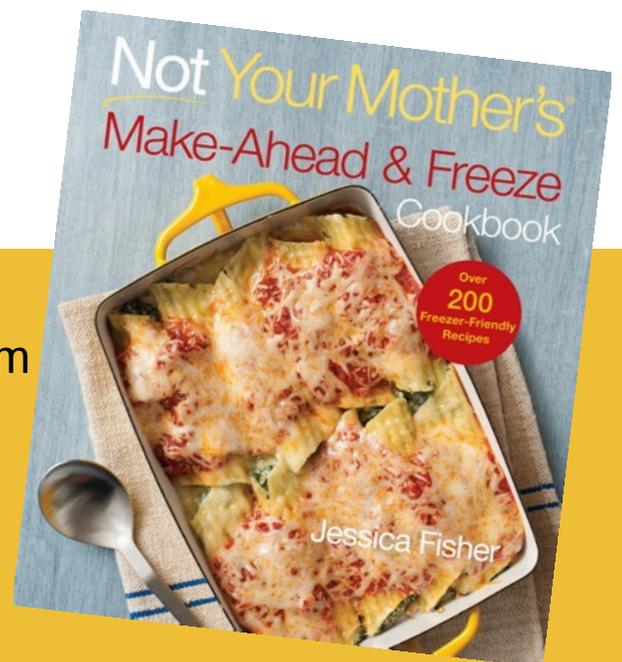


Cozy Winter Breakfasts Cooking Plan

baking for the freezer using recipes from
Not Your Mother's Make-Ahead & Freeze Cookbook by Jessica Fisher



Cozy Winter Breakfasts Cooking Plan

Breakfast foods, 4 hours

The recipes in this plan cover a range of quick breads, oatmeal dishes, cereals, and other baked goods.

[Spiced Pumpkin Flax Bread](#), page 288, 1 batch, 2 loaves

Wholesome Energy Bars,* page 321, 2 batches, 24 bars

[Better Instant Oatmeal Packets](#), page 257, 40 packets

[Bulk-Batch Pancake Mix](#), page 258, 4 batches

Lemon-and-Honey Flax Waffles, page 264, 2 batches

[Cranberry-Orange Granola](#), page 255, 2 batches

[Breakfast Cookies](#),* page 267, 1 batch

[Raspberry Baked Oatmeal](#), Good Cheap Eats, 2 batches

* I find two slight typos in the recipes marked with an asterisk*. Wholesome Energy Bars should have LIGHT olive oil. And the Breakfast Cookies should have SUNFLOWER seeds, not sesame seeds. I apologize for the confusion.

Grocery List

FRESH PRODUCE:

- 4 oranges for zesting
- 4 cups raspberries (can use frozen)

DAIRY:

- 6 eggs
- approx 2 sticks butter
- 3 cups milk
- 1 cup plain yogurt

CANNED/BOTTLED/DRY GOODS:

A note about flours: whole-wheat pastry flour may be difficult to find. Most health food grocery stores will carry it as does Amazon. Feel free to use regular, all-purpose flour instead of the whole wheat pastry flour.

A note about oils: use whatever oil you like for baking. The oils specified are those that I used for recipe testing. Feel free to use your preferred baking oil.

- 19 cups unbleached, all-purpose flour
- 16 cups old-fashioned “rolled” oats
- 13 1/2 cups whole-wheat pastry flour
- 12 cups quick oats
- 6 1/4 cups dried fruit (the recipes call for 2 3/4 cups dried cranberries, 1/2 cup golden raisins, 1/2 cup dark raisins, AND approximately 2 1/2 cups dried cranberries OR raisins, but you can use all cranberries, all raisins or a combo)
- 4 1/2 cups brown sugar
- 3 cups sugar
- 2 1/4 cups nuts
- 2 cups whole wheat flour
- approx. 2 cups dry milk powder
- 15-ounce can pumpkin puree
- 1 cup applesauce
- 1 cup oat flour
- approx. 1 cup honey
- 3/4 cup raw sunflower seeds

Grocery List *(continued)*

- 3/4 cup flax seed meal
- 1/2 cup cornmeal
- 1/4 cup chocolate chips
- 1/4 cup pumpkin seeds
- light olive oil
- coconut oil
- vegetable and/or canola oil
- baking soda
- baking powder (at least 1 cup)
- salt
- vanilla extract
- yeast (2 packets)

SPICES:

- ground cinnamon
- ground ginger
- ground nutmeg

****** On the day of serving the pancakes and waffles, you will also need the wet ingredients as specified in the recipe. Please consult the recipe so that you have these items on hand.

