

Simple Foods



HEALTHY, TASTY, EASY

ABOUT SIMPLE FOODS

In the summer of 2007 the Lord chose to change the direction of our lives. As we were sitting around a campfire, a neighbor's child accidentally stumbled into the remaining embers, resulting in a severe burn wound.

That very evening we were introduced to burn care, that was the start of years of research, training meetings, and hospital visits. We soon observed that how well wounds heal, is largely an expression of a person's diet. Wounds healed better and faster for people who choose a wholesome diet.

Out of this, our vision was born to provide simple, easy to follow recipes that would compliment not only people going through a wound healing or recovery, but also for families and children.

This in combination with one of our daughters being gluten intolerant, and helping us, led to taking regular recipes and recreating them, after several years of creating recipes and recording them, our daughter noticed a significant change in the way her overall health improved, along with

both our daughters expressing the fact that our grandchildren's overall ability to stay focused improved.

This led to the creation of Simple Foods Cookbook, after publishing the cookbook, at the encouragement of our children we started creating healthy baking mixes, that are gluten free made with healthy flours, and sweetened with natural sugars such as, coconut sugar, stevia, and erythritol.

We now have a product line featuring items such as simple sweet, collagen, whey protein, almond flour, several cake mixes, cookie mix, frosting mix, etc.

We Thank You for taking the time to review this booklet, we believe that every day is a gift that God has given us, and that everyone's hands can be used as tools to our heavenly Father to help and encourage each other, by eating a healthy diet we are not attempting to live forever on this side of eternity, but feeling better as we go about our daily lives.

God's Blessings,
Norman & Tina



Distributors - call for pricesheet

330.473.5881 | mixes@mysimplefoods.com | Hours: Monday - Friday 8 - 4



ORGANIC SIMPLE *Sweet*

16 OUNCE

Simple Sweet is a sweetener blend that has a sweet taste and no after taste. Substitute 1/3 cup simple sweet for 1 cup sugar. Add a little more Simple Sweet if you prefer a sweeter taste.

Ingredients:

Organic erythritol, organic stevia



Chocolate Cookie Cheesecake

Crumbs:

1 Package Simple Foods Cookie Mix
8 T. melted butter

1. Mix together until well blended then place on cookie sheet lined with parchment paper
2. Bake at 325° for 13 min.
3. When cooled break into pieces until crumbly
4. Press 3 cups crumbs into 7 inch cheesecake pan

Cheesecake:

24 oz. cream cheese 2/3 cup Simple Sweet
(softened) 2 Tbsp. vanilla
3 eggs

1. Beat cream cheese and sweetener together, then add rest of ingredients
2. Mix 1 cup crumbs into batter then pour on top of crust
3. Bake at 325° for 35 minutes
4. Top with crumbs and melted chocolate

ORGANIC POWDERED SIMPLE *Sweet*

16 OUNCE

Powdered Simple Sweet is used for mixing into cream cheese, drinks, smoothies, and much more as it will dissolve much easier than the regular Simple Sweet.

Ingredients:

Organic erythritol, organic stevia



Fruit Dip

4 oz. cream cheese (softened)

3 Tbsp Powdered Simple Sweet

1 cup heavy whipping cream

1 cup Greek or homemade yogurt

2 tsp vanilla

1. Mix cream cheese and sweetener together until smooth
2. Beat cream until stiff and add to cream cheese mixture
3. Add yogurt

ORGANIC STEVIA

1.5 OUNCE

Use in your smoothies, drinks, and desserts.

Ingredients:

Organic Debittered Stevia extract (Stevia Rebaudiana)



Grape Surge

8 oz grape juice unsweetened

1 egg

1/16 tsp. Stevia

1. Beat egg well
2. Add grape juice and mix

PANCAKE *Mix*

15.9 OUNCE

Ingredients:

Brown rice flour, blanched almond flour, organic coconut flour, organic tapioca flour, organic erythritol, organic stevia, xanthan gum, pink Himalayan salt, baking powder (sodium acid pyrophosphate, sodium bicarbonate, cornstarch monocalcium phosphate)

Pancake Wrap

1 1/3 cup Pancake mix
2 TBSP oil

2 eggs
3/4 cup milk

1. Mix until well blended

Filling:

Scrambled eggs
Fried hash browns
Fried sausage

Sautéed onions and peppers
Cheddar cheese

1. Pour batter into greased skillet, shake skillet to thin as desired
2. Cook on low for 1-2 minutes on each side
3. Assemble filling as desired onto pancake, roll up and serve with maple syrup



ORGANIC FROSTING *Mix*

24 OUNCE

This frosting mix is made with organic powdered cane sugar, Powdered Simple Sweet and other ingredients. You can use coconut oil instead of butter for a dairy free frosting. The chocolate frosting recipe is on the back of the frosting mix bag.

