (*small jar*)

Directions:

- Grease the muffin pan with a small amount of oil.
- Scoop the **flour mix** into a large bowl.
- Add the **cornmeal** and stir.
- Add the **sugar** and stir.
- Add the **milk** and stir.
- Add the **canola oil** and stir.
- Add the **yogurt** and stir.
- Scoop the batter into the muffin tin.
- Bake for 12-15 minutes at 400 degrees.

Lemon Poppy Seed Muffins

Ingredients:

- 1 ½ c flour (*large canister*)
- 1 t baking powder (*large canister w/ flour*)
- 1 t baking soda (*large canister w/ flour*)
- 1/3 c sugar (*large canister w/ flour*)
- 1 c lemon yogurt (*large jar*)
- ¼ cup canola oil (*small jar*)
- 1 t vanilla (*small jar*)
- 2 T lemon juice (*small jar*)
- 1 t lemon zest (*small jar w/ lemon juice*)
- 2 t poppy seeds (*small jar*)

Directions:

- Line the muffin tin with muffin paper cups.
- Scoop the **flour mix** into a large bowl.
- Add the **yogurt** and stir.
- Add the **canola oil** and stir.
- Add the **vanilla and lemon juice** and stir.
- Add the **poppy seeds** and stir.
- Scoop the batter into the muffin tin.
- Bake for 12-15 minutes at 400 degrees.

Zucchini Muffins

Ingredients:

- 1 ½ c flour (*large canister*)
- 1 t baking powder (*large canister w/ flour*)
- ½ t baking soda (*large canister w/ flour*)
- ½ c sugar (*large canister w/ flour*)
- ½ t salt (*large canister w/ flour*)
- 1 c shredded zucchini (*small jar*)
- ½ c vanilla yogurt (*large jar*)
- ¼ c canola oil (*small jar*)
- 1 t vanilla extract (*small jar*)
- 1 ½ t cinnamon (*small jar*)
- ½ t nutmeg (*small jar with cinnamon*)

Directions:

- Line the muffin tin with muffin paper cups.
- Scoop the **flour mix** into a large bowl.
- Add the **zucchini** and stir.
- Add the **yogurt** and stir
- Add the **canola oil** and stir.
- Add the **vanilla** and stir.
- Add the **cinnamon and nutmeg** mixture and stir.
- Scoop the batter into the muffin tin.
- Bake for 8-10 minutes at 400 degrees.

Granola Bars

Ingredients:

- $\frac{1}{4}$ c flour (*large canister*)
- 1 c oats (*large canister w/ flour*)
- $\frac{1}{2}$ t baking soda (*large canister w/ flour*)
- 2 T brown sugar (*small jar*)
- 1 T coconut (*small jar*)
- 2 T raisins (*small jar*)
- $\frac{1}{2}$ t vanilla (*small jar*)
- $\frac{1}{4}$ c coconut oil (*large jar*)
- 3 T honey (*medium jar*)

Directions:

- Line the muffin tin with muffin paper cups.
- Scoop the **flour mix** into a large bowl.
- Add the **brown sugar** and stir.
- Add the **coconut** and stir
- Add the **raisins** and stir.
- Add the **vanilla** and stir.
- Add the **coconut oil** and stir.
- Add the **honey** and stir.
- Scoop the batter into the muffin tin.
- Bake for 12-15 minutes at 350 degrees.

Baked Falafel

Ingredients:

- 1 can of garbanzo beans, rinsed and drained (*large canister*)
- 2 T flour (*medium jar*)
- ½ t garlic powder (*medium jar with flour*)
- 1 ½ t onion powder (*medium jar with flour*)
- ½ t salt (*medium jar with flour*)
- ½ t pepper (*medium jar with flour*)
- ½ t baking soda (*medium jar with flour*)
- 1 t cumin (*small jar*)
- 2 T parsley flakes (*small jar*)
- 1 T lemon juice (*small jar*)
- 1 T olive oil (*small bowl*)
- Lemon tahini dressing or other sauce to serve

Directions:

- Brush the muffin tin with olive oil.
- Scoop the **garbanzo beans** into a large bowl.
- Using a miniature potato masher, mash the garbanzo beans until they are of a paste-like consistency
- Add the **flour mixture** and stir.
- Add the **cumin** and stir.
- Add the **parsley flakes** and stir.
- Add the **lemon juice** and stir.
- Scoop the mixture into the muffin tin.
- Use the remaining olive oil to brush the top of each falafel patty.
- Bake for 25-30 minutes at 450 degrees (top rack).
- Serve with a dollop of lemon tahini dressing.

