



Bluebird  
Grain Farms



*Einkorn Baking Mix  
Recipe Booklet*

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# Cranberry Walnut Einkorn Energy Bars



**Yield** 12 bars

*Need a whole grain, homemade, grab-and-go breakfast? These chewy bars have plenty of protein thanks to Greek yogurt, walnuts, and fiber from the whole grain einkorn flour to keep you full and satisfied all morning long.*

## Ingredients

1/2 cup plain or vanilla Greek yogurt

1/3 cup brown sugar (packed)

1/3 cup applesauce

1 large egg

1 teaspoon vanilla extract

zest of 1 orange

1 1/2 cup old fashioned oats

1/2 cup plus 2 tablespoons [Bluebird Einkorn Baking Mix](#)

1 1/2 teaspoons pumpkin pie spice

1/2 teaspoon salt

3/4 cup chopped walnuts or pecans

3/4 cup dried cranberries

1/2 toasted coconut chips (such as Dang brand)

## Method

Preheat the oven to 350°F. Line an 8×8-inch baking pan with parchment or foil and spray with cooking spray. Set aside.

In a small bowl, whisk together yogurt, brown sugar, applesauce, egg, vanilla, and orange zest.

In a large bowl, whisk together oats, flour, pie spice, baking soda, and salt. Use a rubber spatula to stir yogurt mixture into oat mixture until no traces of flour are visible, don't over stir. Add walnuts, cranberries, and coconut and stir just to combine.

Pour batter into the prepared pan and bake until top is just set and edges are golden brown, 25 minutes. Place on a cooling rack and let cool completely. Cut into rectangles and serve. Store remaining bars in an airtight container at room temperature for up to 5 days.

For presentation sprinkle baked bars with coconut chips, chopped walnuts, and orange zest.

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# Raspberry Thyme Einkorn Muffins



**Yield** 10-12 Muffins

## **Ingredients**

2 ½ cup [Einkorn baking mix](#)

½ cup brown sugar

½ cup white sugar

½ teaspoon cinnamon

¼ teaspoon allspice

¼ teaspoon salt (omit if using salted butter)

1 ¼ cup frozen raspberries

2 teaspoons flour for tossing raspberries

1 ½ cup buttermilk

6 tablespoon unsalted butter, melted

1 tablespoon fresh thyme, leaves picked & briefly chopped

¾ teaspoon vanilla

½ lemon, zested

coarse sugar for topping

## Method

Preheat the oven to 400 degrees. Grease a 12-cup muffin tin with canola spray.

In a small saucepan melt butter until it foams, remove from heat and add thyme leaves, and set aside to cool slightly. Sift together the baking powder, flour, cinnamon, allspice & stir in both sugars.

In a separate bowl, toss frozen raspberries with 2 teaspoons of flour to coat. Set aside.

Combine vanilla, lemon zest, & buttermilk. Pour buttermilk mixture into the dry mix, add melted butter and thyme and stir gently with a rubber spatula.

Gently fold in frozen raspberries until raspberries are fully incorporated into the batter.

Heap batter into prepared pan and sprinkle tops with coarse sugar. Bake in a preheated oven for 25-30 minutes until muffins are nicely colored. Leave in the pan to cool for 5-10 minutes and depan onto a wire rack. Will keep in an airtight container for 2-3 days at room temperature or longer in the refrigerator.

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# Seeded Einkorn Quick Bread



**Yield 8**

## **Ingredients**

¼ cup unsalted hulled sunflower seeds

¼ cup unsalted hulled pumpkin seeds

¼ cup rolled oats

3 tablespoons quinoa

3 tablespoons millet

1 cup buttermilk

¼ cup melted butter or safflower oil

1 tablespoon maple syrup

3 large eggs

2 1/4 cups [Einkorn Baking Mix](#)

## **Method**

Preheat the oven to 350°F. Grease a 9x5x3-inch loaf pan. Line the bottom with parchment paper.

In a medium dry skillet, toast the seeds, oats, quinoa and millet over medium heat, stirring, until light brown and starting to pop, about 5-7 minutes. Reserve 2 tablespoons of the mixture and pour the remaining into a large mixing bowl. Add the buttermilk, butter or oil, maple syrup, salt and eggs. Stir in baking mix and pour into the pan. Sprinkle with remaining seed mixture. Bake for 35-40 minutes or until a toothpick

inserted in the center comes out clean. Let cool for 30 minutes, loosen the sides of the pan and invert the pan on a cooling rack. Let cool completely before slicing.

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# Einkorn Cheese Crackers



**Yield** 8 dozen

## Ingredients

2 cups [Einkorn Baking Mix](#)

3/4 teaspoon kosher salt plus additional for sprinkling

1/4 teaspoon cayenne pepper

6 tablespoons unsalted butter, grated

8 ounces extra-sharp cheddar, grated

4-6 tablespoons ice water

1 egg white, lightly beaten with 1 teaspoon water

## Method

In a food processor, combine the flour, baking powder, salt, and cayenne and pulse to combine. Add the butter and cheese and pulse until well mixed. Add 4 tablespoons of ice water and pulse until the mixture starts to hold together. Add additional water if necessary.

