

## Wellness Forum Health Applesauce Cake Mix

### Healthy Fruit Cake

**1 Wellness Forum Health Applesauce Cake Mix**  
**2 cups dried chopped apricots**  
**2 cups dried cherries**  
**2 cups dried chopped dates**  
**1 cup raisins**  
**1 cup chopped pecans**  
**1 cup slivered almonds**

- Preheat oven to 350 degrees. Spray loaf pans with cooking spray.
- Prepare applesauce cake according to package instructions.
- Add dried fruit and nuts.
- Fold mixture into the loaf pans.
- Bake 55-60 minutes until a toothpick inserted in the center comes out clean.

### Pineapple Upside Down Cake

**1 Wellness Forum Health Applesauce Cake Mix**  
**2 cups applesauce**  
**12 pineapple slices**

- Prepare applesauce cake according to package instructions.
- Place pineapple slices in the bottom of a non-stick 9 x 13 pan.
- Pour batter over pineapple slices and bake according to package instructions.

## Wellness Forum Health Brown Rice Vegetable Soup

### Mushroom Rice and Vegetable Soup

**1 recipe Wellness Forum Health Brown Rice Vegetable Soup Mix**  
**8 ounces button or shiitake mushrooms, cleaned, stems removed then sliced**  
**1 ounce dried porcini mushrooms, soaked in 1 cup boiling water for 15 minutes, then drained(liquid reserved) and chopped**

- Saute the fresh mushrooms in 1/4 cup water for 4-5 minutes. Add 8 cups water and bring to a boil.
- Add the soup mix, and the soaked porcini mushrooms -- with the soaking water, and bring to a boil.
- Reduce heat cover and cook over medium low heat for 45 minutes until the rice is tender.
- Season with salt and pepper
- Serve

### Southwestern Rice and Vegetable Chili

**1 recipe Wellness Forum Health Brown Rice Vegetable Soup Mix**  
**1 28 ounce can diced tomatoes**  
**1 package frozen corn**  
**1 tablespoon ground cumin**  
**2 tablespoons mild chile powder**  
**1 bunch cilantro, chopped**

- Bring 8 cups of water to a boil in a large pot.
- Add the soup mix, tomatoes, corn, cumin, and chile powder.
- Bring to a boil, reduce heat to medium, cover and simmer for 45 minutes.
- Serve with the chopped cilantro as a garnish.

### **Tomato Basil Brown Rice Soup**

**1 recipe Wellness Forum Health Brown Rice Vegetable Soup Mix**

**1 28 ounce can diced tomatoes**

**1 and 1/2 cups chopped fresh basil leaves**

- Prepare the soup mix according to package instructions.
- Add the tomatoes in with the soup mix while boiling.
- Bring to a boil again, reduce heat to medium, cover and simmer for 40 minutes.
- Add the chopped basil and cook another 5 minutes or so until the rice is tender.

### **Wellness Forum Health Delightfully Not Cheese Sauce**

#### **Nacho Dip**

**1 package Wellness Forum Health Delightfully Not Cheese Sauce**

**2 tablespoons chile powder**

**2 teaspoons cumin**

**4 tablespoons fresh chopped cilantro**

**1 bunch chopped green onions**

- Prepare the cheese sauce according to package instructions, adding the cumin and chile powder to the sauce while it cooks.
- Remove from heat and pour the sauce into a serving bowl.
- Top with the cilantro and onions.

#### **Cheesy Vegetable Soup**

**1 recipe Wellness Forum Health Delightfully Not Cheese Sauce prepared according to package instructions**

**1 medium yellow onion, diced**

**2 medium carrots, diced**

**1 head broccoli, chopped small**

**1 zucchini, diced**

**2 cups soymilk**

- Saute the onion in 3 tablespoons water until translucent, 7-8 minutes.
- Add the carrots and broccoli and cook another 4-5 minutes.
- Add the zucchini and cook 3 minutes.
- When the zucchini is tender, add 2 cups soymilk and the cheese sauce.
- Cook just until steaming.
- Add salt and pepper to taste.