Applesauce Muffins

Ingredients:

- 1 c flour (*large canister*)
- ½ t baking soda (*large canister w/ flour*)
- ¼ t salt (*large canister w/ flour*)
- 1 t cinnamon (*small jar*)
- ½ t nutmeg (*small jar with cinnamon*)
- ½ c sugar (*small jar*)
- 1/3 c canola oil (*small jar*)
- ¾ c applesauce (*medium jar*)

Directions:

- Line the muffin tin with muffin paper cups.
- Scoop the **flour mix** into a large bowl.
- Add the **cinnamon and nutmeg** and stir.
- Add the **sugar** and stir.
- Add the **canola oil** and stir.
- Add the **applesauce** and stir.
- Scoop the batter into the muffin tin.
- Bake for 12-15 minutes at 400 degrees.

Carrot Muffins

Ingredients:

- 1 ½ c flour (*large canister*)
- 1 t baking powder (*large canister w/ flour*)
- ½ t baking soda (*large canister w/ flour*)
- ½ c sugar (*large canister w/ flour*)
- ½ t salt (*large canister w/ flour*)
- 1 c grated carrots (*small jar*)
- ¾ c applesauce (*large jar*)
- 1/3 c coconut oil (*small jar*)
- 1 t vanilla extract (*small jar*)
- 1 ½ t cinnamon (*small jar*)
- ½ t nutmeg (*small jar with cinnamon*)
- 2 T raisins (*small jar*)

Directions:

- Line the muffin tin with muffin paper cups.
- Scoop the **flour mix** into a large bowl.
- Add the **carrots** and stir.
- Add the **applesauce** and stir
- Add the **coconut oil** and stir.
- Add the **vanilla** and stir.
- Add the **cinnamon and nutmeg** mixture and stir.
- Add the **raisins** and stir.
- Scoop the batter into the muffin tin.
- Bake for 8-10 minutes at 400 degrees.

Pizza

Ingredients:

- 1/2 packet of yeast (*small jar*)
- 1/4 stick butter (*butter dish*)
- 1/2 c oatmeal (*medium jar*)
- 1 c warm water (*large jar*)
- 2 c flour (*large canister*)
- 1/2 T sugar (*small jar w/ salt*)
- 1 t salt (*small jar w/ sugar*)
- 1 jar marinara sauce (*medium jar*)
- 1 cup shredded mozzarella cheese (*medium jar*)

Directions:

- Mix the **yeast** with a little **water** (~1/4 cup) in the small bowl
- Place the **butter** and the rest of the warm **water** in the large bowl and allow the butter to melt.
- Pour the dissolved yeast in the large bowl.
- Add the **sugar** and **salt**. Stir.
- Add the **flour**, scoop by scoop, stirring after each addition.
- Add the **oatmeal** in the same fashion. The dough should be soft, not too sticky, hard, or dry.
- Form the dough into a ball and cover with a tea towel. Let rise in a warm place for about an hour.

- Turn the dough onto the breadboard and knead.
- Pat the dough onto a greased baking sheet.
- Spread the marinara over the dough and sprinkle on the cheese.
- Bake the pizza at 400 degrees for about 15 minutes, or until the crust is golden brown.

Multi-Seed Crackers

Ingredients:

- 1/3 cup flax seeds (*small jar*)
- 1/3 cup chia seeds (*small jar*)
- 1/3 cup sunflower seeds (*small jar*)
- 1/2 t salt (*small jar*)
- 1 t garlic pepper (*small jar*)
- 3/4 cup water (*medium jar*)

Directions:

- Pour the **flax seeds** into a large mixing bowl.
- Add the **chia seeds**. Stir.
- Add the **sunflower seeds**. Stir.
- Pour in the **salt** and the **garlic pepper**. Stir.
- Add the **water**. Stir until combined.
- Let the mixture sit for 10 minutes (the seeds will absorb the water and make a paste).

- Cover a baking sheet with parchment paper and coat with cooking spray.
- Spread out the cracker mixture in a thin layer on the baking sheet.
- Bake the crackers at 350 degrees for about 25 minutes. Flip over and bake for additional 10 minutes.
- Break the cracker sheet into small pieces and serve with your favorite dip (we love to eat these with hummus)!

Waffles

Ingredients:

- 1 cup flour (*large canister*)
- 2 t baking powder (*large canister with flour*)
- 1 t sugar (*small jar*)
- 2 T canola oil (*small jar*)
- 1 t vanilla (*small jar*)
- 1/2 t melted butter (*small jar*)
- 1 cup milk (*medium jar*)

Directions:

- Combine the **flour mixture** and **sugar** in a large mixing bowl.
- Add the **canola oil**. Stir.
- Add the **vanilla**. Stir.
- Stir in the melted **butter**.
- Add the **milk** and mix gently (batter will be slightly lumpy).
- Spray a waffle iron and preheat.
- Scoop 1/4 cup of batter onto waffle iron.
- Set a timer for 2 minutes (adjust according to individual waffle irons).
- Wearing an oven mitt, remove the waffle with tongs and place on a rack to cool.
- Repeat with remaining batter.
- Serve with maple syrup or your favorite topping.