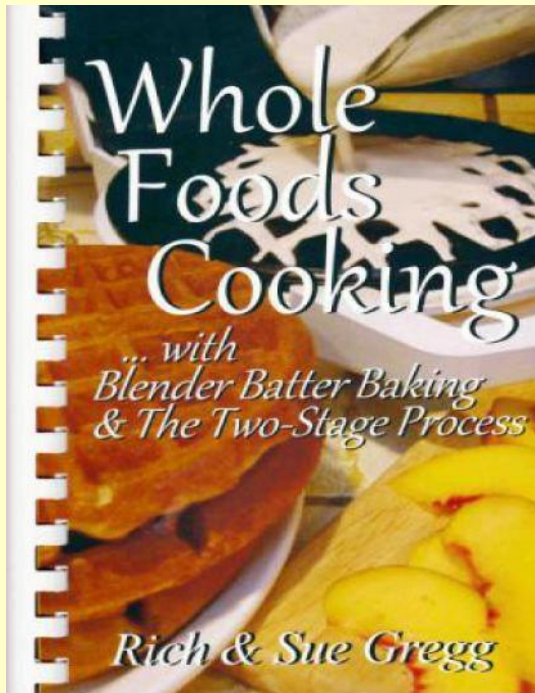


# **Sue Gregg's** *Blender Batter* *Waffle Recipe*

**Sue Gregg's attempts to get her family to eat healthier fare were failing. That challenged her to find a different approach.**





***Introducing Whole Foods Cooking with Blender Batter and the Two-Stage Process*** shatters the myth of appetite appeal-less healthy whole foods dining. One serving of blender batter whole grain waffles (or pancakes) will start you on a culinary adventure that breaks the barriers to success in the kitchen. More than that it will pass the family acceptance test at the dining table. The adventure will go on with recipe after recipe without resorting to white flour, white sugar, or hydrogenated shortening.

Continued next page below

## **From Failure to Discovery**

**by Sue Gregg**

Attempts to get my family to eat recipes from a health food cookbook weren't going well. I was persistent, but tastes and textures seemed very strange to them. My researched "its good for you" lectures didn't help either. Reluctantly I set good intentions aside.

It wasn't until two years later while gazing out the window over the kitchen sink pondering and praying that I realized what I had missed.

First, I confessed my need to make an attitude adjustment. So I set aside my demands and determined to focus on creating appetite appeal.

I also recognized that when it comes to most things in life, but especially eating, people stick with what is familiar and comfortable. If something new is introduced, they evaluate it by comparing it with what they've already experienced. That gave me a clue. Perhaps I could start with familiar recipes and find a way to use them as a bridge to transition to something better.

So instead of shocking my family into change, I decided to ease them into it by gradually incorporating higher quality ingredients, whole grains instead of white flour, for example, into recipes they already like. So I started with half white and half whole grain flour. They accepted it. Encouraged with that small success I increased the proportion of whole grain.

By the time I got to all whole grain my husband recognized the value of investing in a grain mill. It was a major appliance kitchen investment.

Continued next page

Continued from above page

Sue Gregg offers recipes with alternative ingredient choices for special dietary concerns (as allergies & gluten free), answers nutritional questions, supplies menu recommendations, includes kitchen organization tips, shows how to plan dinner menus for a month, and calculates calorie counts for weight management.

***Introducing Whole Foods Cooking*** shows how to bring beauty and blessing to the dining table. The digital version includes lots of color food photography. Step-by-step photo demonstrations show young learners how to assemble recipe ingredients. Six food connected reprintable Food to Faith Bible studies from the Gospels of John and Luke observe the methods of The Master Chef from beach breakfast to catering for a crowd.



**Introducing Whole Foods Cooking**  
The place to begin if you are new to  
whole foods cooking.

**\$19.99**

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Then I started experimenting with other grains to create multi-grain recipes. I also changed the fats from refined vegetable oils to olive oil or butter and, more recently, coconut oil.

### **Blender Batter Baking**

By chance a friend introduced me to the idea of making a batter with a blender. It seemed very unusual\* but it worked. Using the blender batter method brought an unexpected bonus of light and crispy waffles. That really got my husband's attention and him into serious waffle baking. His favorites are Kamut® grain and buckwheat.