#### **Cheese and Taco Taco Burritos**

**6-8 whole wheat flour tortillas**

**1 recipe Wellness Forum Delightfully Not Cheese Sauce prepared according to package instructions**

**1 recipe Wellness Forum Health Taco! Taco! prepared according to package instructions**  
**chopped lettuce**

**chopped olives (optional)**

**1 jar salsa**

- Lay several flour tortillas flat on a work surface. Spread 1/2 cup Taco! Taco! over each tortilla.
- Spread 4 Tablespoons cheese sauce over the taco "meat".
- Garnish with lettuce, olives and salsa.
- Fold the ends over towards the middle. Roll the tortilla up into a cylinder. Eat!!

## Wellness Forum Health Certainly Not Chicken Broth

### Chicken Rice Pilaf

1 and 1/2 cups organic brown rice  
3 cups water  
3 tablespoons Wellness Forum Health Certainly Not Chicken Broth Powder  
1 tablespoons Braggs Liquid Aminos  
1 medium onion, diced  
1 large carrot, peeled and diced  
2 stalks celery, diced

- In a large pot, saute the onions, carrots and celery over medium flame until the onions are translucent and tender, about 7-8 minutes. Add water 1 to 2 tablespoons at a time to keep the vegetables from sticking to the pan.
- Add the water and bring to a boil.
- Add the rice and broth powder and bring to a boil again.
- Reduce heat, cover and let simmer 45 minutes until the rice is tender.
- Makes 4 servings.

### Not Chicken and Noodles

8 ounces fettuccini noodles prepared according to package instructions, drained and set aside.  
1 8 ounce package button mushrooms sliced thinly  
1 large onion, diced  
2 stalks celery, diced  
2 large carrots, peeled and diced  
1 package frozen peas  
1 quart Wellness Forum Health Certainly Not Chicken Broth prepared according to package instructions  
2 tablespoons arrowroot powder dissolved in 4 Tblsp cold water  
Braggs Aminos to taste

- In a large skillet, saute the mushrooms, onion, celery and carrot in 1/2 cup water until tender, 9-10 minutes. Add the broth and let come to a boil over high heat.
- Add the remaining ingredients, reduce the heat to medium and simmer until the broth thickens. Season with Braggs to taste.

### Whole Wheat Stuffing

1 loaf Wellness Forum Health Stale Whole Wheat Bread  
3 and 1/2 cups Wellness Forum Certainly Not Chicken Broth  
1 large onion, diced  
3 stalks celery, diced  
2 teaspoons dried sage  
Braggs Amino Acids to taste

- Finely chop the bread several slices at a time in a food processor. Place in a large bowl and set aside.
- In a large skillet, saute the onions, celery and sage over medium heat with 4 Tblsp water.
- Add the Certainly Not Chicken Broth and cook 4-5 minutes. Remove from heat and pour over the bread crumbs. Stir to mix well.
- Place the stuffing in a large baking dish and bake at 350 degrees for 35-40 minutes.

## Wellness Form Health Chocolate Cream Pudding

### Chocolate Almond Butter Pie

1 recipe Wellness Forum Chocolate Cream Pudding Mix

1/2 cup almond butter

2 tablespoons maple syrup

1 pie crust, prepared (recipe follows)

- Prepare the pudding mix according to package instructions, adding the almond butter and maple syrup in as you puree the tofu mixture.
- Pour into the baked and chilled pie crust and chill for 2-3 hours until set.

### Multi-Grain Pie Crust

2 and 1/2 cups Wellness Forum Health Multi-Grain Cereal

1/4 cup maple syrup

1/4 cup unsweetened applesauce

- Preheat oven to 350 degrees.
- Process 1/2 of the cereal in a food processor until crumbled.
- Combine the cereal with the maple syrup, brown rice syrup and water until moist.
- Press into a lightly sprayed pie pan and bake for 15 minutes.

### Chocolate Raspberry Parfaits

Makes 4 servings.

