Layered Fresh Fruit with Honey-Vanilla Yogurt

Serves 8

- 1 qt. plain Greek yogurt
- 2 tsp. pure vanilla
- ¼ c. honey
- ⅛ tsp. cinnamon (optional)
- 2 (8-oz.) cartons raspberries
- 2 (6-oz.) cartons blueberries
- 3 c. strawberries
- 4 oranges, peeled and sliced crosswise
- 4 kiwis, peeled and sliced crosswise
- 2–3 bananas, peeled and sliced

1. In a medium mixing bowl, gently stir together yogurt, vanilla, honey, and cinnamon until blended. (Do not beat or yogurt will become thin.) Return the yogurt to its container and set aside in refrigerator.

2. Line a cookie sheet with 2 layers of paper towels. Rinse raspberries, blueberries, and strawberries. Remove strawberry stems and slice them ¼” lengthwise. Place berries on cookie sheet. Pat dry with another paper towel to remove excess water.

3. Layer berries, oranges, kiwis, and bananas in a glass salad bowl. Top with yogurt mixture.
Savory Bread Pudding
Serves 8–10

- 6 large eggs (hormone free)
- 2 c. whole milk
- 1 tbsp. chopped fresh dill or chives (or ½ tbsp. of each)
- 1 tsp. sea salt
- Freshly ground black pepper
- 8 c. cubed crusty Italian, French, or sourdough bread
- 1 tbsp. olive oil
- 1 (10-oz.) package frozen chopped spinach, thawed
- 1 c. yellow onion, diced
- 1 clove fresh garlic, minced
- 8 oz. sheep’s milk feta cheese, crumbled
- ½ c. grated Parmesan cheese
- 1 tbsp. chopped flat-leaf parsley

1. Preheat oven to 325° F. Butter a 9x13-inch baking dish and set aside.
2. Place spinach in a colander to drain.
3. In a large mixing bowl, beat eggs with milk. Add dill or chives, salt, and pepper. Stir in bread cubes and let rest about 10 minutes until bread cubes absorb the liquid.
5. Gently fold the spinach mixture and the crumbled feta cheese into the egg mixture. Spoon mixture into baking dish. Bake 35 minutes.
6. Sprinkle top with Parmesan cheese and continue baking 5–10 minutes, until top is puffy and golden brown.
7. Remove from oven and let rest 5 minutes. Sprinkle with chopped parsley.
Creamy Grits with Cheese
Serves 4

- 4 c. water
- 1 tbsp. sea salt
- 3 tbsp. unsalted butter
- 1 c. white corn grits or polenta
- ¾ c. whipping cream
- ½ c. freshly grated Parmesan cheese

1. In a large saucepan with a heavy bottom, bring water, salt, and 1 tbsp. butter to a boil over high heat. Slowly whisk in grits or polenta in a steady stream until mixture is smooth. Cook, stirring often with a wooden spoon, for 10 minutes.

2. Turn down heat to a low boil. Add cream and cook, stirring often, until mixture is thick and creamy and tastes fully cooked, about 10 minutes more. Stir in remaining butter and cheese. Keep warm until ready to serve.
**Dutch Baby Pancakes**

*Serves 4*

- ½ c. whole milk
- ⅔ c. all-purpose flour
- 3 large eggs, room temperature
- ½ stick (¼ c.) butter
- Ground nutmeg
- Powdered sugar
- Lemon slices
- Toppings such as maple syrup, fruit syrup, assorted jams, or fruit

1. Preheat oven to 425° F. Blend milk and eggs in a blender for 1 minute. While motor is running, gradually add flour. Blend another 30 seconds. Or, using a rotary mixer, beat eggs until light and lemon colored then blend in milk and flour.

2. Place butter in an oven-proof 10-inch frying pan, sauté pan, or skillet and place in oven until butter is melted. Remove pan and tilt to coat sides with melted butter.

3. Quickly pour batter into pan. Return to oven and bake until puffy and golden brown, about 20 minutes.

4. Dust with nutmeg and powdered sugar, and serve with lemon slices and toppings.
Banana Bread
Makes 2 loaves

- 6 very ripe bananas
- ½ c. vegetable oil
- ¾ c. brown sugar
- 2 eggs
- ½ c. buttermilk
- 1 tsp. vanilla
- 2½ c. unbleached flour
- 1 c. wheat bran
- 1 c. wheat germ
- ½ c. flaxseed meal
- 1 tsp. baking soda
- 1 tsp. salt
- 1 c. chopped walnuts

1. Preheat oven to 350° F. Butter or spray with cooking spray two large loaf pans or four 4-cup baking pans. Set aside.

2. Mash bananas with a fork. Combine vegetable oil and brown sugar in the bowl of an electric mixer and beat on medium speed until blended. Add mashed bananas, eggs, buttermilk, and vanilla. Scrape sides and bottom of mixing bowl and beat until smooth.

3. In a separate bowl, mix together all dry ingredients except walnuts.

4. Add dry ingredients to wet ingredients and mix slowly until just moistened. Do not beat the mixture or the bread will become rubbery when baked. Remove the bowl from the mixer and gently stir in the walnuts. The dough will be sticky and wet.

5. Spoon dough into prepared pans.

6. Bake 45–55 minutes. Test with a toothpick at 45 minutes to check for doneness. If bread is still wet in the middle, bake for another 10 minutes.