Vanilla Frosting

1 1/2 cup frosting mix
3 tablespoons butter softened
1 tablespoon water
1 1/2 teaspoon vanilla

1. Beat for 3 minutes

Ingredients:

Organic Powdered cane sugar, organic erythritol, organic tapioca flour, organic stevia, xanthan gum, himalayan pink salt



CHOCOLATE CAKE *Mix*

11.7 OUNCE

Cake Pops

1 Simple Foods Chocolate Cake

1. Mix and bake cake as instructed on bag

Frosting:

1½ cup Simple Foods Frosting Mix

3 teaspoons butter (softened)

1 tablespoon water

½ teaspoon pure vanilla

2. Mix ingredients together with mixer for approximately 2 minutes

3. Crumble cooled cake into a bowl and add frosting

4. Mix until well blended

5. Using a large cookie scoop, drop balls onto a tray lined with parchment paper

Coating:

1 Package Lily's white chocolate chips

6. Melt chocolate, dip candy sticks into melted chocolate and insert into ball refrigerate for 1 hour

7. Dip cake pops into melted chocolate, refrigerate until chocolate is set



Ingredients:

Blanched Almond Flour, Brown Rice Flour, Oat Flour, Organic Tapioca Flour, Organic Erythritol, Organic Cacao Powder, Organic Coconut Flour, Baking Powder (Sodium Acid Pyrophosphate, Sodium Bicarbonate, Cornstarch, Monocalcium Phosphate), Baking Soda, Xanthan Gum, Organic Stevia



BROWNIE *Mix*

12 OUNCE

Cream Cheese Brownie

1 bag Simple Foods Brownie Mix

1. Mix brownies as instructed on bag
2. Pour into 12x12 pan

Cream Cheese Layer

8 oz. cream cheese

¼ cup Simple Sweet

1 egg

1. Mix cream cheese and sweetener until creamy
2. Add egg and beat
3. Put cream cheese mixture into ziplock bag and snip corner, drop small amounts onto brownies then take a knife and swirl
4. Bake at 350° for 25-30 minutes

Ingredients:

Blanched Almond Flour, organic erythritol, oat flour, brown rice flour, organic coconut sugar, organic cacao powder, organic stevia, baking powder (sodium acid pyrophosphate, sodium bicarbonate, cornstarch, monocalcium phosphate), baking soda, xanthan gum



CHOCOLATE *SANDWICH Cookies*

14 OUNCE

Chocolate Cookies

1 bag Simple Foods Chocolate Sandwich Cookie Mix

1. Bake as instructed on bag
2. When cooled dip cookie into melted white chocolate

Ingredients:

Organic Coconut Sugar, Brown Rice Flour, Oat Flour, Blanched Almond Flour, Organic Erythritol, Organic Cacao Powder, Organic Tapioca Flour, Organic Stevia, Baking Soda, Baking Powder (Sodium acid pyrophosphate, sodium bicarbonate, cornstarch, monocalcium phosphate), Xanthan Gum



YELLOW CAKE *Mix*

11.7 OUNCE

Graham Streusel Cake

1 bag Simple Foods Yellow Cake Mix

1. Mix as instructed on bag
2. Pour into 11x15 pan

Crumbs:

- 1 cup Simple Flour Blend
- 1/3 cup coconut sugar
- 1/4 cup Simple Sweet
- 2 teaspoons cinnamon
- 1/3 cup coconut oil (melted) or butter

1. Mix until well blended sprinkle over cake batter
2. Bake at 350° for 20-25 minutes

Glazing:

- 1 cup Simple Foods Frosting Mix
- 1 teaspoon water
- 1/4 teaspoon pure vanilla

1. Mix together with a whisk and drizzle over partly cooled cake

Ingredients:

Blanched almond flour, Brown rice flour, Organic Erythritol, Organic Tapioca flour, Organic Coconut flour, Collagen peptides, Baking powder (Sodium Acid Pyrophosphate, Sodium Bicarbonate, Cornstarch, Monocalcium, Phosphate), Baking soda, Natural flavor (Vanilla), turmeric powder, Xanthan gum, Organic Stevia



WHITE CAKE *Mix*

12.5 OUNCE

White Chocolate Fudge Cake

- 1 White Simple Foods Cake Mix
- 3 egg whites
- ½ cup oil
- ¾ cup water
- ½ cup Lily's white chocolate chips (melted)

Topping

- 1½ cups Simple Foods Chocolate Chips
- 6 Tablespoons butter

Frosting

- 2 cups Simple Foods Frosting Mix
- 4 Tablespoons butter (soft)
- 2 Tablespoons water
- ½ cup Lily's white chocolate chips (melted)
- 2 cups whipping cream (whipped)

Mixing Instructions

Cake

1. Mix cake mix, egg whites, oil, and water until well blended,
2. Add melted white chocolate and mix well, pour into 11x16 pan bake at 325° for approx. 15-20 minutes or until done.

Topping

1. Melt butter and chocolate chips, pour over cooled cake

Frosting

1. Beat frosting mix, butter, and water until smooth, add melted white chocolate chips, fold whipping cream into frosting mixture. (do not beat)
2. Spread over melted chocolate. Drizzle with melted chocolate chips (optional)

Ingredients:

Blanched Almond Flour, Brown Rice Flour, Organic Erythritol, Whey Protein Powder (Milk), Organic Tapioca Flour, Organic Coconut Flour, Baking Soda, Baking Powder (Sodium acid pyrophosphate, Sodium bicarbonate, Cornstarch, Monocalcium phosphate) Organic Stevia, Natural Flavor (Vanilla), Xanthan gum.



QUICK *Mix*

24 OUNCE

Cake Donuts

1¼ cup Simple Foods Quick Mix

1/3 cup Simple Sweet

1 egg

½ cup oil

1. Mix all ingredients together with a whip until well blended, spray donut pan with oil, then fill each compartment half full with dough
2. Bake at 325° for 10 minutes
3. Frost with your favorite frosting, makes approximately 15 donuts

2/3 cup almond milk

1½ teaspoon vanilla



Ingredients:

Brown rice flour, blanched almond flour, organic tapioca flour, organic coconut flour, whey protein (milk), pink salt, xanthan gum, baking powder (sodium acid, pyrophosphate, sodium bicarbonate, cornstarch, monocalcium phosphate)

HOT CHOCOLATE *Mix*

12 OUNCE

Mixing Instructions

2 Tablespoons Hot Chocolate Mix

8 oz. milk or Almond milk

1. Heat milk until desired temperature
2. Add Hot Chocolate Mix and stir well
3. Also works great for chocolate milk, mix in shaker bottle

Ingredients:

Collagen, organic cacao powder, organic erythritol, organic stevia, himalayan pink salt



ORGANIC CORNSTARCH

12 OUNCE

Peanut Butter Pie

Vanilla Pudding
4 cup milk
4 Tablespoons butter
½ cup Simple Sweet
4 egg yolks
7 Tablespoons organic cornstarch
2 teaspoon vanilla
¼ teaspoon stevia (optional)
1 pie crust (baked)
2 cups whipping cream (beaten)

Crumbs

⅔ cup powdered Simple Sweet
⅓ cup peanut butter

Mixing Instructions

Vanilla Pudding

1. Heat first three ingredients (using 3½ cups milk) and bring to a boil.
2. Mix ½ cup milk and rest of ingredients together until smooth. Whisk into boiling milk.

Crumbs

1. Mix powdered Simple Sweet and peanut butter together until blended. Put in bottom of pie crust, reserving ½ cup to put on top.
2. Spread cooled vanilla pudding on top of crumbs. Top with whipping cream and crumbs.

Ingredients

Organic cornstarch



SIMPLE *Flour Blend*

24 OUNCE (also available in 4lb size)

Ingredients:

Brown rice flour, blanched almond flour, organic tapioca flour, organic sorghum flour, xanthan gum.