I still use the same approach in developing recipes--start with the familiar, upgrade the quality of the ingredients, look for preparation methods that enhance nutritional value, save time, and control cost. I also calculate the nutrition numbers to balance out protein, carbohydrate, and fat. That's where the science comes in to "tweek" the recipe.

Appetite appeal is the final test. If no one eats it, no one benefits. This recipe has proven to be a winner with my family, our friends and guests. I invite you to try it. I think you'll agree.

\*To some more than unusual, even unbelievable. I have demonstrated this recipe to groups only to have a lady come up from the back of the audience at the end of the demonstration to ask, "I didn't see when you put the flour in the blender?" The answer, "You are correct, No flour, just whole grain."

**NEXT PAGE . . . THE RECIPE**



# Blender Batter Waffles/Pancakes

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## BLENDER BATTER WAFFLES/PANCAKES



Add liquid



Add Whole Grains



Add melted Butter, Olive Oil, Coconut Oil



Add Vanilla, optional

### The Blender Batter Recipe

Master this recipe and you will be on your way to success in baking with whole grains and transitioning to whole foods. Engage children from the first try. No grain mill needed. A 450 watt Osterizer Blender works well. Use any grain or combination of grains.

**AMOUNT: 4 - 5 Servings** ( 8 - 6" pancakes or 4 to 5 - 7" round waffles) Don't double the recipe. It overloads the blender. In Vita-Mix or Bosch, ok.

#### STAGE 1

1. Place in blender; blend at highest speed 3 to 5 minutes (less in a Vita-Mix or super blender), adding enough liquid to keep blender churning around a vortex; cover blender and let stand at room temperature several hours or overnight:

**1 - 1 1/4 cups cultured milk as yogurt, kefir, buttermilk or sour milk or non dairy alternative<sup>1</sup>** (as rice, coconut, or almond milk)

**1-2 Tablespoons melted butter, olive or coconut oil** (Optional: My husband recommends butter as the best nonsticking agent.)

**1 teaspoon vanilla extract** (Optional: Adds a hint of sweetness. Omit with buckwheat.)

**1/2 cup uncooked rolled oats or whole oats or other grain**

**1/2 cup brown rice, buckwheat, corn, millet, or other grain**

These are raw whole grains, not flour. Our favorite--[Kamut@grain](mailto:Kamut@grain)

2. Sift leavenings and salt through strainer into a small bowl. Set aside:

**1 teaspoon baking soda**

(or **1/2 teaspoon baking soda + 1/2 teaspoon baking powder**)

**1/2 teaspoon salt, to taste**

<sup>1</sup>Applesauce and even warm water with 1 Tbsp. of yogurt or kefir will work.

Recipe continued on next pages



# Blender Batter Waffles/Pancakes

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Blend 3 to 5 Minutes



Maintain a Vortex



Test batter smoothness



Let batter stand overnight

## Making a Batter in a Blender ABOUT BLENDERS

When cooks prepare waffles or pancakes they customarily start with flour. Not so with this recipe. It really does start from scratch with the whole grain.

Even the best blenders do a poor job of milling grain into flour. The result is usually cracked grains of uneven size and very little flour. We do understand how blenders turn solid ice cubes, fruits, and vegetables into smoothies. In this recipe grain instead of ice is placed in a liquid medium. The result? A blender batter.

## WHICH BLENDERS WORK BEST?

An old under powered blender won't do the job. In fact it may die in the process. In our testing we've found that a 450-600 watt Oster blender with a glass bowl works well. The metal bowl to base gear does not strip as plastic connectors in other blenders may. When preparing for more than 4 or 5 servings in a regular blender, pour the mixture into a separate container to set aside and repeat the recipe. If you have a blender as a Vita-Mix or Bosch (800+ watts), reduce the blending time. These machines can handle a double recipe.

## HOW LONG TO BLEND?

Oats and buckwheat blend quickly. Other grains take longer. Rice will reach a stage where it goes suddenly from gritty to creamy. Test the smoothness of the batter by rubbing it between your thumb and forefinger. The two stage process that soaks and reblends the batter facilitates smooth batters.

## HOW THICK THE BATTER?

Adjust the liquid to maintain a vortex. As the batter blends or sets it will thicken. A thick batter may cause an under powered blender motor to labor and overheat just before its demise. Add just enough liquid to get a churning batter around a vortex. Sometimes just adding the egg and moving the mixture with a rubber scraper will get it started. Generally the batter will be thinner than the usual flour mixed batter.

