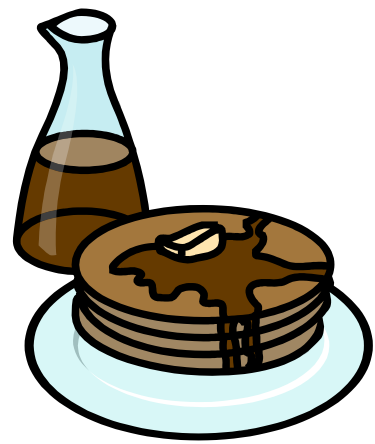


## Sorghum Buttermilk Pancakes

1  $\frac{2}{3}$  cups sorghum flour  
4 tablespoons powdered buttermilk  
1 tablespoon sugar  
1  $\frac{1}{2}$  teaspoons baking powder  
1 tablespoon cornstarch  
 $\frac{1}{2}$  teaspoon baking soda

2 eggs  
1 cup water  
3 tablespoons melted shortening or oil



Sift together dry ingredients. Mix together liquid ingredients and add to dry ingredients. Beat until batter is smooth. Pour onto hot, greased griddle and cook until the top is partially set (won't bubble) and underside is brown. Turn and brown on other side. (If a thicker batter is preferred add an additional  $\frac{1}{2}$  cup of flour.)

*Yield: 15 pancakes (4 inch)*

## Sorghum Nut / Fruit Bread

2  $\frac{1}{2}$  cups sorghum flour  
1 cup sugar  
2  $\frac{1}{2}$  tablespoons cornstarch  
1  $\frac{1}{2}$  tablespoons baking powder

1  $\frac{1}{4}$  cups milk  
1 whole egg plus 1 egg white  
1 cup chopped nuts  
 $\frac{1}{4}$  cup oil

Beat on medium speed, scraping sides, for 1 minute. Pour into greased loaf pan. Bake for 55 – 65 minutes, until toothpick inserted into center comes out clean. Cool 10 minutes in pan, turn out of pan, cool completely before slicing.

## Banana Nut Bread

Decrease milk to  $\frac{3}{4}$  cup and add 1 cup mashed ripe banana (2 to 3 bananas).

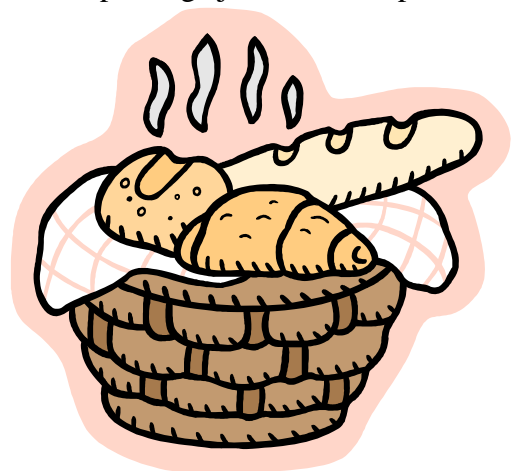
## Apricot Nut Bread

Decrease milk to  $\frac{1}{2}$  cup and add 4 teaspoons grated orange peel,  $\frac{3}{4}$  cup orange juice and 2 cups firmly chopped dried apricots.

## Orange Nut Bread

Decrease milk to  $\frac{1}{2}$  cup and add 4 teaspoons grated orange peel and  $\frac{3}{4}$  cup orange juice.

*Yield: 1 loaf*



## Choco-Date Bars

1 cup salad oil  
3 eggs  
1 teaspoon vanilla  
1 cup sugar  
1 teaspoon salt  
2 cups sorghum flour  
1 teaspoon baking powder



1 cup brown sugar  
1 teaspoon baking soda  
2 cups quick oatmeal  
1 cup chopped dates  
1 cup chocolate chips  
1 cup chopped walnuts

Preheat oven to 350 degrees. Lightly grease a 10-inch by 16-inch jelly roll pan.

Beat salad oil and eggs until frothy. Set aside. Mix together vanilla, sugar, salt, sorghum flour, baking powder, brown sugar, and baking soda. Add to egg mixture. Stir in quick oatmeal, chopped dates, chocolate chips, and chopped walnuts. Batter will be stiff.

Spread into the pan and bake for 15 to 20 minutes, until puffed and browned. Cool and cut into bars.

For a chewier cookie, bake in 9-inch by 13-inch pan for 25 to 30 minutes. Don't over bake. They are best if chewy.

*Yield: 32 to 40 bars*

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