BROWN *RICE Flour*

24 OUNCE

Ingredients:

Brown long grain rice.



BLANCHED *ALMOND Flour*

24 OUNCE

Ingredients:

Almonds



ORGANIC TAPIOCA *Flour*

14.3 OUNCE

Tapioca Flour can be used in many different ways; for cooking, baking, and can be used to replace wheat and corn based products. Tapioca is extracted from the roots of a plant that is native to South America.

Ingredients:

Organic Tapioca



ORGANIC SORGHUM *Flour*

12 OUNCE

Sorghum Flour has an impressive amount of nutrients, with a good source of many vitamins, minerals, fiber, and protein which all contribute to better health.

Ingredients:

Organic Whole Grain Sorghum



ORGANIC COCONUT SUGAR

Chocolate Chips

16 OUNCE

Ingredients:

Organic Coconut Blossom Sugar, Organic Cocoa Liquor,
Organic Cocoa Butter, Organic Sunflower Lecithin



ORGANIC CACAO *powder*

12 OUNCE

Ingredients:

Organic Cacao



ORGANIC COCONUT *Sugar*

16 OUNCE

Ingredients:

Organic Coconut Blossom Sugar



ORGANIC QUICK *Oats*

24 OUNCE (also available in 3lb size)

Baked Oatmeal

½ cup butter or olive oil

½ cup honey

2 eggs

3 cups Simple Foods Gluten Free Organic Quick Oats

2 teaspoon baking powder

1 teaspoon pink salt

1 cup almond milk

1 teaspoon cinnamon

1. Mix all ingredients together and put in 9x9 pan
2. Bake at 350° for 25-30 minutes
3. Serve with yogurt and fresh or frozen fruit

Ingredients:

Organic Whole Grain Oats



WHEY PROTEIN

16 OUNCE

Chocolate Chip Protein Shake

- 8 ice cubes
- ¼ cup cottage cheese
- ¼ cup milk or almond milk
- ¼ cup whipping cream
- 1½ Tablespoon Protein Powder
- 1 Tablespoon Powdered Simple Sweet
- 2 Teaspoon Vanilla
- ¼ Teaspoon butter pecan flavoring
- 1/8 Teaspoon black strap molasses
- 2 Tablespoons Simple Foods Chocolate Chips
- Pinch of salt

1. Place all ingredients in blender, blend till smooth

Ingredients:

Whey (Milk) Protein Isolate



COLLAGEN

16 OUNCE

Caramel Macchiato

Ice

½ cup coffee (brewed strong)

¼ cup caramel syrup

2 tablespoons vanilla syrup

1. Mix collagen and coffee together
2. Place ice in glass, add rest of ingredients, stir

2/3 cup almond
milk
1 tablespoon
Collagen



Why use collagen?

May provide structural health to much of your body such as joints, bones, ligaments, cartilage, and more.

Clean collagen, grass fed from Brazil. No hormones. No antibiotics. No pesticides & herbicides.

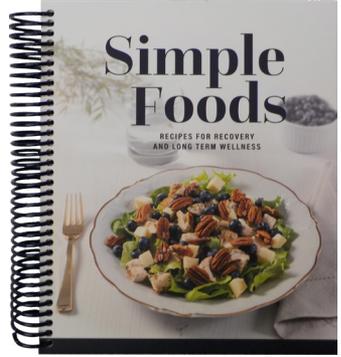
Ingredients:

Collagen Peptides



SIMPLE FOODS COOKBOOK

Over 200 recipes.
 7" x 8 1/2"
 Padded Hardcover
 Full Color
 Photo with every recipe.



Unlock the natural healing God designed for you with simple wholesome foods. Of course, we know a healthy diet promotes healing. The difficulty lies in getting a reliable plan in place and making it work. Simple Foods packs all you require in its pages. You'll find highly - informative nutritional info, along with an abundance of recipes loaded with restorative qualities and flavor. Simple, easy, no - flour, no - sugar, nutrient - rich, and tasty. Enjoy eating well while eating right.



