

YOGURT

We love homemade yogurt. It costs a fraction of the price of store-bought yogurt, is much healthier (far less sugar) and is a great way to use powdered milk. You will be amazed at how easy AND delicious it is. Be sure you are using REAL powdered milk. A milk alternative will fail when making yogurt.

Easy Yogurt Parfait

- 1 cup yogurt
- 1-2 Tbsp. honey
- 1/4 cup fruit (fresh, canned, or freeze-dried)
- 1/4 cup granola

Instructions

Layer in bowl granola, honey, granola and fruit.
Serve immediately.



For thick, greek yogurt or yogurt cream cheese:

Pour yogurt into cheesecloth or coffee filter over a bowl or quart jar (allowing the yogurt to drip freely into the bowl or jar as the whey is squeezed out). Cover and place a weight on top (either a bag of water or piece of fruit). Allow whey to drain for 4-8 hours depending on whether you would like Greek yogurt (less thick) or yogurt cream cheese (like the consistency of a soft cream cheese).

ESSENTIAL INGREDIENTS:

- 2-quarts pasteurized milk (cream, whole, low fat, or skim) — for food storage purposes, we'll use powdered milk. For non-instant milk you'll need, 1 1/2 c. dry milk powder and 2 quarts water.
- Additional nonfat dry milk powder (for extra milk proteins) — Use 1 1/3-cup powder when using non instant powdered milk. The higher the milk solids the firmer the yogurt will be.
- Commercial, unflavored, cultured yogurt — Use 1/2-cup. Be sure the product label indicates that it contains a live culture. Also note the content of the culture. *L. bulgaricus* and *S. thermophilus* are required in yogurt, but some manufacturers may in addition add *L. acidophilus* and/or *B. bifidum*. The latter two are used for slight variations in flavor, but more commonly for health reasons attributed to these organisms. All culture variations will make a successful yogurt. I like the Mountain High Yoghurt as my starter.
- (Optional) 2 to 4 tablespoons sugar or honey

Visit our website
to watch a
how-to video
about making
homemade yogurt.

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STEPS FOR MAKING YOGURT:



Mix your powdered milk (both to make the initial 2 quarts of milk and the additional milk).



In a 4-5 qt. slow cooker, place milk and sugar or honey, if desired, and cook on low for 2 1/2 hours.



After the 2 1/2 hours, unplug the slow cooker and let it sit for 3 hours.



After the 3 hours, remove 2 C. of milk and stir in the 1/2 cup of yogurt in a separate bowl.



Add the yogurt mixture to the remaining milk and stir.



Put the lid back on and wrap in a large and thick bath towel and let sit (unplugged) for an additional 8 hours.



After the 8 hours, unwrap and uncover the slow cooker. SCOOP (DO NOT STIR) the yogurt into clean containers and refrigerate – chill.

CEREALS

HEALTHY: Breakfast is the most important meal of the day! Make sure your family is getting the fiber and protein they'll need to last them until lunch time!



This is my new FAVORITE breakfast!
It comes out perfect every time and ready right when we wake up!

SLOW COOKER FARINA (CREAM OF WHEAT)

1 cup farina (Cream of Wheat)
5 cups water
1/2 cup milk powder
small pad of butter

Spray your slow cooker with nonstick cooking spray. Combine farina with milk powder. Then add water and small pad of butter. Give it a good stir and set to low for around 6-8 hours. In the morning, stir and add flavorings and sugar, if desired.

WHOLE WHEAT CEREAL



1 cup wheat berries, cooked
honey
milk
fruit

Instructions:
Combine wheat berries and honey,
Add milk and fruit.

THIS IS DELICIOUS WARM
OR COLD!

COOKING WHEAT BERRIES

Sort through wheat berries carefully, discarding any stones. Rinse well under cool running water. Place in a large heavy saucepan. Add water and salt. Bring to a boil over high heat, then reduce heat, cover, and simmer gently for 1 hour, stirring occasionally. Drain and rinse. To serve hot, use immediately.

CREAMY OATMEAL MIX



4 cups instant oatmeal
2 tablespoons powdered milk
2 tablespoons sugar

Instructions:
Mix the dry ingredients together in an empty #10 can and store covered in a cool, dry place. Or store 1/2 cup servings in baggies with dehydrated apples, raisins, Craisins or other fruit and spices your family enjoys.

A GREAT ALTERNATIVE
TO THE STORE BOUGHT
OATMEAL PACKETS!

Making Oatmeal from your Mix

1/2 cup oatmeal mix
1 cup water

Mix oatmeal mix and raisins (or other fruit) with water and microwave for 2 minutes. If you need to make more for a larger family, simply boil the water first in a pot on the stove and then stir in the oats and let sit for 1 minute.

LENTILS

HEALTHY: Lentils are a good source of potassium, calcium, zinc, niacin and vitamin K, but are particularly rich in dietary fiber, lean protein, folate and iron. They can help lower cholesterol, keep your digestive track healthy, promote heart health, stabilize blood sugar, increase energy, and of all legumes and nuts, lentils contain the third-highest levels of protein.



Using lentils in place of ground beef could save you \$3-5 per "pound"

Successful tips for using lentils for ground beef in your recipes

- Use about 3/4 -1 cup raw lentils, cooked, in place of a pound of ground beef
- Cook your lentils in unsalted water (or other liquid), otherwise they may not soften
- Lentils are moister. Consider reducing the liquid in your recipe by about 1/4 cup, or add it slowly until you get the right amount.
- Lentils will get mushy and disintegrate if cooked for too long, so consider cooking them separately and then adding them at the end.
- You may need to punch up the flavoring in your recipe by adding extra spices, salt, vegetable broth or bouillon in place of water, etc.



1/3 cup dehydrated onions
1 (10.5 oz) condensed tomato soup
1/2 cup ketchup
2 tablespoons brown sugar
1 1/2 teaspoon chili powder
1 1/2 teaspoon Worcestershire sauce
1 teaspoon salt
1 1/2 teaspoon dry mustard
3/4 cup lentils, cooked
12 hamburger buns

Instructions:

In a pot, combine all ingredients except lentils and hamburger buns. Bring to a boil, and allow to simmer for 15-20 minutes. Add lentils and heat through. Serve on hamburger buns.

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LENTIL TACOS



1 teaspoon canola oil
2/3 cup finely chopped onion (1/4 cup dehydrated onions)
1 small clove garlic, minced
2/3 cup dried lentils, rinsed
1 tablespoon taco seasoning, or to taste
1 2/3 cups chicken broth
2/3 cup salsa
12 taco shells

Instructions:

1. Heat oil in a skillet over medium heat; cook and stir onion and garlic until tender, about 5 minutes. Mix lentils and taco seasoning into onion mixture; cook and stir for 1 minute.
2. Pour chicken broth into skillet and bring to a boil. Reduce heat to low, cover the skillet, and simmer until lentils are tender, 25 to 30 minutes.
3. Uncover the skillet and cook until mixture is slightly thickened, 6 to 8 minutes. Mash lentils slightly; stir in salsa.
4. Serve about 1/4 cup lentil mixture in each taco shell

BEANS & RICE

HEALTHY: Beans give you a lot of bang for your buck. They are low in cost, cholesterol free, low in fat (2-3%), and high in fiber, protein, carbohydrate, folate, and many trace minerals. In fact, because beans are high in fiber and low in fat, they can actually help lower your cholesterol.



Each half-cup serving of dry beans provides 6-7 grams of protein, yet costs 20 cents per serving

The combination of rice and beans is a staple in many cultures, for many good reasons. Whether served as a side dish or entree, the combined nutritional impact plus low cost of rice and beans together add up to its frequent appearance on tables in nearly every type of household.

FAJITA BEAN & RICE BOWL



IT JUST MAY REMIND
YOU OF A CHIPOTLE
FAVORITE!

1/4 cup dehydrated onions, hydrated
2 chipotle peppers, in adobe, minced
1 tablespoon taco seasoning
1/2 lime juiced (2 tablespoon)
1 cup chopped bell pepper
1 (15.5 oz.) can diced tomatoes
1 (15.5 oz.) can black beans, drained
1 (15.5 oz.) can pinto beans, drained
1 (15.5 oz.) can corn, drained
1 handful fresh cilantro, chopped
lime rice*
sour cream or yogurt
avocado

Instructions:

1. Heat oil in a skillet over medium heat; cook and stir onion, peppers and chipotles until tender, about 3 minutes. Add taco seasoning and lime juice.
2. Add beans, corn and tomatoes and cook until heated through and add cilantro.
3. Scoop rice into bowl and top with fajita bean mixture. Add in sour cream/yogurt and avocado, if desired

*Lime Rice: Take 4 servings of cooked brown or white rice and add 1 handful fresh chopped cilantro, juice from half of a lime and 2 pinches of kosher salt and mix together.

CARIBBEAN BLACK BEANS & RICE



I LOVE TO SERVE THIS
WITH LA VICTORIA
MANGO SALSA!

1 cup rice
1 cup coconut milk
1 1/2 cup chicken broth
1/4 teaspoon salt & pepper
1 tablespoon butter or olive oil
1/2 large onion, chopped
2 (15.5 oz) cans black beans
2 teaspoon chili powder
1/8 teaspoon cayenne
1 cup chicken broth
juice of 1 lime
2 green onions, chopped
3/4 cup chopped cilantro
1 cup toasted coconut

Instructions:

1. Bring coconut milk, 1 1/2 cups chicken broth, salt, and pepper to a boil. Add rice and bring back to a boil, stirring constantly. Cover, then reduce heat and simmer for 20-25 minutes.
2. In a dutch oven, saute onions in butter or oil until soft. Add beans, chili powder, cayenne, and 1 cup chicken broth. Bring to a boil, then reduce heat and simmer for 10-15 minutes, adding more broth if the beans are too dry.
2. Place cooked rice and beans, lime juice, green onions, cilantro, and coconut in serving dish and mix well.

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BEAN TREATS

HEALTHY: Beans give you a lot of bang for your buck. They are low in cost, cholesterol free, low in fat (2-3%), and high in fiber, protein, carbohydrate, folate, and many trace minerals. In fact, because beans are high in fiber and low in fat, they can actually help lower your cholesterol.



Use beans in place of butter or oil in quick breads, waffles, pancakes, cookies, cakes, brownies and more!

Follow recipe as specified and replace beans for butter or oil by...

Replace butter, cup for cup, with cooked drained **WHOLE** beans. For example, if your recipe calls for 1 cup of butter, you will use 1 cup cooked drained **WHOLE** beans.

Replace oil, cup for cup, with a bean puree (simply blend beans in a blender with enough liquid to create a puree). if your recipe calls for 1 cup of oil, you will use 1 cup bean puree.

SUPER SOFT PEANUT BUTTER CHOCOLATE CHIP COOKIES



SO SOFT & CHEWY!

1/2 cup butter, softened (OR COOKED, DRAINED BEANS)
1/2 cup brown sugar
1/4 cup granulated sugar
3/4 cup creamy peanut butter (not natural-style)
1 egg (1 Tbsp. dry egg powder + 2 Tbsp. water)
1 tsp. vanilla
1/2 tsp. baking soda
1 1/4 cups flour
Pinch of salt
1 1/4 cup chocolate chips

Instructions:

1. Mix the butter OR BEANS and sugar with a mixer on medium speed until creamy. Add the peanut butter, egg (OR EGG POWDER ONLY), and vanilla and beat until well-combined.
2. Whisk together the baking soda, flour, and salt in a small bowl, and add to the peanut butter mixture, mixing until just combined. (If you used powdered eggs, add in the water NOW if dough is too dry)
3. Fold in the chocolate chips and chill the dough, if needed, in the refrigerator for at least 30 minutes.
4. When ready to bake, preheat oven to 350 F. Drop tablespoon-size (approximate) balls onto greased cookie sheets, and press each cookie down to slightly flatten.
5. Bake for 9-10 minutes until set and very light in color. They will appear under-done. Let cool on cookie sheet for 5-10 minutes and transfer to a rack to cool completely.

LOW-FAT BROWNIES



AN EASY SUBSTITUTE,
NO ONE WILL NOTICE!

1 brownie mix
2 eggs (2 Tbsp. dry egg powder + 1/4 cup water)
1/2 cup oil or bean puree

Instructions:

- 1 If you're using powdered eggs, mix the dry egg powder in a bowl with the dry brownie mix.
- 2 Add in oil or BEAN PUREE and necessary water and stir to combine
3. Follow baking instructions listed on the box.

BROWNIE COOKIE BITES

Combine these two desserts by making the cookie dough and brownie batter. In a well greased muffin tin, place 2 tablespoons of brownie batter and top with 2 tablespoons of cookie dough. (Should make 18 brownie cookie bites). Bake in a 350 degree pre-heated oven for 20 minutes. Allow brownie cookie bites to cool for 10 minutes before removing from pan.

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