

September Baking

A Month of great Breakfasts and Whole Grains!



- Chef Kristin Hoffman pairs, and shares garlic-thyme aioli method with her Kale, Bacon and Egg Sandwich (right)
- Chef Gemma Stafford demonstrates her No-Knead English Muffins.
- Serve a group with Oven-to-Table 9 X 13-inch English Muffin Breakfast Casserole.



Baking Hack: National Better Breakfast Month calls for wholegrain baking too! Fire up the griddle for Buttermilk Wheat Germ Pancakes with Yogurt and Berry Sauce.



September Baking

It's Family Meals Month

- Learn why eating family meals together matters so much.
- Find some great help from those who've been there.
- Add Conversation starters.
- Access easy, affordable Mealtime Solutions.



Save \$\$\$ and build traditions with Homemade Pizza.

Baking Pizza Hacks: Greek or Chicago-style to Grandma's homemade pizza pie, go to the Pizza Hub for great crust tips and techniques from the “crust obsessed.”

Get your Family Meals toolkit.





September Baking

TIP: Don't waffle on eating breakfast! (Groan:)
Explore [BiggerBolderBaking](#) Breakfasts!

- Breakfast Month began during WWI and is still just as essential.
- For TIME challenged... Make and freeze granola bars, waffles, muffins, meat and cheese filled hot pockets or calzones for breakfast on the run.
- Chef Gemma, the waffle pro at work (right), making waffles even without a waffle maker!



Breakfast Hack: Out-side-the-box options include veggie waffles, and breakfast muffins with an egg in the center!



September Baking



Whole grain rich foods for breakfast = satisfied till lunch.

Blueberry Scones

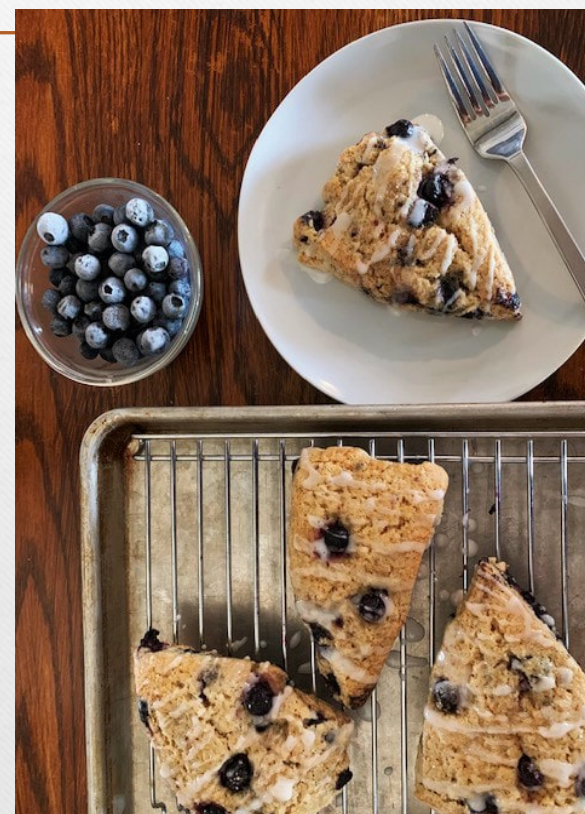
If you're lucky, you can pick your own blueberries!
“Plink, plank, plunk.”

Make every day a blueberry day!

Start young... **Book and bake** with someone you love.



Baking Hack: Dried blueberries or fruit can substitute for fresh– use $\frac{3}{4}$ the amount called for in recipe– “condition” first to avoid crumbly baked goods. Here’s how: Cover the dried fruit with water and drain. Allow to rest 10 minutes (or longer in refrigerator) before folding into batter or dough.



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What's whole grain?

- Surprise, surprise! These blondies feature chocolate chips, nuts... and whole white wheat flour!
- Go with a native nut! Forage-harvested, give American black walnuts a try this fall!



Whole grain is as delicious as these Blondies!

Baker Tip: “Reduce the Blondie bars' sweetness and increase the fiber by making them with 100% whole wheat flour, just 1 1/2 cups (320g) brown sugar; and 1 cup (170g) chocolate chips.”

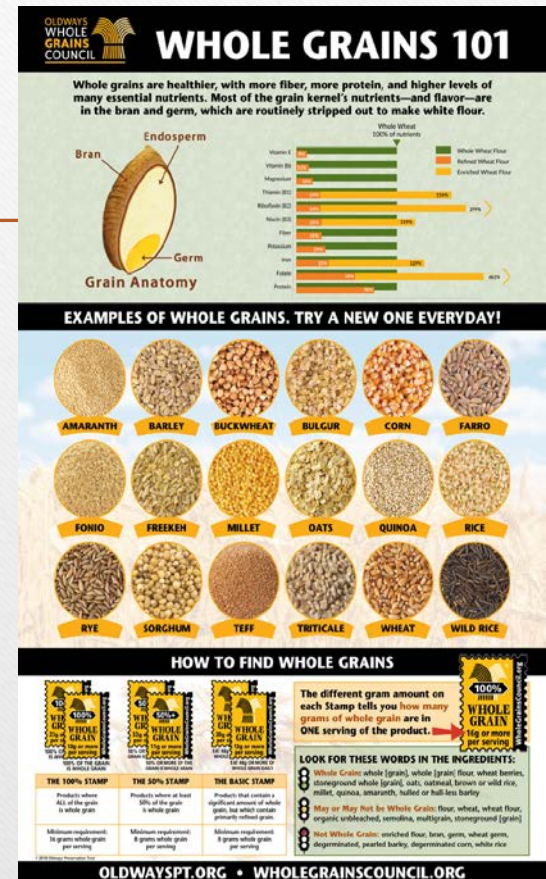
www.KingArthurBaking.com

September Baking

Foodies unite for the love of whole grains.



