

My Family Cookbook

Mothers Against Hunger

by Debbie Stevens



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I am dedicating my family cookbook to Janet Chapman.

Thank you for always telling me I could write this cookbook.

You told me this would be an amazing journey—to always keep writing and to never give up.

To Melissa Mayhue for always supporting me during this journey and for giving me advice and sending me a signed copy of your book.

I love your books. You are one my favorite authors. Thank you both for not letting me give up on writing this cookbook.

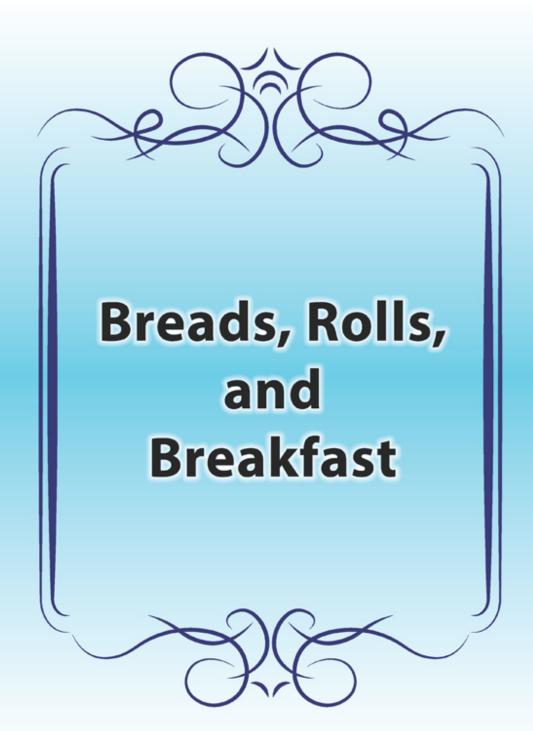
To Lynn Kurland for all the wonderful advice you have given me to make this happen.

To Albertson's for all the inspiration I got while I was shopping for this cookbook.

To my loving family for always being supportive during this journey of writing this cookbook.

Conversion Chart

INGREDIENT	1 cup	3/4 cup	2/3 cup	1/2 cup	1/3 cup	1/4 cup	1 Tbsp	0=> 1 tsp
Flour	120g	90g	80g	60g	40g	30g	8g	
Sugar	200g	150g	133g	100g	97g	50g	13g	
Brown sugar	180g	135g	120g	90g	60g	45g	12g	
Butter	240g	180g	160g	120g	80g	60g	15g	
Oats	90g	68g	60g	45g	30g	23g	6g	
Nuts, chopped	150g	113g	100g	75g	50g	38g	10g	
Milk/ Cream/ Water	240ml	180ml	160ml	120ml	80ml	60ml	15ml	5ml
Salt, Spices, Herbs, Baking Soda							15ml	5ml



Apple Cinnamon Rolls



Apple Cinnamon Rolls

Ingredients

6 cups of all-purpose flour

2/3 cup of sugar 1 tsp. of salt

4 tbs. of shortening butter flavored

2 packages of yeast

2 1/4 cups of warm water

1 tsp. of cinnamon

4 apples (peeled and diced; add to the apples 1 tsp. of cinnamon, 4 tbs. of sugar, 1 tsp. of vanilla. Mix this up

and set it aside until

the dough is rolled

out.)

Directions

Add yeast and hot water together—mixed up and set aside.

In another big bowl, add 3 1/2cups of flour, sugar, salt, and shortening. Then add yeast mixture and mix up on low so the flour does not go everywhere.

Keep adding the rest of the flour 1cup at a time until all 6 cups of flour have been added. If you find the dough is a little dry, add a little more water, but no more than 1/4 cup of water.

Place dough in an oiled bowl to rise until it's doubled in size.

Once it has doubled in size, take half the dough and place a floured countertop and roll out to about 2 inches thick, or the thickness your wanting.

Make sure that your rolling pin is also floured as the dough will stick to it.

Add in Christmas butter Conversion Chart

Apple Dumpling Cinnamon Bread



Apple Dumpling Cinnamon Bread

Ingredients

8 Rhodes yeast dinner rolls—cut into 4 pieces 5 apples—peeled, cored, and cut up 1/2 cup of sugar 1/2 brown sugar 1/2 stick of butter 1 tsp. of vanilla 3 tbs. of flour 1 tsp. cinnamon 1/2 canned frosting melted to drizzle over the top of apple dumpling cinnamon bread when it's done.

Directions

Make sure to let yeast dinner rolls defrost, then cut the round yeast balls into four pieces.

Let rise to double their size.

Next, melt butter then add both brown and white sugar, cinnamon, and flour. Set aside.

Peel, core, and cut up the apples, then add in the butter mixture. Mix together.

Now that the yeast pieces have risen and doubled in size, add them to the apple mixture. Stir well.

Take a 9 x 13 pan and spray the pan with nonstick cooking spray.

Pour the apple and yeast mixture into the pan.

Bake at 350 for 35-40 minutes.

Drizzle melted frosting over the top of apple dumpling cinnamon bread.

Let cool.

Serves 12.

Conversion Chart

Biscuits



Biscuits

Ingredients

2 cups self-rising flour
1 cube of butter
1 tsp sugar
2/3 cup of milk
1 tsp baking powder

Directions

Mix flour, baking powder, sugar and butter together until it is like crumbs. Next stir in the milk until it forms into a dough. Flour the board than knead until it comes together than roll out until desire thickness.

Then use a biscuit cutter to cut out biscuits.

bake on sprayed cookie sheet and bake at 350. Bake until golden brown or about 20 minutes. Serves 8 to 10

Conversion Chart

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