



SWEET POTATO KUGEL

Ingredients:

2 lbs sweet potatoes, peeled and grated
1/2 cup sugar
1 tsp salt
1 tsp cinnamon
1/2 tsp nutmeg
3 large eggs, beaten
1/4 cup vegetable oil
1/4 cup orange juice

Instructions:

1. Preheat your oven to 350°F (180°C).
2. In a large mixing bowl, combine the grated sweet potatoes, sugar, salt, cinnamon, and nutmeg.
3. In a separate bowl, whisk together the eggs, vegetable oil, and orange juice.
4. Add the egg mixture to the sweet potato mixture and stir to combine.
5. Pour the sweet potato mixture into a greased 9×13-inch baking dish.
6. Bake for 45-50 minutes, or until the kugel is set and the top is golden brown.
7. Serve the kugel warm, garnished with additional cinnamon if desired.

SWEET CORN BREAD

Ingredients:

1 cup whole wheat flour
1 cup corn meal
4 T honey
½ cup butter
1 egg
1 cup milk

Instructions:

Grease cookie sheet. Preheat oven to 400°. Mix flour and corn meal in plas. tic bowl. Add honey and butter, then microwave until melted. Mix, then add milk and egg mixture. Beat until smooth. Spread onto cookie sheet. Cook ten minutes. Cut while warm.



WHOLE WHEAT FLAT BREAD

Ingredients:

4 cups finely ground whole wheat flour
1- ½ t salt
3 T butter
2 egg yolks
2 T olive oil
1 cup milk or water

Instructions:

Make the dough- sift flour, then add salt. Cut the butter into flour mixture In another bowl, beat egg yolks, adding oil slowly. Pour this mixture ins dough and stir with spoon or fork until it forms a ball of dough that comes away from the side of the bowl. Knead lightly on a floured board for abouta minute to shape dough into soft ball.

Lightly flour the board again, pinch off about one-third cupful of dough and with the hands pat it as thin as can easily be done, then roll it thinner with rolling pin. Keep working the dough and rolling it until dough is so thin it just holds together without breaking when handled. Place rolled dough on ungreased baking sheet and mark into squares of any desired size with a knife or make bread sticks. Bake in preheated oven at 400° for 8-12 minutes until puffed, or very lightly browned.

APPLE BETTY CRISP

Ingredients:

4 sliced apples
½ teaspoon cinnamon
¼ teaspoon salt
¼ cup water
½ cup butter
1 ½ teaspoon lemon juice
½ cup whole wheat flour
1 cup rolled oats
1 cup brown sugar

Instructions:

Put apples in 9" pan, sprinkle with salt and cinnamon. Pour in water. Drizzle with lemon juice. In separate bowl, mix flour, sugar, and oatmeal. Sprinkle over apples, then drop butter over apples. Bake at 350° for one hour.