1 recipe Wellness Forum Health Chocolate Cream Pudding Mix

1 recipe maple cream (follows)

2 pints fresh raspberries

- Divide the 1 pint of the raspberries between four parfait cups. Pour some of the maple cream on top of the berries and then some of the pudding on top of the cream.
- Repeat until all of the cream and pudding is used up.
- Place the remaining berries on top of the parfait and serve.

### Maple Cream

1 cup silken tofu

1/2 teaspoon vanilla extract

1/2 teaspoon cinnamon

1/4 cup maple syrup

- Blend together all ingredients in a food processor until smooth and creamy. Refrigerate.

### Chocolate Banana Cream Pie

1 recipe Wellness Forum Health Chocolate Cream Pudding Mix

1 recipe Wellness Forum Health Multi Grain Cereal Pie Crust (follows)

2-3 ripe bananas sliced

- Prepare the pie crust and chill.
- Prepare the pudding according to package instructions.
- Place the sliced bananas in the bottom of the pie crust. Top with the prepared pudding and chill for 2-3 hours until set.

### Multi-Grain Pie Crust

2 1/2 cups Wellness Forum Health Multi Grain Cereal

5 tablespoons maple syrup

1/4 cup unsweetened applesauce

- Preheat oven to 350 degrees.
- Process 1/2 of the cereal in a food processor until crumbled.
- Combine all of the cereal with the maple syrup, and

water until moist. Press into a lightly sprayed pie pan and bake for 15 minutes.

### Wellness Forum Health Cornbread

#### Apple Cornbread Muffins

Makes 12 muffins

1 Wellness Forum Health Corn Bread Mix  
1/4 cup applesauce  
1 cup soymilk  
1 teaspoon vanilla  
1 1/2 teaspoons cinnamon or apple pie spice  
2 apples, peeled and finely chopped

- Preheat oven to 350 degrees. Lightly oil and flour 12 muffin tins or use non-stick muffin pans
- Combine cornbread mix, applesauce, soymilk, vanilla and spice in a mixer bowl until blended.
- Add apples.
- Spoon the batter 2/3 full into the prepared muffin tins.
- Bake for 22-25 minutes, until a toothpick inserted in the center comes out clean.

#### Mexican Cornbread

1 package Wellness Forum Health Cornbread Mix  
1 tablespoon minced jalapeno pepper  
1/2 cup minced onions  
1 tablespoon chili powder  
1 cup frozen corn  
1 and 1/2 cups soymilk  
3 tablespoons minced green pepper  
1/4 cup unsweetened applesauce

- Preheat oven to 350 degrees.
- Spray a 9 x 13 casserole pan or use a non-stick pan.
- In a medium skillet, saute onions, corn, green pepper and jalapeno pepper until tender, about 4-5 minutes.
- Drain excess liquid.
- Add chili powder and stir to combine.
- Place cornbread mix in a bowl and combine with soymilk, applesauce and onion mixture.
- Spoon the batter into the prepared pan.
- Bake 20-25 minutes or until a toothpick inserted in the center of the pan comes out clean.

#### Taco Corn Pie

1 large onion, diced small  
4 cloves garlic, minced  
1 package frozen corn  
1 15-ounce can black beans, drained and rinsed  
1 cup tomato puree  
1 package Wellness Forum Health Taco Taco Mix, prepared according to package instructions  
1 cup sliced black olives  
1/2 teaspoon sea salt  
1 Wellness Forum Health Corn Bread Mix

- Preheat oven to 350 degrees. Prepare the cornbread mix according to package instructions but do not bake it.
- Saute the onion in a large sauce pan for 7 to 8 minutes, until the onions are tender and start to brown. Add water 1 to 2 tablespoons at a time to keep the onions from sticking to the pan. Add the garlic and cook another minute.

- Stir in corn, black beans, tomato sauce, olives, prepared Taco Taco, and salt. Bring to a boil and let cook 2 minutes.
- Pour into a 9 x 13 casserole pan.
- Pour the prepared cornbread batter over the taco mixture.
- Bake for 40 minutes until top is golden brown and a toothpick inserted in the cornbread comes out clean.