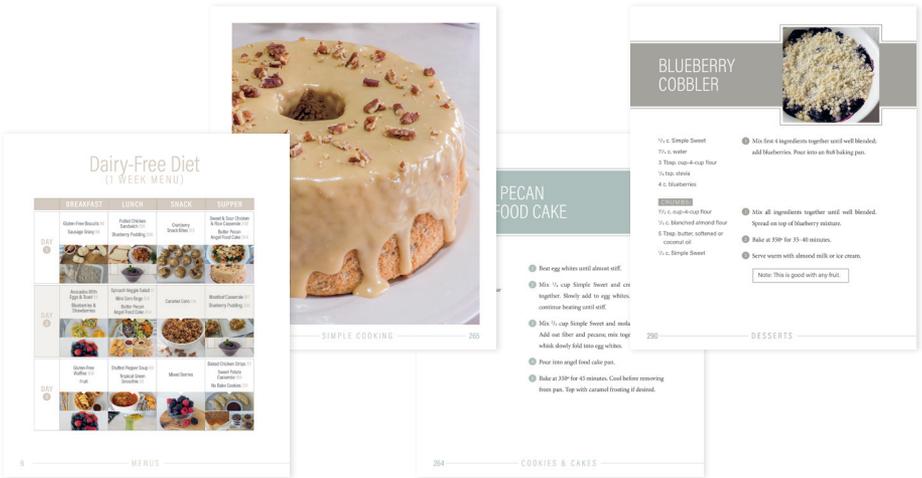
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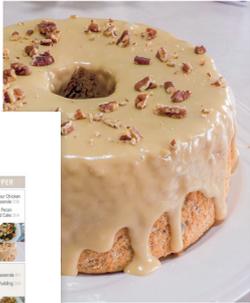
Rediscover the benefits of food bursting with vitality and refreshing goodness in this sequel to Simple Foods.

Innovative, home-designed Simple Cooking recipes pack a nutritious punch - twice baked sweet potato, chia pudding, graham streusel cake, and many more - while boosting the well-being of you and your family. Included is a gluten-free menu, a dairy-free menu, grocery lists, sweetener and flour alternatives, plus other healthy choices. And of course, simple and wholesome recipes to inspire you in the kitchen. The homework is done, the results are yours to enjoy.



Dairy-Free Diet (1 WEEK MENU)

	BREAKFAST	LUNCH	SNACK	SUPPER
DAY 1	Oatmeal Raisin (1) Sausage Egg (1)	Egglet Chicken Sandwich (1) Butternut Pumpkin (1)	Coconut Snack Bowl (1)	Smoked & Sweet Chicken & Kale Sandwich (1) Baked Potato Angel Food Cake (1)
DAY 2	Asparagus with Sweet Potato (1) Cauliflower & Sweet Potato (1)	Spinach Feta Salad (1) Mediterranean Veggie (1) Crispy Sweet Potato (1)	Cracked Cashew (1)	Mustard-Cheese (1) Butternut Pumpkin (1)
DAY 3	Roasted Potato (1) Puffin (1) Egg (1)	Avocado Egg Salad (1) Baked Sweet Potato (1)	Muesli Salads (1)	Baked Chicken Strip (1) Sweet Potato Sandwich (1) No-Bake Cookies (1)
DAY 4				



SIMPLE COOKING 210

PECAN FOOD CAKE

1. Beat egg whites until almost stiff.
2. Mix 1/2 cup Simple Sweet and oat together. Slowly add to egg whites, continue beating until stiff.
3. Mix 1/2 cup Simple Sweet and milk. Add in flour and process one cup whisk slowly fold into egg whites.
4. Pour into angel food cake pan.
5. Bake at 350° for 45 minutes. Cool before removing from pan. Top with caramel frosting if desired.

204 COOKIES & CAKES

BLUEBERRY COBBLER



- 1/2 c. Simple Sweet
 1/2 c. water
 3 Tbsp. milk—keep flour
 1/2 cup milk
 4 c. Blueberries
1. Mix first 4 ingredients together until well blended.
 2. Mix all ingredients together until well blended.
 3. Spread on top of blueberry mixture.
 4. Bake at 350° for 35–40 minutes.
 5. Serve warm with almond milk or ice cream.
 Note: This is good with any fruit.

250 DESSERTS

SIMPLE FOODS

9223 County Road 245
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EATING A *Healthy* DIET

IS LIKE A BANK ACCOUNT.

**HEALTHY FOOD CHOICES ARE
GOOD INVESTMENTS!**



Baked Oatmeal
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Cake Pops
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Hot Chocolate
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