



Week Two



Breakfast Ideas...

- 1) Make a smoothie with yogurt, honey, frozen blueberries, strawberries and a speckled banana.
- 2) Scrambled egg with a few drops of water added and diced green onion, cooked in real butter. Well-cooked bacon may be enjoyed once a week.
- 3) Make an omlet with one or two eggs and a little water. Pour into a small non-stick pan over medium heat which has 1 T. butter sizzling in it. Don't stir, but gently lift cooked edges and let uncooked portion flow under. When egg is just set but still shiny, sprinkle on grated cheddar cheese and other desired toppings such as diced tomatoes or cooked onions. Cook a little longer, then serve.

Spice Cake

(From Lucy's SCD Cookbook)

- 4 T. butter, melted (not margarine)
- 1/3 c. honey
- 1/2 c. homemade yogurt
- 2 eggs, beaten
- 1 t. vanilla
- 1 t. cinnamon
- 1 t. allspice
- 1/2 t. nutmeg
- 1/4 t. ground cloves
- 1/2 t. baking soda
- 1/4 t. salt
- 2-1/2 c. almond flour (ground almonds)
- 1/2 c. walnuts, chopped (optional)
- 1/3 c. raisins

In a medium bowl, stir together butter, honey, yogurt, and beaten eggs. Stir in all other ingredients. Spread batter into a buttered 8" cake pan. Bake at 310 degrees for 30 minutes, or until done. Frost with Creamy Vanilla Frosting.

Creamy Vanilla Frosting

1 c. dripped yogurt (yogurt cheese)

(Place yogurt in a clean dish towel. Place in a large strainer over a deep bowl and allow to drip freely. Chill. Pour off whey occasionally. After 4 days the yogurt stops draining and is a maximum thickness, but 6-8 hours will work well. 1 qt. of yogurt usually makes 1 1/2 - 2c. yogurt cheese. Scoop from cloth and chill up to 10 days or as long as flavor is fresh.)

- 6 T. butter, at room temperature
- 3 T. honey
- 1 t. vanilla

Beat all ingredients together. Spread on cake. Refrigerate.

Cinnamon Muffins

(From Lucy's SCD Cookbook)

- 4 T. butter, melted (not margarine)
- 1/4 c. honey
- 1/2 c. homemade yogurt
- 2 eggs, beaten
- 2-1/2 c. almond flour (ground almonds)
- 1/2 t. baking soda
- 1/4 t. salt
- 1/2 c. pecans, chopped
- 1/2 c. raisins

Topping: (this is double original recipe)

- 2 T. cinnamon
- 4 T. honey
- 4 T. butter, melted
- 1/2 c. sliced almonds

In a medium bowl mix together butter, honey, yogurt, and eggs. Stir in almond flour, baking soda, salt, chopped nuts, and raisins. Spoon batter into muffin cups lined with muffin papers. In a small bowl combine cinnamon, honey and butter. Spread topping over muffins and sprinkle with sliced almonds. Bake at 310 degrees for 20-25 minutes. Makes 12-14 muffins.



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Nutty Caramel Candy

- 4 T. butter (not margarine)
- 1 c. honey
- 3 t. vanilla
- 1/4 t. salt
- 3 c. pecans, finely chopped
- 2 c. pecans, whirled in food processor

Bring butter, honey, vanilla, and salt to a simmer for 15 minutes. Stir 3 c. chopped nuts into the caramel and continue simmering another 5 minutes. Layer half of the remaining nuts, then all the caramel mixture, and top with the rest of the finely chopped nuts. Store at room temperature and spoon out as needed. If refrigerated it can be cut.