Packaging

- plastic wrap
- waxed paper or parchment
- 11 gallon-size zip-top freezer bags, labeled (2) Spiced Pumpkin Flax Bread (2) Bulk-Batch Pancake Mix (2) Lemon-and-Honey-Flax Waffles, (2) Cranberry-Orange Granola, (2) Wholesome Energy Bars, (1) Breakfast Cookies
- two 9x13-inch baking dishes with lids, labeled Raspberry Baked Oatmeal
- 40 snack-sized zip-top bags for Better Instant Oatmeal Packets and a canister or container to hold them.

Special Equipment

- bread machine, if possible
- stand mixer or hand mixer
- two bread loaf pans
- several rimmed sheet pans
- cooling racks

Prep List

- Print labels and cooking plans.
- Print recipe for Raspberry Baked Oatmeal from Good Cheap Eats.
- Soften butter.
- Zest oranges.

Cooking Plan

Note: One of the tricks to saving time during a large baking plan like this one is to make sure you maximize every action. Heat the oven once and keep it baking. The steps with an asterisk* indicate that you will be using the oven. If you are quicker or slower with any of the steps and find that you have an empty oven, skip to the next * so that you can maximize that energy. Then go back to the step that you finished previously.

1. * Mix up pumpkin bread and bake.
2. Start dough for Wholesome Energy Bars in the bread machine or mixer. **Do not double the recipe.** Mix each batch separately and place dough in greased bowls to rise. Set a timer for 90 minutes. After timer rings, form bars and allow to rise. Then continue with the Cooking Plan at whatever step you left off on.
3. Mix granola and wait for oven.
4. Pumpkin bread should be done. Pull the loaves from the oven to cool on rack for 10 minutes. Remove from pans and allow to cool completely.
5. * Bake granola.
6. Assemble Instant Oatmeal Packets. [INSTANT OATMEAL PACKETS DONE]
7. Make pancake and waffle mixes. Freeze. [PANCAKE AND WAFFLE MIXES DONE.]
8. * Energy bar dough should be ready. Form bars and allow to rise. Bake when granola is done.
9. Mix raspberry baked oatmeal and freeze. [RASPBERRY BAKED OATMEAL DONE.]
10. Mix breakfast cookie dough and form cookies on trays.
11. Once energy bars are done, remove from oven and cool on wire racks.
12. * Bake breakfast cookies.
13. Once all baking recipes are complete and have had a sufficient chance to cool, wrap well and freeze. [PUMPKIN BREAD, GRANOLA, ENERGY BARS, BREAKFAST COOKIES DONE]
14. Clean up the workspace. Wipe down the counters.

Spiced Pumpkin Flax Bread

Date prepared:

Spiced Pumpkin Flax Bread

Date prepared:

Better Instant Oatmeal Packets

Empty packet contents into a heatproof bowl. Add 1/4 to 1/2 cup hot water. Let sit for 1 to 2 minutes before stirring.

Date prepared:

Raspberry Baked Oatmeal

Thaw pan in the refrigerator overnight. Preheat oven to 350°. Bake for 45 minutes or until golden. Serve with whipped cream.

Date prepared:

Raspberry Baked Oatmeal

Thaw pan in the refrigerator overnight. Preheat oven to 350°. Bake for 45 minutes or until golden. Serve with whipped cream.

Date prepared:

Bulk-Batch Pancake Mix

Add: 3 1/2 cups buttermilk, 2 eggs, 1/3 cup melted butter or oil.

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Bulk-Batch Pancake Mix

Add: 3 1/2 cups buttermilk, 2 eggs, 1/3 cup melted butter or oil.

Date prepared:

Lemon-and-Honey Flax Waffle Mix

Add: 3 1/2 cups milk, 1 cup light olive oil, 3 eggs, 1/4 cup honey, 1 tablespoon ground flax seed meal (combined with 1 tablespoon water), grated zest of 1 lemon

Date prepared:

Lemon-and-Honey Flax Waffle Mix

Add: 3 1/2 cups milk, 1 cup light olive oil, 3 eggs,
1/4 cup honey, 1 tablespoon ground flax seed
meal (combined with 1 tablespoon water), grated
zest of 1 lemon

Date prepared:

Wholesome Energy Bars

Date prepared:

Wholesome Energy Bars

Date prepared:

Cranberry-Orange Granola

Date prepared:

Cranberry-Orange Granola

Date prepared:

Breakfast Cookies

Date prepared: