

TRY COOKING WITH YOUR YOUTH GROUP!

Why not try cooking with your youth group this summer? Chances are you will have smaller numbers to work with and this provides a great opportunity for you to really get to know each other.

Here are two recipes that are EASY and hopefully instant successes!! Make a loaf of bread and a batch of muffins – eat them and then your second time making both plan on giving away your baked goods to folks who are home bound, just out of the hospital, grieving, celebrating the birth of a child. Or give these baked goods away “just because” – you’ll feel great!

Enjoy – and share the recipes.

Banana Chocolate Muffins

Makes 18

Mix dry ingredients together:

2 cups of flour (one of bread flour and one of whole wheat flour)
2 cups of oatmeal
1 cup of sugar
1 Tbsp of cocoa
2 tsp each of baking soda and baking powder
1 tsp of salt
1 cup of chocolate chips

Mix the wet ingredients and then add to the above:

2 cups of mashed bananas
1 cup of sour cream
4 eggs
1 stick of butter, melted

Stir well and put into muffin tins that have been sprayed with cooking spray or greased with butter OR line with paper holders. Bake at 400 for 20-25 minutes.

The Easiest 100% Whole Wheat Bread Ever

Makes one 8 1/2 x 4 1/2-inch loaf, 16 servings

Baking Temperature: 350 degrees F Baking Time: 45 minutes

- 1 1/4 cups (10 ounces) lukewarm water
- 1/4 cup (2 ounces) orange juice
- 3 tablespoons (2 1/4 ounces) molasses
- 3 cups (12 ounces) traditional whole wheat flour
- 1/4 cup (1 ounce) nonfat dry milk
- 1 1/4 teaspoons salt
- 2 teaspoons instant yeast

Thoroughly grease an 8 1/2 x 4 1/2-inch pan. It's important to grease the pan well, as this bread tends to stick if you don't.

Combine all the ingredients in a large bowl. Beat the mixture vigorously for about 3 minutes; an electric mixer on medium-high speed works well here. Scoop the batter into the prepared pan.

Cover the pan with lightly greased plastic wrap or a proof cover, and let the dough rise for 1 hour; it won't fill the pan. It also won't dome as it rises, but will remain flat across the top. While the batter is rising, preheat the oven to 350 degrees F.

Uncover and bake the bread for about 45 minutes, tenting it with foil after 20 minutes. Remove it from the oven, and after 5 minutes use a table knife to loosen the edges, and then turn it out onto a rack. Brush with melted butter, if desired; this will keep the crust soft. Cool the bread for 30 minutes before slicing.