### Wellness Forum Health Curried Lentils and Rice

#### Curried Lentil, Rice, Squash and Apple Soup

1 package Wellness Forum Health Curried Lentils and Rice  
 1 large butternut squash, peeled and cut into 1 inch cubes  
 2 granny smith apples, peeled and cut into 1/2 inch cubes  
 chopped cilantro for garnish

- Prepare the lentils and rice mix according to package instructions using 7 cups of water instead of six.
- When the mix comes to a boil add the squash and apples and let cook for 45 minutes, until the lentils are tender.
- Serve with the chopped cilantro.

#### Lentil Rice Croquettes with Curried Tomato Sauce

1 package Wellness Forum Health Curried Lentils and Rice  
 2 tablespoons EnerG Egg Replacer whisked with 4 ounces water then set aside  
 3/4 cup diced carrots  
 3/4 cup diced celery  
 black pepper and sea salt to taste  
 3 cups whole wheat bread crumbs  
 1 15-ounce can tomato sauce

- Place the lentils and rice in a medium pot with carrots and celery (set aside spice packet).
- Add water to cover by three inches and bring to a boil.
- Cover and cook on med-low heat for 30-40 minutes until tender. Drain off the excess liquid.
- Puree 1/2 the mixture in a food processor.
- Add the lentils to a bowl with the egg replacer, salt and pepper and 1/2 of the bread crumbs. Stir to combine well.
- Let the mixture cool to room temperature.
- Using a small ice cream scoop, shape the lentil mixture into balls and roll in the remaining bread crumbs.
- Place balls on non-stick baking sheet. Bake at 350 degrees for 20 min. turn and bake for another 15 min.
- While the croquettes are baking, place the tomato sauce in a sauce pan. Heat over medium heat. Add some of the curry spice packet to taste. Heat 5-7 minutes until warm through.
- Serve croquettes with the tomato sauce.

#### Curried Lentils and Rice Casseroles

All of the following suggestions use Wellness Forum Health Curried Lentils and Rice as a base. Prepare the Curried Lentils and Rice according to package instructions adding the variation of choice when the water comes to a boil.

**Variation #1:** Add 1 pound extra firm tofu, cubed, when the spice mixture is added to the lentils and rice. The tofu will absorb the flavor of the spice packet. Taste for salt and add more if needed

**Variation #2:** Add chopped carrots, boiled new potatoes and stewed tomatoes to the mix. Taste for salt and add more if needed

**Variation #3: Add spinach, zucchini and asparagus to the mix. Taste for salt and add more if needed**

### **Wellness Forum Health Gluten- Free QuickMix**

#### **Cranberry-Date Dream Pie**

**Crust:**

**1 cup Wellness Forum Health Gluten-Free QuickMix  
3/4 cup Nuts, finely chopped  
3 Tablespoons maple syrup**

**Preheat oven to 350 degrees. Combine crust ingredients and pat into a lightly sprayed pie pan.**

**Filling:**

**1 12 ounce package extra firm silken tofu  
1 Tablespoon Sucanat  
2 teaspoons vanilla  
1 cup chopped pitted dates  
1/2 cup maple syrup  
1 cup dried cranberries,  
1/4 teaspoon cinnamon chopped**

**Puree tofu, vanilla, maple syrup, cinnamon and Sucanat. Stir in dates and cranberries. Pour into pie crust and bake for 40-45 min. Cool and serve.**

#### **Chocolate Brownies**

**1 12-ounce package extra firm silken tofu  
1 Wellness Forum Health Chocolate Pudding Mix  
2 teaspoons vanilla  
1 cup Wellness Forum Health Gluten-Free QuickMix  
1/2 cup vegan chocolate chips  
1/2 cup walnuts, chopped**

- Preheat oven to 350 degrees.
- Puree the tofu, chocolate pudding mix and vanilla.
- Blend in the QuickMix
- Stir in chocolate chips and walnuts.
- Fold into a lightly sprayed 8 x 8 pan and bake for 40 minutes, or until a toothpick inserted in the middle comes out clean.