Recipe continued on next page



# Blender Batter Waffles/Pancakes

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## Leavenings



Sift Baking Soda, Baking Powder, & Salt through a strainer to break up clumps

## STAGE TWO



Add egg



Fold egg in with spatula to get blending action started.

## The Recipe Continued

### STAGE 2

3. Preheat waffle iron at highest temperature or griddle on medium-high until water drops sizzle on surface.

4. Just before baking, add egg and any extra liquid if needed; reblend on highest speed until smooth; briefly blend in optional ground flax seeds, then leavening and salt (assist with rubber spatula):

**1 egg or alternative<sup>2</sup>** (optional but recommended)

**1 tablespoon ground flax seed, optional** (Adds nutritional value)

**Leavening and salt** (from step 2)

5. Bake on hot griddle or in waffle iron (3 to 5 minutes), Lightly sprayed with non-stick olive or coconut oil spray.<sup>3</sup>

Bake pancakes on first side until bubbles begin to break. Turn only once.

Nutritional data estimated:

1 serving of 4; 208 Calories, 6 grams Protein (12% of Calories), 8g. Fat (35%), 28 g. Carbohydrate (53%), 2g. Dietary Fiber 2.4 to 9.5g depending upon grain(s) used.

<sup>2</sup>Recipe for flaxseed alternative for eggs is in the *Breakfasts* cookbook.

<sup>3</sup>**Do not spray ceramic waffle irons.** Melted butter in the recipe should give an easy release. If needed add more butter to the recipe.

**So what's the secret to getting fluffy pancakes and crispy waffles?** Here's our speculation. The customary way is to separate the eggs, beat the whites, and fold them in. Could it be that the blender disperses the leavenings throughout the batter more thoroughly? That's one theory. In the meantime we keep experimenting with the endless variations possible with this recipe.



# Blender Batter Waffles/Pancakes

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1 Tablespoon Flax seeds, optional. If using the Two Stage Process, add after adding the egg. If possible grind the Flax seeds in a coffee bean mill first.



Pour leavenings into the vortex. Keep a spatula handy to fold in if necessary.



Bubbles should rise immediately. Be prepared to pour!

## The Two Stage Process

Two Stage Process is optional for blender recipes but recommended for enhanced nutrition and a smoother batter. After blending let the batter rest for 12 hours or overnight at room temperature. Soaking the batter gives enzymes time to release nutrients (especially calcium, magnesium, and iron) bound up by phytates in the bran layers of the grains. In addition to increasing nutritional value the two stage process allows the batter to soak up liquid, consequently, producing an even smoother batter.

The Two Stage Process is based on research by Weston A. Price D.D.S. with native people groups in *Nutrition and Physical Degeneration* and research on cats by Dr. Frances Pottenger M.D. Sally Fallon and Mary Enig apply this research to dietary planning in *Nourishing Traditions*.

## About The Safety of The Two Stage Process

Question: "Is there any problem with not refrigerating the mixture that contains the buttermilk or yogurt? I am assuming that it is ok, since you have been doing this for years, but I just wanted to verify that I understand before I try some of the recipes. I had always thought that if a milk product was an ingredient, the mixture should be stored in the refrigerator."

Julie W. Richardson, TX

Answer: Historically culturing sweet milk was the means for keeping it without refrigeration. We typically refrigerate yogurt to prevent it from becoming more tart in flavor. In soaking the batter this is not an issue.



# Blender Batter Waffles/Pancakes

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Oops!



On target



Close the lid!



Pop out with a shish kabob stick

## Whole Grains

Try all the whole grains. Experiment with different combinations.

**Brown Rice** Waffles are light, crispy. Gluten Free.

**Oats** (rolled or whole) May need to bake a little longer. Use in combination with other grains, not more than 1/2 cup. It tends to turn a little gooey by itself.