Divide the dough in half, form into circles and wrap in plastic wrap. Freeze for 20 minutes.

Line two baking sheets with silicone mats or parchment. Using one square at a time, roll the dough on a lightly floured surface to a scant 1/8 inch thickness. Using a fluted 1 3/4-inch cookie cutter, cut the dough into circles, rerolling the dough to use it up. Poke holes in each with a fork and freeze until firm, 10 to 15 minutes. Repeat with the remaining dough.

Preheat the oven to 350°F. Brush the circles with the egg and sprinkle with salt. Bake until puffed and crisp, 18 to 21 minutes. Transfer to a cooling rack and repeat with the remaining dough. Store in airtight containers at room temperature.

# Einkorn Pancakes or Waffles



**Yield** 1 Cup = four 4 inch pancakes / two 8 inch waffles\*

## Ingredients

1 cup [Einkorn Baking Mix](#)

1/3 cup milk

3/4 cup buttermilk

1 large egg

2 tablespoons unsalted melted butter or oil

## Method

Mix together wet ingredients. Incorporate wet ingredients into 1 cup of mix and whisk together. Let the batter sit for about 5 minutes.

Heat griddle or waffle iron. Brush generously with oil or butter. When the pancake bottoms brown and surface starts to bubble, flip cakes until cooked through. Serve with your favorite syrup and toppings.

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# Fluffy Einkorn Biscuits



Yield 10-12 medium-sized biscuits

## Ingredients

3 Cups [Einkorn Baking Mix](#)

1/2 teaspoon coarse salt

8 tablespoons of chilled organic shortening or butter, cubed

1 cup of milk (may substitute buttermilk for milk, do not add vinegar if you are using buttermilk)

1 teaspoon white vinegar

Parchment paper

## Method

Heat oven to 450°F.

In a medium-size bowl or food processor mix together the flour, baking powder, baking soda, and sea salt. Mix on low. Add or pulse in the cubed butter until the mixture forms coarse crumbs.

Add vinegar to the milk then briskly mix (or pulse) liquids into the dry ingredients until ball forms. Do not overmix!

Turn dough onto a surface dusted with flour. With your hands gently pat dough into a square and fold the dough over itself a few times (this yields fluffy biscuits). Pat dough until it is 1/2 inch thick. If you prefer to use a rolling pin, roll gently and continue to fold the dough. Use caution to not overwork, or press, dough too hard.

Cut with 2 1/2-inch round biscuit cutters.

Place rounds on a cookie sheet lined with parchment paper.

Bake for 8 to 10 minutes or until golden brown. Serve warm.

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# Einkorn Banana Coconut Quick Bread



**Yield 8**

## **Ingredients**

2 large very ripe bananas, mashed

2/3 cup sugar

¼ cup milk

1/2 cup melted coconut oil or butter

1 teaspoon vanilla

3 large eggs

2 2/3 cups [Einkorn Baking Mix](#)

½ cup shredded unsweetened coconut plus additional for sprinkling

½ cup chopped macadamias or pecans

## **Method**

Preheat the oven to 350°F. Grease a 9x5x3-inch loaf pan and line the bottom with parchment paper.

In a large bowl combine the bananas, sugar, milk, oil, vanilla, and eggs together. Stir in baking mix, coconut, and nuts and pour into the pan. Sprinkle with additional coconut. Bake for 45 to 55 minutes or until a toothpick inserted in the center comes out mostly clean. Let cool for 10 minutes, loosen the sides of the pan, and invert the pan on a cooling rack. Let cool completely before slicing.

# Simple Chocolate Emmer Cupcakes



**Yield** 12 Cupcakes

## Ingredients

1 ½ cups [Bluebird Einkorn Baking Mix](#)

1 cup of sugar

1 teaspoon salt

1/3 cup cocoa powder

1/3 cup canola oil

1 cup of water

1 teaspoon vanilla

1 tablespoon vinegar

## Method

Heat oven to 350 degrees.

Grease cupcake tins or line with cupcake papers. Mix together dry ingredients, in a separate bowl mix together wet ingredients. Slowly incorporate dry ingredients into the wet ingredients until well blended. Fill cupcake tins  $\frac{3}{4}$  full and place in the oven. Bake for 20-22 minutes or until a toothpick inserted into the center comes out clean.

While cupcakes are baking, prepare the frosting.

## Chocolate Frosting

### Ingredients

4 oz. unsweetened chocolate, chopped

2/3 cup unsalted butter softened at room temperature

1 ½ cups powdered sugar

1 teaspoon pure vanilla extract

## Method

In a double boiler, add chopped chocolate, whisk until fully melted. Set aside to cool. When chocolate is at room temperature, add softened butter, beat with a handheld blender. Add powdered sugar and vanilla beat until frosting is smooth. Top cooled cupcakes with the chocolate frosting.

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