

Esther Stewart (10) and her Mom made these delicious muffins



Basic Muffins

- 3 c. whole wheat flour
- 2 c. buttermilk
- 2 eggs, lightly beaten
- 1 teaspoon sea salt
- ¼ c. maple syrup
- 2 teaspoons baking soda
- 1 teaspoon vanilla extract
- 3 tablespoons melted butter
- 1 c. dried bilberries, soaked in water for one hour, then straining water and leaving berries

Soak flour in buttermilk, kefir or yogurt in a warm place for 12 -24 hours. Muffins will rise better if soaked for 24 hours. (Those with milk allergies may use 2 cups filtered water plus 2 tablespoons whey, lemon juice or vinegar in place of undiluted buttermilk, kefir or yogurt.) Blend in remaining ingredients. Pour into well-buttered muffin pan (preferably stoneware), filling about three quarters full. Bake at 325 degrees for about 1 hour or until a toothpick comes out clean. *

Photography: Elizabeth Stewart





Rose Petal Fruit Salad

By Shoshanna (Pearl) Easling

Cut into bite-size pieces one cup each of apples, pears, pineapples, plums, grapes, and bananas (or whatever fruit you have on hand). Combine first six ingredients in a pretty bowl. Lightly fold $\frac{1}{2}$ cup of rose petals into the fruit. Squeeze the juice of a lemon or lime onto the fruit. Sprinkle pecans over the top.

* Chill and enjoy. *



Photography: Elizabeth Stewart



Real fellowship and teaching says, "Hey, who wants to help me make a delicious, fabulous, wild fruit salad, with real rose petals in it?"

Carolyn Beachy (12) and her sister Judith Anne (7) having fun making fruit salad together.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
February	JANUARY 2008 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31		MARCH 2008 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31		1	BACK TO BASICS Good Feb. 2-15 See back page
	3	4	5	6	7	
10	11	12	13	14	15	MORE BASICS Good Feb. 16-29 See back page
17	18	19	20	21	22	
24	25	26	27	28	29	<i>She is like the merchants' ships; she bringeth her food from afar. Proverbs 31:14</i>

