



Baking with Wellness

The Corner Mountain Guide to Nutritional and Healthy Baking



JANET CASEY



Welcome

Welcome to the heart of Corner Mountain Inn. Just like your home, life happens in the kitchen and it always involves food. So, we bake wellness into our food. We've put together our most loved recipes to help you create and bring our wellness to your home.

These recipes are just a glimpse into what life at the Inn looks like, a collection that is healthy, delicious and created in our kitchen with love and care. True wellness starts from within, with foods that nourish and satisfy your nutritional needs and tantalize your taste buds! Young Livings' Plus line of dietary grade essential oils can be added to food for a delicious kick of flavour.

Good cooking is to be appreciated by all who desire it. We like to use basic ingredients that can be adapted to your own local foods and encourage you to experiment, as we have. Spending time outdoors, eating and sharing wellness are important to us. With a minimum of preparation and using what is at hand, we like to find that balance to claim our health and thrive.

Yours truly,

Janet Casey

Enjoy these recipes during your next Stay - Book your Room Today!

Visit us online at cornermountaininn.com to book!

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Corner Mountain Seed Bread

I love bread. It is a staple in the diet of most cultures and is comfort food for me. Back in the early 80's, when I lived in the Yukon, the closest bakery was a 5 hour drive away. That's when I learned to bake bread. This bread stays moist, is a great source of nutrition and tastes delicious.

Ingredients:

- 1 1/2 cups water
- 3/4 tsp. sea salt
- 4 tbsp grape seed oil
- 1 egg
- 1 tsp honey
- 2 medjool dates pitted and cut
- 1/8 cup each of sesame and sunflower seeds
- 1/4 cup of ground flax
- 2 tbsp unsweetened coconut
- 2 cups of whole wheat flour
- 2 cups of unbleached flour
- 1 1/2 tsp instant yeast



Instructions:

I put all the ingredients in my bread maker and set it on the dough setting, as this recipe makes 2 loaves of bread. If you don't have a bread maker, put all the ingredients in a large mixing bowl and follow a traditional way to make bread.

Shape into loaves or buns and let rise for 30 minutes in a draft free place or until the bread is one inch above the pan.

Bake for 20 minutes at 350 degrees. Turn out on a cooling rack and enjoy.

Bread is a wonderful comfort food, but again, my food must feed me, look good and taste good. So I add the seeds and use the freshest, organic ingredients. You will need to adjust of amount of flour for lower elevations. We live at 5000ft.

Pumpkin Muffins

Muffins are quick and easy, use common ingredients and add a beautiful touch to your meal. They are regularly on our breakfast table. As always, I look for ways to increase the nutrition in every bite of my food, so I add the cheese to this recipe. It helps get me to the top of the mountains.

Ingredients:

- *YL Einkorn flour™ - 1 & 1/2 cups
- Baking powder - 1 tsp.
- Baking soda - 1 tsp.
- Sea salt - 1/2 tsp.
- Cinnamon - 1/2 tsp.
- Nutmeg - 1/2 tsp.
- Ginger - 1/2 tsp.
- Raisins - 1/2 cup
- Pecans chopped - 1/2 cup

- Egg - 1
- Brown sugar - 1/2 cup or 1/3 cup of honey
- Grape seed oil - 1/3 cup
- Cooked pumpkin - 1 cup
- Yogurt - 1/4 cup
- **Boursin Apple and Maple cheese - 75g



Instructions:

Combine all first 9 dry ingredients in a large bowl. Stir thoroughly. Make a well in the centre.

In a small bowl, beat eggs until frothy. Mix in honey, oil, pumpkin and yogurt. Crumble in the cheese. Add essential oils.

Pour into well. Stir only to moisten. Batter will be lumpy. Fill muffin cups 3/4 full. Bake in 375 degree Fahrenheit oven for 20 to 25 minutes. Let rest 5 minutes. Remove from pan. Best served warm. Makes 14 large muffins.

One drop each of YL + cinnamon bark, ginger, nutmeg and orange essential oils for some extra flavour!

*or Regular Flour

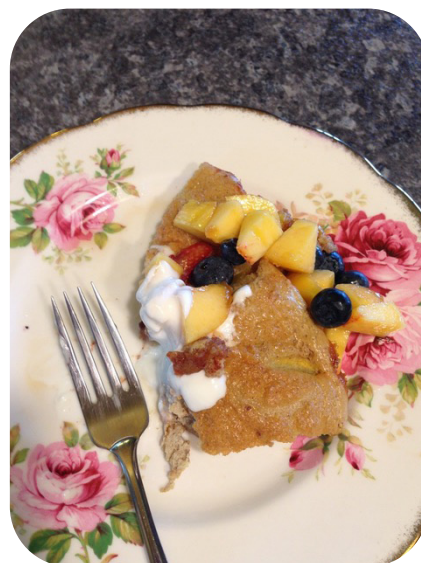
**Optional

Our Famous Peach Pancakes

Peggy and Jackie, who have been our guests, were the quality control experts for this recipe. They have been guests several times and helped perfect it. As I recall, we had this for breakfast at least 3 or 4 days in a row.

Ingredients:

- 3 large fresh peaches
- 2 tbsp. coconut oil
- 2 tbsp. maple syrup
- sprinkle of cinnamon
- 6 large eggs
- 1 cup ground almonds
- 1 cup coconut/almond milk



Instructions:

Over medium heat, melt the coconut oil in a 12 inch oven ready frying pan. Peel and slice the peaches into the pan and add the maple syrup. Sauté until the syrup is bubbling and sprinkle with cinnamon.

In a small bowl, whisk eggs and milk together. Add ground almonds, blending until smooth. Pour mixture over the bubbling peaches and place in a 425 degree fahrenheit oven and bake for 25 minutes until golden brown.

Serve hot with a dollop of yogurt and fresh fruit.



"Your peach pancakes are still second to none."

Chocolate Avocado Pudding

You may look at this recipe and say, too many calories. I don't count calories, I count nutrition. You don't need a large serving of this to satisfy both your chocolate (magnesium) and dessert (essential fatty acids) craving.

Ingredients:

- 2 large ripe Avocados
- 1/2 cup Coconut Milk
- 10 large Medjool Dates
- 2 tsp. Vanilla
- 1/2 cup unsweetened cocoa



Instructions:

Blend the first four Ingredients well. I personally use a Vitamix blender, but you can also use a food processor. You may need to add a little more milk to achieve the proper consistency of the pudding, depending on the moisture in the dates.

Add 1/2 cup unsweetened cocoa, blend again.

I like to dip a toothpick in the end of the bottle of YL + Cinnamon Bark oil. Swirl the toothpick into mixture. Add to your taste. This just brings up the flavour.

Pour pudding into containers. Place in the fridge and let sit for an hour. You will not taste avocados or dates. It keeps in the fridge for several days or it freezes well

Enjoy this wonderful treat!

How does my food affect me? Book your FREE Wellness Consultation today!

Visit us online at cornermountaininn.com to book!

Oatmeal - Date Filled Cookies

Grandma Casey's Oatmeal Date-filled Cookies were the best. I only remember eating these at Christmas time, but things were different in the 'old days'. Grandma lived through the Great War, the Depression and Second World War. I loved listening to her stories of how they made due with very little, but how they had fun and laughed. She lived 91 years and I loved her smile and happy disposition.

The directions on my recipe card state: Put the cooking oats through a food chopper. You could also just use quick oats. I have used butter or coconut oil in place of lard, but if you render your own lard as Grandma did, the cookies taste better.

Ingredients:

- 1 c. lard
- 1 c. brown sugar
- 1 egg
- 1/2 c. milk
- 2 c. flour
- 4 c. oatmeal
- 1 tsp. cinnamon
- 1 tsp. baking soda dissolved in 1/4 c. boiling water



Instructions:

Cream together lard and sugar until smooth. Add egg and milk separately. Mix well.

Add flour and cinnamon, mix well. Pour in dissolved baking soda and boiling water, mix well.

Mix in the oatmeal. Form into a ball and cover.

Refrigerate over night. Roll out dough and cut out into cookies.

Bake at 375 for about 10 minutes. Cool and fill with date filling.

Date Filling

- 2 c. medjool dates
- 1/2 c. sugar
- 2/3 c. water
- 2 Drops of YL Lemon Essential Oil
- Optional Swirl of YL Cinnamon Bark Essential Oil

Chop pitted dates. Combine with water and sugar in a quart saucepan. Simmer to desired thickness and cool.

Green Smoothie

The point of a green smoothie is to get the greens. I don't like drinking grass any better than anyone else, so put whatever you need in with the greens to make it tasty. I don't add grains or milk products, as that changes how you will absorb your greens. I use spinach, kale and beet greens for greens. Filled half of your blender with greens. Then add pineapple, banana, apple, blueberries, kiwi, apricot, peach, honeydew, watermelon, berries, just pick your favourite and start blending. I try to use fruit that is in season, so I can get the maximum nutrition. I use fresh and frozen fruit and greens.

Ingredients:

- 3 handfuls of fresh spinach or kale
- 1 apple, cored
- 1 large banana
- 1/2 cup of pineapple
- About 3 cups of cold water
- 10 drops of Young Living orange essential oil

Instructions:

Put all ingredients into blender and blend! This recipe makes about 2 liters of smoothie.

I pour it into glass jars. It will keep in the refrigerator for several days, but it never lasts that long.

Experiment with these Ingredients!

- Kale
- Spinach
- Apple
- Apricots
- Plums
- Apricots
- Blueberries
- Raspberries
- Pineapple
- Strawberries
- Blackberries
- Fruity Essential Oils



Spiced Nut Mixture

This recipe is a great alternative to the snack Nuts & Bolts. I put this recipe together because I wanted a carb free snack, the taste and medicinal value of essential oils. Enjoy this as snack food or add it as a topping on salad.



Ingredients:

- 6 cups of assorted roasted nuts
- 4 tbsp. coconut oil
- 1 tsp. each of garlic and onion powder
- 2 tbsp. worcestershire sauce
- 6 drops black pepper oil
- 2 drops cardamon oil
- 6 drops lime oil
- 4 drops lemon oil
- 2 drops rosemary oil
- 2 drops of cumin oil
- sea salt to taste.



Instructions:

On the stove top, melt 2 tbsp. of coconut oil medium pot and remove from heat. Add garlic & onion powder and worcestershire sauce. Mix well.

Add nuts. Stir to coat the nuts well.

Pour nuts on to a cookie sheet and bake in 250 degree oven for 45 minutes. Stir every 15 minutes.

While the nuts are baking, melt the remaining 2 tbsp. of coconut oil in the pot. Remove from heat. Cool and add the essential oils.

When the nuts have finished roasting, pour them back into the pot and stir to coat the nuts again with oils. This second step is important, as the oven heat will change the medicinal value of the essential oils.

Store in a glass jar.

Note: You can add cereal like Cheerios, Rice Checks, Crispix, Etc. and pretzels. Just reduce the amount of nuts or double the sauce.

Notes





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