**Buckwheat** (raw, sprouting or toasted, very flavorful) Reduce to 1/2 - 1 cup. It expands. Omit vanilla flavoring.

**Millet** (waffles are especially light) Blend with oats or other grain. Gluten Free

**Barley** hulled, not pearled. Use 1/2 - 1 cup

**Corn** dry whole, not meal. Gluten free.

**Kamut®grain** Our favorite because of flavor and consistency. Possible allergy alternative to wheat. **SEE RESEARCH**

**Spelt** Possible allergy alternative to wheat

**Triticale, Rye** Tend to be heavy. blend with lighter grains

## Where to get whole grains?

If you can't find a local source try [www.sunorganic.com](http://www.sunorganic.com)

## Which Waffle Baker?

Currently we use a 1080 watt Oster ceramic waffle baker. Waffles pop out without spraying with oil. Easy to clean.





## Nutritional Benefits of the Recipe

**Whole grains**--You can't do any better. Whole grains come packaged with fiber, vitamins, and minerals. The refined white stuff has been stripped of an average of 70% of over 22 nutrients. Fiber keeps things moving through the digestive system.

**Cultured milk**--as kefir, yogurt, or buttermilk. An easy to digest cultured dairy product contributes to the rising action of the leavening to produce a light texture. Contains bacteria friendly to your insides.

**Butter**--is not hydrogenated as most margarines. Hydrogenation makes normally liquid vegetable oils solid at room temperature, creating large amounts of *trans*-fats. This unnatural form of fat has harmful effects on the body, and also renders the essential fatty acids in the oils virtually useless. A little butter adds delectable flavor and improves mineral absorption. It is also the best fat to add to keep waffles from sticking.

**Egg**--A complete protein containing all the nutrients to develop new life. The lecithin in the white, especially from chickens that have access to green plants, assists in the digestion of the fat in the yolk. It also helps bind ingredients together. These eggs also contain Vitamin K-2. If you want more protein, it is ok to add an extra egg.

Benefits continued in right column



Serve with fruit toppings and yogurt



Add Fresh Apple Topping Recipe in **Whole Foods Cooking**

## Nutritional Benefits of the Recipe

**Flax seed**--contains soluble fiber assisting in regulating cholesterol; contains a fiber, lignin, which is an anti-cancer agent, and mucilage, which serves as a laxative. Rich in vitamins A, B-1, B-2, E, and minerals. Highest oil in the essential fatty acid linolenic acid (Omega-3), which helps regulate blood cholesterol. Has a reputation for incredible health benefits. If possible grind it fresh in a coffee bean mill just before adding to batter mixture See our *Breakfasts* cookbook for preparing flax seed as an egg alternative.

**Olive oil**--The best oil you can use with an ancient reputation for quality dating back to biblical times. Used liberally in the Mediterranean Diet, considered by many experts to be the healthiest in the world. High in monounsaturated fat. Reduces heart disease and cancer risks.

**Coconut oil**--protects against heart disease, cancer, and diabetes. The stability of coconut oil for storage and safe use in cooking and baking is due to its high saturated fat content. It may be stored for reasonable lengths of time at room temperature without going rancid. In cooking and baking, there need be no fear of forming unhealthy compounds in heating of the oil.

**Sweeteners**--No sugar in the recipe. You may be putting a little real maple syrup on it anyway (avoid the fake maple flavored corn derivative sweeteners). Sugar in the batter tends to caramelize and make waffles stick in the waffle iron. Ugh!

**Vanilla**--No nutritional benefits but it does add a sense of sweetness omitting the need for added sugar.

**Salt**--just a little enhances a sense of sweetness in whole grain baked goods. It overcomes the "flat" taste and assists in assimilating the grains and reducing their acidic properties.

**Preservatives, Coloring, Stabilizers** etc. None!

Benefits continued in left column below



# Blender Batter Waffles/Pancakes

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## Can I freeze and Reheat Waffles?

Yes. A gallon plastic freezer bag will protect as many as four seven inch round waffles separated with wax paper or a plastic baggie. To refresh and reheat let waffles thaw out. Sprinkle enough water on each waffle so that it steams when the iron is closed. This will refresh and reheat the waffle to “like new” condition in less than a minute. In fact steaming a waffle that is a bit overcooked can make it palatable again. When my husband has a crowd to feed, he uses this restoration method to refresh waffles he has frozen ahead of time.

## Nutrition Tip

For maximum nutritional benefit we recommend using multiple grains in the recipe as 3/4 cup Kamut® grain with 1/4 cup total of smaller amounts of other grains as rye (facilitates the Two Stage Process) millet, oats, barley, and quinoa.