#### **Crepes**

**1 cup Wellness Forum Health Gluten-Free QuickMix  
1 and 3/4 cup water**

- Combine water and QuickMix being careful not to over-mix. Batter should be thin. If it is not, add another 1/4 cup water to the batter.
- Heat a small non-stick skillet over medium heat. Pour 4 tablespoons of the batter into the pan and cook 1 and 1/2 - 2 minutes
- Turn and cook the other side for 1 minute.
- Fill with vegetables and top with Wellness Forum cheese sauce, or fill with fruit and top with a dollop of Wellness Forum Chocolate Pudding Mix.

## Wellness Forum Health Granola Cereal

### Applesauce Granola Snack Cake

1 Wellness Forum Health Applesauce Cake Mix  
1/2 cup Wellness Forum Health Granola cereal  
2 and 1/2 cups unsweetened applesauce

- Preheat oven to 350 degrees.
- Spray a 9 x 13 baking pan.
- Combine applesauce mix, granola and applesauce in a large bowl.
- Fold into pan.
- Bake 40-50 minutes until a toothpick inserted in the middle comes out clean.

### Granola Berry Parfaits

2 cups Wellness Forum Health Granola Cereal  
1 recipe Maple Cream Filling (Follows)  
1 recipe Macerated Strawberries (Follows)

- Prepare the Maple Cream and the Macerated Strawberries.
- Place 1/4 cup of granola in each of 4 parfait glasses.
- Top with a dollop of maple cream.
- Follow with another 1/4 cup granola and more of the maple cream.
- Top off with a large spoonful of the macerated strawberries.

#### Maple Cream Filling

1 cup silken tofu  
1/2 teaspoon cinnamon  
1/2 teaspoon vanilla extract  
1/4 cup maple syrup

Blend together all ingredients in a food processor until smooth.  
Refrigerate.

#### Macerated Strawberries

2 pints fresh strawberries, washed, trimmed and sliced  
1/2 cup sugar -- more or less to taste

In a medium bowl, combine the strawberries with the sugar and let sit until the berries release their juices.

## Wellness Forum Health Meatloaf Mix

### Sweet and Sour "Meatballs"

1 package Wellness Forum Health "Meatloaf" Mix  
1/2 teaspoon garlic powder  
3/4 cup tomato puree  
2 cups unsweetened pineapple juice  
3/4 cup apple cider vinegar  
4 Tablespoons Bragg's Liquid Aminos  
3/4 cup Sucanat  
3 Tablespoon. arrowroot powder dissolved in 2 Tablespoon. Water

- Preheat oven to 350 degrees
- Bring to a boil 4 and 1/2 cups water. Add 1/2 cup tomato puree and "Meatloaf" Mix. Stir and reduce heat to medium. Cook for 20 minutes, covered until millet is tender. Remove from heat. Make sure the millet is well cooked.
- Using a small ice cream scoop, form "meat balls". Place on a non-stick baking sheet and bake for 20 minutes.



- In a saucepan over medium heat, combine apple cider vinegar, Sucanat, garlic powder, pineapple juice, and Bragg's.
- Stir in arrowroot mixture and stir until thickened.
- Place the "meat balls" on a serving platter and pour the sauce over them.

### Gary's "Meatloaf" Stuffed Peppers

1 package Wellness Forum Health "Meatloaf" Mix  
 2 Tablespoons water  
 6 medium bell peppers  
 1 jar spaghetti sauce  
 1 small onion, diced  
 1 8-oz bag shredded soy cheddar cheese

- Preheat oven to 350 degrees. • Prepare meatloaf on stovetop according to package instructions.
- Cut tops from peppers, de-seed, discard stems, and dice the remaining rings.
- Saute onion and diced peppers in water until onions are translucent, about 7 to 8 minutes over medium heat.
- Combine diced peppers, onions and "meatloaf" mix with 1/2 cup spaghetti sauce.
- Lightly spray a 9 x 13 pan and place the peppers, cut side up into the pan. Fill each pepper with some of the meatloaf mixture and top with remaining spaghetti sauce.
- Cover with foil and bake for 30 minutes.
- Remove foil, top with cheese, and bake uncovered for another 5 minutes or until cheese is melted.
- Serve immediately.

### Cabbage Rolls

1 package Wellness Forum Health "Meatloaf" Mix  
 1 medium head green cabbage  
 2 15-ounce cans spaghetti sauce

- Preheat oven to 350 degrees.
- Remove the core from the cabbage and steam it over boiling water for 15 minutes. Remove 12 of the outer leaves and set aside.
- Prepare the "meatloaf" according to the package instructions, stopping before you place the mix in a pan to bake.
- Put 1/2 cup of the "meatloaf" mix onto each cabbage leaf, tuck in the sides and roll up the leaf. Repeat until all of the leaves are used up.
- Pour 1/2 of the tomato sauce into the bottom of a 9 x 13 casserole dish.
- Place the cabbage rolls on the sauce, top with the remaining sauce, cover and bake for 45 minutes.

### Wellness forum Health Millet Polenta Bread Mix

#### Millet Polenta Pizza Crust

1 package. Millet Polenta Bread Mix prepared according to package instructions.

- Prepare the bread mix according to package instructions.
- When the dough has risen the second time, divide it in two and shape each half into a 10 inch round dough.
- Place each round onto a pizza stone or baking sheet and top as you would for any pizza.
- Bake at 450 degrees for 8-9 minutes.

#### Millet Polenta Pancake Mix

1 cup Wellness Forum Health Millet Polenta Bread Mix  
 1/2 teaspoon baking powder

**1/2 teaspoon baking soda**  
**2 tablespoons sucanat**  
**1 cup soy milk**  
**2 tablespoons applesauce**

- Combine the bread mix, yeast packet, baking powder, baking soda and sucanat in a large bowl.
- Make a well in the center and add the soy milk and applesauce. Fold the mixture together just until combined. Do not over mix.
- Using a 1/2 cup measurement, pour the batter onto a heated nonstick griddle and cook over medium heat 3-4 minutes.
- Turn and cook another 3 minutes or so.

### **Millet Polenta Bread Sticks**

**1 package Wellness Forum Health Millet Polenta Bread Mix prepared according to package instructions**

**1 tablespoon granulated onion**  
**1 tablespoon granulated garlic**  
**1 tablespoon dried dill**  
**black pepper to taste**

- Combine the onion, garlic, dill, sea salt and black pepper in a small bowl. mix well and set aside while you prepare the dough
- After the dough has risen a second time, roll it out into a flat rectangle, about 8 inches wide
- Cut 1 inch slices out of the rectangle and place each slice on a baking sheet, 2 inches apart.
- Sprinkle each stick with the herb mixture. Let rise 15 minutes and bake for 20 minutes in a 350 degree oven.

### **Wellness Forum Health Mmmm Chocolate Cake Mix**

#### **Raspberry Swirl Chocolate Cake**

**1 package. Wellness Forum Health Mmmm Chocolate Cake Mix**  
**1 and 1/2 cups unsweetened applesauce**  
**1 and 1/2 cups soymilk**  
**1/2 cup raspberry jam**

- Preheat oven to 350 degrees.
- Lightly oil and flour a 10 inch spring form pan, or use a non-stick pan.
- Place the cake mix into a large bowl. Make a well in the center and pour in the applesauce and soy milk. Gently fold the mixture together just until incorporated.
- Pour the batter into the prepared pan and drop tablespoons full of the jam on top of the cake.
- Using a toothpick, swirl the jam around in the batter. Do not swirl too much or you will lose the jam in the batter.
- Bake at 350 degrees for 35-40 minutes until a toothpick inserted in the center of the cake comes out clean.

#### **Chocolate Chocolate Chip Muffins**

**1 package. Wellness Forum Health Mmmm Chocolate Cake Mix**  
**1 and 1/2 cups applesauce**  
**1 and 1/2 cups soy milk**  
**1 and 1/2 cups grain sweetened chocolate chips**

- Line 8-9 large muffin tins with paper muffin cups.
- Preheat oven to 350 degrees.
- Place the cake mix into a large bowl. Make a well in the center and pour in the remaining ingredients. Gently fold the mixture together just until incorporated.
- Fill each muffin tin 2/3 full with the batter and bake for 25-30 minutes or until toothpick inserted in the center comes out clean.

### Mmmm Chocolate Cookies

**1 package Wellness Forum Health Mmmm Chocolate Cake Mix**  
**1 package of Wellness Forum Granola Cereal**  
**1 10-ounce package vegan chocolate chips**  
**2 1/2 cups unsweetened applesauce**

- Preheat oven to 350 degrees.
- Combine the above ingredients.
- Using a 1/8 cup measuring cup, spoon out cookies onto sprayed cookie sheet.
- Bake for 13- 15 minutes or until centers are firm to the touch.

### Wellness Forum Health Multi-Grain Cereal

#### Multi-Grain Bread

**1 Wellness Forum Health Whole Wheat Bread Mix**  
**2 cups Wellness Forum Health Multi-Grain Cereal**  
**2 and 3/4 cups warm water (about 110 degrees)**

- Combine cereal and whole wheat bread mix.
- Prepare the bread according to package instructions, adding the cereal when you add the water to the bread mix. Use 2 and 3/4 cup water instead of the amount called for in the instructions.

#### Multi-Grain Pie Crust

**2 and 1/2 cups Wellness Forum Health Multi Grain Cereal**  
**5 tablespoons maple syrup**  
**1/4 cup unsweetened applesauce**

- Preheat oven to 350 degrees.
- Process 1/2 of the cereal in a food processor until crumbled.
- Combine all of the cereal with the maple syrup, and applesauce until moist. Press into a lightly sprayed pie pan and bake for 15 minutes.

#### Apple Crisp

**2 tablespoons sucanat**  
**1 tablespoon water**  
**2 tablespoons maple syrup**  
**4 apples, peeled and sliced**  
**2 cups Wellness Forum Health Multi Grain Cereal**  
**1/2 cup unsweetened applesauce**  
**1/2 teaspoon cinnamon**  
**1/2 teaspoon nutmeg**  
**1/2 teaspoon cloves**

- Preheat oven to 350 degrees.
- Combine sucanat, water and maple syrup.
- Toss apples in sucanat mixture and place in an 8 x 8 baking dish.
- Combine Multi Grain Cereal, applesauce, cinnamon, nutmeg and cloves.
- Sprinkle the cereal mixture over the prepared apples.
- Bake 40 minutes.
- Cool 10 minutes before serving.

## Wellness Forum Health QuickMix

### Biscuits

2 cups Wellness Forum Health QuickMix

3/4 -1 cup Water

- Preheat oven to 350 degrees.
- Combine the Quickmix and 3/4 cup water in a large bowl. If all of the flour mixture is not incorporated into the liquid, add a little more water. Do not over mix.
- Drop mixture by large rounded spoonfuls 2 inches apart onto a non-stick cookie sheet and bake 20 minutes, or until slightly browned.

### Herb Garlic Biscuits

2 cups Wellness Forum Health QuickMix

3/4 cup Water

2 Tablespoons minced garlic

1 Tablespoon chives

1 Tablespoon dill

- Preheat oven to 350 degrees.
- Combine all ingredients in a large bowl.
- Drop mixture by large rounded spoonfuls 2 inches apart onto a non-stick cookie sheet and bake 20 minutes, or until slightly browned.

### QuickMix Blueberry Scones

2 cups Wellness Forum Health QuickMix

1/2 cup water

3/4 cup sucanat

2 teaspoons vanilla extract

1 cup fresh or frozen blueberries

- Preheat oven to 350 degrees.
- Pour the QuickMix into a medium mixing bowl. Make a well in the center and add the water, sucanat, vanilla and berries. Gently fold the ingredients together until all of the water is incorporated into the mix. Do not over mix.
- Using a large ice cream scoop or a tablespoon, drop the batter onto a non-stick baking sheet. Bake for 20-25 minutes. Serve warm.

