

# Food & Love Cookbook

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by Dr. Gary Smalley

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## Gary's Honey Cinnamon Rolls

4 1/2 cups warm water  
1/2 cup honey  
3 packages dry yeast  
3 eggs, beater  
2/3 cup melted butter, cooled  
2 tsp sea salt  
4 cups whole wheat pastry flour  
5 cups unbleached white flour  
3 tsp honey  
1 tsp cinnamon

1. Preheat oven to 350 degrees.
2. Place warm water in a large bowl, add 1/2 cup of honey and stir. Sprinkle in yeast and stir again. Yeast should form bubbles after several minutes.
3. Beat eggs and add cooled butter and salt. Stir well, or beat with a mixer. Gradually add the flour, mixing well. When dough becomes hard to mix, place it on a floured surface and knead it as you add more flour. Add flour until dough is smooth and slightly sticky. Too much flour will make dry rolls.
4. When dough is ready, put in a buttered bowl and cover with buttered plastic wrap. Place in a warm area to rise.
5. When the dough has doubled in size, punch it down. Roll out half of the dough on either a lightly buttered surface or a lightly floured surface until it is approximately 1/2-inch thick, creating a large rectangle.
6. Brush entire surface with soft butter; then drizzle a few teaspoons of the honey over the surface and sprinkle it with cinnamon. Starting on the wider end of the rectangle, roll up the dough, jelly-roll style. With a sharp knife cut slices 1-inch thick and place in a buttered 9 by 13 inch pan close to each other. Brush surface again with butter and cover with plastic. Repeat with other half of the dough.
7. Let rolls rise for approximately 45 minutes in a warm place. Bake for 30 minutes or until the tops are golden brown. Remove from oven and drizzle more honey over tops.

Yield: Makes 50-60 cinnamon rolls

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## Grandma's Waffles

2 eggs, separated  
2 cups soy milk  
6 tbsp soft shortening or butter  
1 tsp baking powder  
1/4 cup soy flour  
1 1/2 cups whole wheat pastry flour  
1/2 tsp sea salt

1. Beat together egg yolks, soy milk and butter.
2. Mix together in a separate bowl; baking powder, flour and salt.
3. Add dry ingredients to liquid and mix well.
4. Beat egg whites until stiff. Gently fold them into the batter.
5. The batter should be thin. Add a small amount of milk if needed.
6. Bake in a waffle iron.

Yield: Makes 8 waffles

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## Best-Ever Hash Browns

4-6 potatoes, scrubbed

1/4 cup butter or cold-pressed olive oil

1/4 tsp sea salt

1/4 tsp pepper

1. Bake the potatoes in oven or microwave. Cool. (If this is done the night before and the potatoes are already cooled, all the better.)
2. Peel and grate potatoes.
3. In a heavy skillet heat the butter or oil until hot.
4. Put in potatoes, salt and pepper. Cook until brown on the bottom.
5. Flip potatoes and top with more butter. Continue until brown on both sides.

Yield: Makes 4-6 servings

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## South-of-the-Border Quiche

1/3 pound soy sausage or turkey sausage  
1 cup natural cheddar cheese, shredded  
4 eggs  
1/2 cup soy milk  
1/3 cup chopped green pepper  
1/3 cup chopped scallions  
1/2 tsp sea salt, more if desired  
1 9-inch whole wheat deep-dish piecrust

1. Preheat oven to 475 degrees.
2. Brown sausage and drain well.
3. In a bowl combine shredded cheese, eggs, soy milk, green pepper, scallions and salt. Add cooled sausage. Stir until blended
4. Pour into piecrust.
5. Bake for 15 minutes. Lower heat to 325 degrees and bake an additional 20 minutes or until set.

Yield: Makes 8 servings

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## Gary's Best Carrot Raisin Salad

4 cups carrots, shredded

3/4 cup raisins

3 tbsp pineapple juice (no sugar added)

1 tbsp honey

1/2 tsp sea salt

3/4 cup mayonnaise (as natural and unprocessed as possible)

1. In medium bowl combine carrots, raisins, pineapple juice, honey and salt.
2. Add enough mayonnaise to make desired consistency.
3. Chill overnight in refrigerator.

Yield: Makes 4 Servings.

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## Mom Smalley's Oven Hush Puppies

1/2 cup stone-ground cornmeal  
1/2 cup unbleached flour  
1 1/2 tsp baking powder  
1/2 tsp sea salt  
1/2 tsp honey  
1 egg, beaten  
1/3 cup soy milk  
1/4 cup green onions, thinly sliced  
2 tbsp olive oil

1. Preheat oven to 425 degrees.
2. Combine cornmeal, flour, baking powder, salt and honey in a medium bowl. Using a spoon, make a well in the center of the mixture.
3. Into the well put egg, soy milk, onions and olive oil, stirring into dry ingredients until just moistened.
4. Spoon about 1 tbsp of batter into greased or lined muffin tins.
5. Bake for 15-20 minutes or until lightly browned.
6. Remove from pan immediately. Serve with butter and honey.

Yield: Makes 16 hush puppies.

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## Grandma's Apple Crisp

4 cups apples, peeled and sliced (if you use Golden Delicious apples, you don't need to peel them)

1 tsp cinnamon

2 tsp sea salt

4 tbsp water

1/2 cup honey

3/4 cup whole wheat pastry flour

1/3 cup butter

1. Preheat oven to 350 degrees.
2. Put apples in a buttered 12 by 12 inch baking dish. Sprinkle with cinnamon, salt and water. Drizzle with honey.
3. Mix ingredients so that apples are covered.
4. In a separate bowl, cut butter into the flour and drop by spoonful over the apple mixture.
5. Bake for 40 minutes. Serve warm with whipped cream or soy ice cream.

Yield: Makes 12 servings.

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## Better Pumpkin Pies

- 4 eggs, beaten
- 1 15-ounce can solid pumpkin, unsweetened
- 1 cup honey
- 3 1/2 cups soy milk
- 3 tsp cinnamon
- 1 tsp cloves
- 1 1/2 tsp nutmeg
- 3 tbsp unbleached flour or whole wheat pastry flour
- 1 tsp sea salt
- 2 9-inch whole wheat pie crusts

1. Preheat oven to 425 degrees.
2. In a large bowl combine eggs and pumpkin.
3. With an electric mixer, blend in honey, soy milk, spices, flour and salt.
4. Pour into 2 unbaked pie crusts and bake for 15 minutes.
5. Reduce heat to 350 degrees and continue baking for 35-40 minutes or until a toothpick inserted into the center comes out clean.

Yield: Makes 6-8 servings.

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## Grandma Baxter's Perfect Corn Bread

2 eggs

3/4 cup soy milk

1/4 cup honey

1/4 cup canola oil

1 cup unbleached flour or whole wheat pastry flour

4 tsp baking powder

3/4 tsp sea salt

1 cup stone-ground cornmeal

1. Preheat oven to 400 degrees.
2. Beat together eggs, soy milk, honey and canola oil.
3. In a separate bowl, mix flour, baking powder, salt and cornmeal.
4. Combine liquid and dry ingredients and stir until just blended.
5. Pour into an 8-inch square pan, sprayed with cooking spray.
6. Bake for 20-25 minutes or until lightly browned. Serve with butter and honey if desired.

Yield: Makes 9 servings.