## Trouble Shooting Blending

Sometimes the vortex flattens out just before you are ready to pour the leavenings into it? Just pour off a little batter into a separate container—enough so the blender will create a vortex again. Add it back after you’ve added the leavenings mixing it a bit as you pour out the first batch on the grill.

"Prior to this recipe we did not have pancakes at all in our house because of my 10 year old son's allergies.

Now we can make them with the allergy alternative grains.

The whole family loves them. Now we make them at least 2 to 3 times a week. . . sometimes even for a silly supper!"

Reesa D. Florida



OK boys, you're now qualified for doing a man thing: Prepare pancakes for the whole family Saturday mornings.



The waffle recipe is so popular, especially with Kamut® grain, that we serve it for brunches and dinners as well. Here Alex Krutov, our Russian son, serves one up.



# 11 *Digital Cookbooks*

## SUE'S FOOD PHILOSOPHY

Promote health and provide dining pleasure by helping you prepare foods using quality ingredients with methods that maximize nutritional value.

## STANDARDS

Choose fresh whole foods over preserved, processed & refined, whole grains in place of refined flours, unrefined sweeteners as honey in place of refined sugars, unprocessed oils as olive oil in place of processed.

## WORK

Provide nutritional quality & variety in taste tested whole foods recipes using convenient preparation methods that control costs and allow for allergy alternatives and special health needs.

## MISSION

To present a Creator/creation model linking clues from everyday eating and drinking to the invisible and eternal as in the Living Water Jesus offered the Samaritan woman and the Bread of Life to the thousands he fed.

**MODELS** Peter's Mother-in-law, Mark 1:30; Women from Galilee, Matt 27:55; Jesus, John 6; Stephan's Food Service Crew, Acts 6

## QUOTE

"The universe's Intelligent Designer has not left you clueless as to his existence and his concern for humans. He causes rain to fall on crops yielding plenty of food that satiates your stomach and fills your heart with joy." The Bible, Acts 14:17

## *Sue Gregg Cookbooks Digital 2017*



Whole Foods Cooking for the Whole Family  
www.suegregg.com

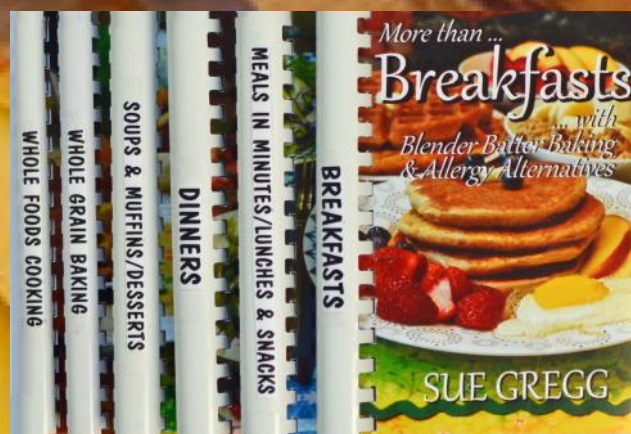
**Sue Gregg Cookbooks Digital 2017**

**\$49.99**

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**Basic Cookbook Set \$99.99**

**Deluxe Set \$109.99 (PICTURED ABOVE)**

**Premium Set \$149.99**

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# More Recipes

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“Blender Batter Baking” & “The Two Stage Process” recipes remove obstacles--like needing a grain mill to grind whole grains. Variations are almost endless. Uncomplicated. Just pour ingredients into the blender.



**Blender Almond Coffee Cake** with gluten free and allergy options from **Breakfasts**



**Blender Cornbread** gluten free from **Whole Foods Cooking**



**Blender Carrot Bran Muffins** from **Soups & Muffins**



**Baked Parmesan Chicken & Meat Stretcher Nuggets** Version for Children from **Dinners on the Table**



**Country Creole Peas 'n Corn** A Complete Protein Dish from **Meals in Minutes**



**Split Pea Soup** Ham bone not required from **Soups & Muffins**



# Blender Batter Waffles/Pancakes

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## Waffle Breakfast Menus for Weight Management

### Using Calorie-Counted Menus

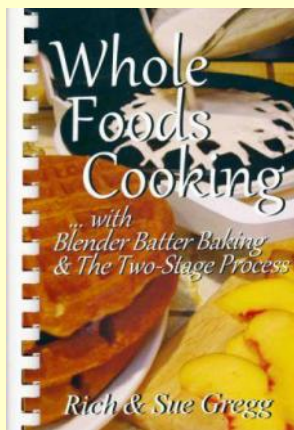
These sample menus are set up on calorie charts for weight management. The charts show you that you can prepare family meals with everyone enjoying the same menus while maintaining or losing weight through portion control.

The menus at the top of the page are for men who wish to maintain weight (the first column) or to lose weight (the second column). The suggested maintenance level at 800 calories is based on 2400 calories per day, dividing the total equally between three meals, and for weight loss at 1800 calories a day, likewise equally divided into three meals.

The menu for women is based on a maintenance level of 1800 calories daily, evenly divided by 3 meals at 600 calories, and a weight loss menu of 1200 calories a day at 400 calories for three meals.

To arrive at the total calories when replacing a menu item with an alternative choice, subtract the underlined items (e.g. HERS (208, 112, 25, 153, from the first total, 598, and add the alternates of 312, 46, 53, 56 calories, giving the alternative total of 567). You still get the butter! A few totals are slightly over the maximum. Not to worry; more totals are under the maximum. Aim to stay close to them, e.g. within 20 calories. No short order cooking here! This style of eating will last you a lifetime.

There is more to weight management than counting calories. Exercising, getting rest and drinking water count too.



### BREAKFAST MENU #3 - HIS

WAFFLE (Menu #3, p. 53)	Maintain Wt. 800 Cal. Max		Lose Wt. 600 Cal. Max	
<i>Blender Waffles, p. 37</i>	<u>208</u> <sup>1</sup>	1 of 4	<u>208</u> <sup>1</sup>	1 of 4
butter	100	1 T.	100	1 T.
<i>Fresh Apple Topping, p. 38</i>	<u>112</u>	1/2 C.	<u>112</u>	1/2 C.
banana (sliced)	<u>50</u>	1/2	<u>25</u>	1/4
<i>Whipped Cream</i> <sup>2</sup>	<u>232</u>	1/2 C.	<u>153</u>	1/4 C.
<b>TOTAL CALORIES</b>	<b>702</b>		<b>598</b>	
<b>Alternate Choices</b>				
<i>Blender Waffles, p. 39</i>	416 <sup>1</sup>	2 of 4	312 <sup>1</sup>	1 1/2 of 4
Fresh strawberries	46	1 C.	46	1 C.
maple syrup	159	3 T.	53	1 T.
Yogurt, plain whole	56	1/3 C.	56	1/3 C.
<b>TOTAL CALORIES</b>	<b>777</b>		<b>567</b>	

### BREAKFAST MENU #3 - HERS

WAFFLE (Menu #3, p. 53)	Maintain Wt. 600 Cal. Max		Lose Wt. 400 Cal. Max	
<i>Blender Waffles, p. 37</i>	<u>208</u> <sup>1</sup>	1 of 4	<u>104</u> <sup>1</sup>	1/2 of 4
butter	100	1 T.	100	1 T.
<i>Fresh Apple Topping, p. 38</i>	<u>112</u>	1/2 C.	<u>74</u>	1/3 C.
banana (sliced)	<u>25</u>	1/4		
<i>Whipped Cream</i> <sup>2</sup>	<u>153</u>	1/3 C.	<u>116</u>	1/4 C.
<b>TOTAL CALORIES</b>	<b>598</b>		<b>394</b>	
<b>Alternate Choices</b>				
<i>Blender Waffles, p. 39</i>	312 <sup>1</sup>	1 1/2	156 <sup>1</sup>	3/4 of 4
Fresh strawberries	46	1 C.	46	1 C.
maple syrup	53	1 T.	53	1 T.
Yogurt, plain whole	56	1/3 C.	43	1/4 C.
<b>TOTAL CALORIES</b>	<b>567</b>		<b>398</b>	

<sup>1</sup>Waffle calories based on 4 waffles per recipe. For a more precise calorie count for waffles and with several different grain combinations, use recipe in *Breakfasts*, 5th edition, p. 160 and the chart on p. 162. <sup>2</sup>Recipe, *Breakfasts*, p. 170.

This sample menu is from Sue Gregg's *Whole Foods Cooking* cookbook section on "Menus for Weight Management" p. 104. The page numbers on the chart refer to this book.