
HOME-MADE FOODS



BREAD



GRANOLA



OAT COOKIES



YOGURT



HOME MADE BREAD

NUTRIENT VALUE

	/100g	/slice
Kcal	278kcal	83.4kcal
Protein (g)	10.7g	3.2g
Lipids (g)	10.6g	3.2g
Carbohydrates (g)	34.9g	10.5g
Dietary Fibre (g)	3.4g	1g

INGREDIENTS

Recipe uses a bread machine

- 350g white flour
- Brown flour
- 225ml of water
- 50g walnuts
- 1 teaspoon dry yeast
- ½ teaspoon salt
- 1 table spoon oil

METHOD

- × Add the white flour in the bread bowl
- × Add the water and oil on top
- × Add the brown flour and walnuts on top
- × Add the yeast and the salt in a way that they don't touch one another
- × Put the bread bowl in the bread machine and select the program for white bread

REMARKS

Since this bread doesn't contain any preservatives, be aware that this bread won't stay fresh for that long. Therefore it's better to take out what you'll eat right away and freeze the rest.

HOME MADE GRANOLLA

NUTRIENT VALUE

	/100g	/portion
Kcal	442kcal	221kcal
Protein (g)	15.1g	7.5g
Lipids (g)	24.7g	12.3g
Carbohydrates (g)	39.6g	19.8g
Dietary Fibre (g)	7.9g	3.9g

INGREDIENTS

This recipe uses an oven

- 250g rolled oats (no instant)
- 50g sunflower seeds
- 50g pumpkin seeds
- 50g almonds
- 50g walnuts
- 40g honey
- 1 tablespoon liquid margarine

METHOD

- × Roughly grind the almonds and walnuts.
- × Pour the oats in a large bowl and add honey and margarine. Put for 30sec in the microwave on 900 Watt. This will make it easy to stir the margarine, honey and oats.
- × Add the rest of the ingredients to the bowl and stir
- × Cover a baking plate with a baking sheet and spread the granola on the baking sheet.
- × Put in the oven on 125°C for 35 minutes. Stir about every 10min. So the granola will be evenly heated without burning. The baking sheet will make it a lot easier to clean the baking plate afterwards.
- × Remove the granola from the oven and let it cool down.

REMARKS

One might think that the granola contains a lot of fat. This is because of the almonds, walnuts and seeds, however these nutrients contain healthy fats. The new food guidelines even recommend eating about 25g of nuts each day.



HOME MADE OAT BISCUITS

NUTRIENT VALUE

	/100g	/portion (2 biscuits)
Kcal	350kcal	140kcal
Protein (g)	10.4g	4.2g
Lipids (g)	5.3g	2.1g
Carbohydrates (g)	65.3g	26.1g
Dietary Fibre (g)	7.5g	3g

INGREDIENTS (12 BISCUITS)

This recipe uses an oven

- 150g instant rolled oats (Quakers)
- 1 tablespoon butter
- 1 teaspoon baking powder
- 40g honey
- 150ml Boiling water
- 150ml milk
- Bakery paper

METHOD

- × Preheat the oven to 160°C.
- × Put the rolled oats, baking powder, honey and butter in a bowl and mix well. Add boiling water and milk while stirring until you get a homogeneous mass. It's important the dough sticks well together.
- × Put some bakery paper on a baking dish and divide the dough into 8 cookies. You should flatten them a bit until they're 2 cm thick.
- × Put the dish in the oven for 30 minutes or until the cookies have a nice brownish color.

REMARKS

You can add raisins or nuts to the dough for extra taste or some variation.

HOME MADE YOGHURT

NUTRIENT VALUE

	/100g	/portion(150g)
Kcal	85kcal	128kcal
Protein (g)	4.5g	6.8g
Lipids (g)	4.7g	7.1g
Carbohydrates (g)	6.1g	9.2g
Dietary Fibre (g)	0g	0g

INGREDIENTS (7 PORTIONS)

Recipe uses a saucepan, cooking fire and thermos

- 1 litter of milk – skimmed or full fat you choice
- 50g powder milk
- 3 table spoons of yoghurt containing life cultures

METHOD

- × Heat up the milk and milk powder to about 90°C for 5 min
- × Cool the milk back down to about 45°C. To make it easy and quicker, put the saucepan in cold water surrounded by ice.
- × Once the milk has cooled down add the yoghurt with life cultures in the milk. Whisk until the yogurt is completely combined with the milk
- × Pour the yoghurt in a thermos, seal air tide and leave standing for 6 hours (outside the fridge!)
- × After 6 hours pour into jars and put it sealed in the fridge

REMARKS

The first time you make it you need to use store bought yogurt with life cultures. Afterwards you can keep on using your own culture.

If you want the yogurt to be thicker add a bit more milk powder

For extra flavours in the yoghurt see blogpost "[How to make plain yogurt tasty](#)"