### QuickMix Pancakes

2 cups Wellness Forum Health QuickMix

1 and 1/4 - 1 and 1/2 cups water\*

- Pour the mix into a medium mixing bowl. Make a well in the center and add the water.
- Gently fold the ingredients together until all of the water is incorporated into the mix. Do not over mix.
- Heat a lightly sprayed, non-stick skillet over medium heat for several minutes. Pour 1/4 - 3/8 cup batter into the skillet for each cake. Cook for 2-3 minutes, turn and cook another 2-3 minutes. Serve hot.

\*For waffles, use 1 and 3/4 cups water and a lightly sprayed waffle iron.

## Wellness Forum Health Taco Taco Mix

### Southwestern Lasagna

9 lasagna noodles, prepared according to package instructions

1 15 ounce can vegetarian refried beans

1 Wellness Forum Health Taco Taco Mix, prepared according to package instructions

1 15-ounce can tomato sauce

1 small jar salsa

- Preheat oven to 350 degrees.
- In a medium bowl, combine the tomato sauce and the salsa.
- Place 1/2 of the sauce in the bottom of a 9 x 13 casserole pan.
- Place a layer of 3 noodles in the pan followed by the taco taco filling.
- Place another layer of noodles on top of the taco filling.
- Gently spread the refried beans on top of the noodles.
- Place remaining noodles on top of beans. Cover with sauce.
- Bake 35-40 minutes, covered.

### Sloppy Joes

1 Wellness Forum Health Taco Taco Mix

1 small green pepper, diced small

1 small yellow onion, diced small

1 cup tomato puree

salt and pepper to taste

dash of hot sauce (optional)

- In a saucepan, sauté onion and green pepper in 1/4 cup water. Add 2 cups water. Bring to boil.
- Add tomato puree and the taco taco mix. Stir and reduce heat to medium. Cook for 15 minutes, stirring frequently to avoid sticking.
- Serve on whole wheat buns. Makes 8-10 sandwiches.

## Wellness Forum Health Whole Wheat Bread Mix

### Herbed Wheat Bread

1 package Wellness Forum Health Whole Wheat Bread Mix

1 Tablespoon powdered rosemary

1 Tablespoon dried oregano

1 Tablespoon dried dill

- Place the whole wheat bread mix in a mixing bowl and add rosemary, oregano, and dill.
- Make bread according to the package instructions.

### Whole Wheat Cinnamon Raisin Swirl Bread

1 package. Wellness Forum Health Whole Wheat Bread Mix

1 and 1/2 cups organic raisins

1/2 cup sucanat

2 Tablespoons cinnamon

- Prepare the whole wheat bread mix according to package instructions. Adding 1 1/2 cups organic raisins in with the flour mixture.
- After the dough has risen twice, roll it into a rectangle on a lightly floured surface.
- Sprinkle the dough with 1/2 cup sucanat and 2 tablespoons cinnamon. Roll into an oblong loaf and place in a bread pan.
- Let rise 15 minutes.
- Bake for 35-40 minutes at 350 degrees.

### **Easy Whole Wheat Pancakes**

**1 cup Wellness Forum Health Whole Wheat Bread Mix**

**1 teaspoon baking powder**

**1/4 cup sucanat**

**1 cup soy milk**

**1/2 cup silken tofu**

**Maple Syrup**

- **Combine bread mix, yeast packet, baking powder and sucanat in a large bowl.**
- **In a food processor, combine silken tofu and soy milk until smooth.**
- **Combine wet and dry ingredients, and yeast mixture.**
- **Using 1/2 cup for measurement, pour batter into a non-stick frying pan and cook over medium heat. It is very important to cook slowly in order for the middle to be cooked, as the batter is very dense.**
- **Serve with apple butter or maple syrup.**