

FEBRUARY Provident Living Ideas

Breakfast Foods • Emergency Communications

"but be ye doers of the word, and not hearers only"

What's for breakfast? This month gather shelf-stable ingredients to make breakfast. Also some emergency communications equipment. Copy important documents and put them in a grab and go binder for evacuation. Or give a copy to a trusted family member in another state. Faith, not fear makes all things possible. *You CAN do it!*

EMERGENCY DRINKING WATER

- Keep a minimum of 14 gallons of water per person

72-HOUR KIT

- toothbrush, toothpaste, emergency contact list, solar/crank AM/FM radio, city map

1-MONTH NON-FOODS

- toothbrush, toothpaste, mouthwash, floss

3-MONTH SUPPLY FOODS

- breakfast cereal, granola, oats or oatmeal, pancake mix, pancake syrup, powdered eggs

YEAR'S SUPPLY FOODS per person

- oats (quick or regular), 20 lbs. or 8 LDS #10 cans, 30 year shelf life

FINANCIAL RESERVE

- save a little money each week and gradually increase it to a reasonable amount.

EMERGENCY EQUIPMENT

- cell phone w/text ability, solar cell phone charger, two-way radio, permanent markers

Provident Living Class!

Thursday, February 15th @ 7 pm
at Valerie Albrechtsen's home. Learn how to create your own food storage menu plan, food storage shopping tips, and rotation ideas. **Come on over!**
Refreshments served!

Group Prep Order



Our group order focus is breakfast foods. Text or call me to place your order and pick up from my home. Orders due **February 18th.**

- LDS Quick Oats #10 can \$2.70 (reg. \$3.00)
- LDS Regular Oats #10 can \$3.00
- LDS Granola 2 lb. pouch \$7.25
- LDS Pancake Mix 4 lb. pouch \$4.75 (reg. \$5.25)
- LDS Apple Slices #10 can \$11.25

"As we do our very best, we can be confident that 'the barrel of meal shall not waste, neither shall the cruse of oil fail.'"

~ Keith B. McMullin



Visit the Home Storage Center near Parrish Lane!

1180 W 500 N, Centerville
Tues–Fri 10:00 – 5:00
Sat 10:00 – 3:00
801-298-2208

RECIPE IDEAS

OATMEAL CHOCOLATE CHIP MUFFINS

lyndasrecipebox.com

Yield: 12 servings

1 1/4 c. flour (or 1/2 c. wheat, and 3/4 c. white)
1 c. oatmeal, quick or old fashioned
1 t. baking powder
1/2 t. baking soda
1/2 t. salt, optional
2/3 c. low-fat buttermilk (Put 2 t. vinegar in 2/3 c. milk and stir)
1/4 c. vegetable oil
1/2 c. honey
1 egg, lightly beaten (or add 2 T. dry egg to dry ingredients, 2 T water to wet ingredients)
1/2 c. regular or 2/3 cup mini chocolate chips

1. Heat oven to 350 degrees and grease, or paper cup, 12 muffin or 6 large muffin pan.
2. By hand, mix flour, oats, baking powder, soda and salt in bowl.
3. In another bowl combine buttermilk, oil, honey and egg and mix well.
4. Then add wet ingredients to dry mixture, and chocolate chips. Mix until just blended. Do not over mix!
5. Spoon mixture evenly into muffin cups, about 1/2 full.
6. Add a few more chocolate chips to the top of muffins and sprinkle with sugar.
7. Bake for about 20 minutes. Remove muffins from pan after about 5 minutes. Serve warm and enjoy!

NOTE: If using Old Fashioned Oats, the batter will at first be somewhat thin, but don't add more oatmeal. The oatmeal will absorb the liquid and will bake up just right!

I found that if you use the Quick Oatmeal, the batter will be thick when you stir it up. It will still work just fine. The Quick Oatmeal absorbs the liquid in the batter very quickly, thus the thicker texture.

HOMEMADE WHOLE WHEAT PANCAKE MIX

fivehearthome.com

Yield: 1 jar of Pancake Mix yields 4 batches of pancakes;
1 batch of pancakes yields two dozen 3- to 4-inch pancakes (6 to 8 servings).

Ingredients

FOR THE PANCAKE MIX:

12 cups whole wheat pastry flour
3/4 cup sugar
4 tablespoons baking powder
1 tablespoon baking soda
1 tablespoon salt

TO MAKE A BATCH OF PANCAKES:

3 1/4 cups Whole Wheat Pancake Mix
3 cups buttermilk (3 T lemon juice or white vinegar combined with milk to equal 3-cup.
2 eggs
5 tablespoons butter, melted & cooled
1 teaspoon pure vanilla extract

Instructions

TO MAKE PANCAKE MIX:

In a large bowl, whisk together whole wheat pastry flour, sugar, baking powder, baking soda, and salt until very well combined. Store in an airtight container.

TO USE PANCAKE MIX:

1. Measure buttermilk into a large measuring cup (4-cup capacity) or medium bowl. Whisk in eggs, melted butter, and vanilla until well combined.
2. Measure 3 1/4 cups Whole Wheat Pancake Mix into a large bowl. Make a well in the center of the dry mix and pour in the buttermilk mixture. Stir gently until just combined, taking care not to overmix. A few lumps and streaks of flour should remain.
3. Set a large skillet over medium heat. Once the skillet is heated, add a small piece of butter (or a small dollop of coconut oil) and swirl to coat the pan. Use a 1/4-cup measuring cup to pour circles of batter onto the skillet. Cook until the underside of each pancake is golden brown and bubbles begin to form on top. Flip pancakes and cook for another minute or two until the second sides are golden brown.