- Blend oatmeal and wheat flour for a whole grain- rich Brown Sugar Oatmeal Pancakes with homemade granola topping.
- Download a [Whole Grains 101](#) poster. (right)
- Try a wide variety of whole grain great recipes .



Baking Hack: Sugar is the natural product of plant photosynthesis and a washing/drying process. Explore the many types of sugar for baking.



September Baking

Biscuits and Gravy- a family meal favorite.



Biscuits from Self-Rising Flour



- Take the ***best-biscuit challenge!*** Rolled, drop, savory or plain.
- Kentucky Hopkinsville Mill, Kentucky, begin biscuits with soft wheat, enriched self-rising flour (See Baking Hack below)
- **Biscuits:** 2 cups Self-Rising Flour*
3 well-rounded tablespoons shortening
 $\frac{3}{4}$ cup milk (fresh buttermilk may be used)

Baking Hack: Many biscuit bakers start with self-rising or self-raising flour, a flour mix that includes the leavening* (1 cup all-purpose flour + 1 $\frac{1}{2}$ teaspoons baking powder + $\frac{1}{2}$ teaspoon salt. The “tender” and “flaky” are up to your method☺)

View Chef Devin Donley, Renwood Mills, teaching Biscuits 101!





September Baking

September 11 - National Hot Cross Buns Day

Hot cross bun folklore: Sharing one with another person ensures friendship. “Half for you and half for me, Between us two, shall goodwill be” is said at the time.

Three Hot Cross Bun recipes for starters:

- Step-by-steps to No-knead Hot-Cross Buns
- Currants or raisins not and option? Consider Chocolate Chip Hot Cross Buns!
- Chef Gemma’s spiced and sweet Hot Cross Buns.

Baking Hack: Hot Cross Buns stay especially moist by using the tangzhong technique, a Japanese method for increasing the softness and shelf life of yeast rolls.

(See right)



September Baking

September 16- #CinnamonRaisinBreadDay



Al Brensing's
Cinnamon Swirl Bread

- Homemade Cinnamon Swirl Bread is “top shelf,” same as the supermarket’s!
- Bake it’s cousin, Fruited Wheat Hearth Loaf.



Whole Grain Cinnamon Raisin Swirl Bread

Baking Hack: Unlikely, but IF there are leftover slices, it’s deluxe for French toast!

→Wisk a couple eggs, 1c. milk, 2 T. sugar, splash of vanilla and dash of nutmeg in a pie pan. Dip the bread in the egg mixture, let slices soak up some egg mixture. Fry each piece on a hot griddle. Serve with fresh fruit and powdered sugar.

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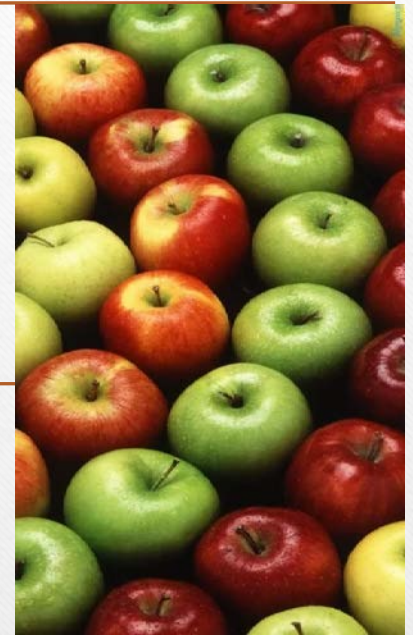
Bake all things APPLE, especially on September 18.



Apple Cinnamon Breakfast Tarts

More apple-of-your-eye baking recipes:

- [Apple Bread](#)
- [Apple Crunch](#)
- [Apple Cinnamon Rolls](#)
- [Apple Cinnamon Muffins](#)
- [Apple Pie](#)



Baking Hack: Match seven varieties and their recipe pairings. PLUS, explore using America's native nut, the Black Walnut, in apple recipes.

September Baking

Call 'em johnnycakes, griddle cakes or hotcakes, September 26th is the nation's day for 'Cakes

- Pancakes date back more than 30,000 years one of the oldest breakfast foods in history.
- Share Our Strength-No Kid Hungry add a twist of orange and oatmeal😊
- DIY Mix! Homemade Whole-Grain Pancake and Waffle
- Dessert Pancakes? Try Sunflour Flour's Red Velvet Pancakes!



Fluffy Cornmeal Pancakes

Baking Hack: Create a great pancake topping with your less-than-perfect apples as sauce to top pancakes. Another great pancake drizzle? Golden Ginger Syrup

September Baking

September 29- What's Coffee Day without great coffee breads?



Fresh Apple Cake



Signature Scones



Black Walnut Zucchini Bread
w/Lemon Glaze

Baking Hack: Create your own Lemon Ginger Yogurt to share with scones, as a biscotti dip or quick bread drizzle. The National Festival of Breads test kitchen suggests, “Blend lemon yogurt, 1 tablespoon grated lemon zest plus ¼ to ½ cup finely minced crystallized ginger.”

October Baking

Sneak Preview! October is National Eat Better, Eat Together Month!



Check out Jill Ladd,
MPH, RD, LD's
Top 10 Tips and getting
kids engaged.



Homemade Tortillas

NEW! Mealtime
Solutions @TheTable
sets you up with ready-
to-go resources.



Easy Cheesy
Enchiladas



The Family Dinner Project is rich with “how-to-get-started with conversation starters & Dinner Tonight budget-friendly meal solutions.