

## **YUMMY MESQUITE RECIPES**

These are just a few that I have created or found on the web. In the recipes below, you can substitute your favorite flours for those listed. Recipes calling for baking soda, use an aluminum-free product such as Bob's Red Mill <http://www.bobsredmill.com/> I also suggest using eggs from hens that live as close to nature as possible. Ask around to see if anyone in your area has cage-free hens.

*Have fun experimenting and creating your own tasty treats!*

### **BREADS AND CAKES**

#### ***Ditoh's Mesquite Pirate Bread***

1 cup mesquite flour	4 eggs
1 cup blue corn flour	2/3 cup olive oil
1 cup barley flour	½ cup almond milk
1 tablespoon baking soda	1 can sweet corn
½ cup raw pumpkin seeds	2 tablespoons molasses
½ teaspoon salt	2 roasted jalapeno peppers (blackened) and soaked in soy sauce
½ teaspoon rosemary	

Mix all ingredients.

Oil the bottom of an 8x13" baking dish.

Bake at 400 F. until fork comes clean (about 25 minutes).

#### ***Ditoh's Onion Squash (or Sweet Potato) Cornbread***

1 cup spelt flour	2 eggs
1 cup mesquite flour	2 cups squash or sweet potato, grated
1 cup blue corn flour	2 tablespoons molasses
1 tablespoon baking soda	1 cup almond milk
1 onion, chopped	1 cup olive oil

In a bowl, mix dry ingredients together.

Saute onion in a small amount of oil.

Beat the eggs.

Add the onions, sweet potato, molasses, milk and olive oil, stirring well.

Add the wet ingredients to the dry mixture and stir well.

Spread into well-greased 8x13" baking dish.

Optional: sprinkle on top: fennel, sunflower, raw pumpkin seeds, anise or cinnamon

Bake at 400 F. approximately 30 minutes

### ***Ditoh's Sweet Potato (or Pumpkin) Bread***

In a large bowl, mix well:

1 cup mesquite flour	2 tablespoons cinnamon
1 cup brown rice flour	1 teaspoon salt
½ cup blue corn flour	2 teaspoons stevia powder
½ cup barley flour	½ cup pumpkin (pepino) seeds
1 tablespoon baking soda	½ teaspoon anise seed

In a separate bowl, mix:

3 eggs, beaten  
2/3 cup olive oil

Stir in:

1 cup almond milk  
1 teaspoon vanilla  
2 tablespoons molasses

Then add:

2 cups, sweet potatoe or pumpkin, grated

Mix into bowl with dry ingredients.

Bake in a well-greased 8 x 13" baking dish at 400 F. for approximately 25 minutes.

Bread is done when inserted toothpick comes out clean.

### ***Basic Yellow Mesquite Cake***

[www.desert-tropicals.com](http://www.desert-tropicals.com)

Mesquite flour will give a delicate and distinctive flavor to your cakes.

2 ¼ c. flour	¾ c. oil or non-dairy margarine
¾ c. mesquite flour	1 ⅓ c. sugar
2 ½ tsp. baking powder	2 tsp. vanilla extract
½ tbsp. salt	1 ⅓ c. milk

1. Sift the flours, salt, and baking powder in a bowl
2. Beat the sugar, vanilla, and oil or margarine in a separate bowl
3. Mix slowly the content of the 2 bowls, and the milk. Beat until smooth.
4. Pour the batter into 2 greased 9-inch round cake pans.
5. Bake for 30 minutes in a pre-heated, 350 degrees F oven.

### ***Mesquite Waffles***

Daniel Baker

1 cup whole wheat flour  
¾ cup mesquite flour  
3 teaspoons baking powder  
½ teaspoon salt  
2 beaten egg yolks  
1 ¼ cup oil  
2 stiff beaten egg whites

Sift together dry ingredients.

Combine egg yolk, milk and oil.

Stir into dry ingredients.

Fold in egg whites leaving some fluffs.

Don't over mix.

Makes about 8 waffles.

### ***Pearl Mast's Mesquite Pancakes***

[http://www.omick.net/native\\_foods/native\\_foods.htm](http://www.omick.net/native_foods/native_foods.htm)

Measure the following dry ingredients into a glass jar or other tight container in which the dry mix can be stored. Shake to mix. (I usually double or triple this recipe and mix and store it in a gallon jar.)

1 cup mesquite meal  
1 cup whole wheat flour  
1 cup unbleached flour  
1 tablespoon baking powder  
1 1/2 teaspoons baking soda  
1 1/2 teaspoons salt

When ready to make pancakes...

Whisk together in mixing bowl:

1 egg  
1 tablespoon oil  
1 cup buttermilk, sour milk, or fresh milk with a tablespoon of vinegar added.

Add a cup of the dry mix to the liquids and whisk all together.

Add more milk as needed to thin batter.

(I usually end up using a total of about a cup and a quarter of milk.)

Cook on hot griddle and enjoy with your favorite syrup or toppings.

## **MESQUITE DRINKS**

### ***Smoothies***

2 tablespoons mesquite flour  
1 cup cold water, almond milk or soy milk.

Add your favorite fruits.

Include your favorite smoothie additives.

Blend and Presto! You have a nutritious meal that will stave off hunger for 4-6 hours.

### ***Summer Mesquite Drink***

2 Tbsp finely ground mesquite flour  
1 cup cold water, almond milk or soy milk.

Stir and let sit for a couple of minutes.

Strain, add honey or cinnamon to taste.

### ***Mesquite Tea***

Brad Lancaster

Boil mesquite pods in a volume of water twice the volume of mesquite beans along with a cinnamon stick for two hours.

Let it sit overnight.

Strain out the solids, then you've got one tasty drink which I usually serve chilled!

You can also prepare this like a sun tea, just put all ingredients in a covered, glass jar and set out in the hot sun for a day.

### ***Pinole***

(serves one)1

tablespoon mesquite flour

1 tablespoon saguaro seed meal

1 cup of water (or almond or soy milk)

Stir all together and drink before flour settles to the bottom.

### ***Vanilla Hemp Mesquite Milk***

<http://nutiva.com/nutrition/recipes/mesquitemilk.php>(

You can purchase mesquite flour on this site.)

1 C Nutiva hemp seeds (these are the freshest of all)

1 T mesquite pod meal

1 tsp. vanilla

3-4 C pure water

Combine hemp, mesquite, vanilla and 1/2 of the water in blender.

Buzz until mixture begins to get creamy and smooth.

Slowly add the remaining water, blend another moment, and serve.

Great as a smoothie base.

Excellent over granola, hot or cold cereal, grated or sliced apples or selected fresh fruit.

The fiber, Omega 3 fatty acids and protein in this mix puts it into the power food category!

### ***Mesquite Mint Coffee***

For a full-bodied rich flavor, add to your fresh ground organic coffee

1 teaspoon dried mint leaves

1 teaspoon of mesquite flour

For variety try adding your favorite herbs such as, rosemary, anise or fennel.

## ***PASTRIES***

### ***Mesquite Shortbread Cookies***

Rita Gibbs

3/4 C butter, softened

1/4 C maple syrup (optional-use for a sweeter cookie)

1/8 C ground flax seed

1/8 C oat bran (or use ground up oats or flour if you don't have this handy)

1/4 C chopped pecans or walnuts

pinch salt

1/2 C mesquite meal-any variety

3/4 C flour-white, wheat, spelt, etc.I use a wheat-free baking mix. It makes the cookies very light.

Roll out 1/4" thick and cut with a cookie or biscuit cutter.

Bake at 300 degrees for about 10-12 minutes.

### **Mesquite Holiday Bars**

Brad Lancaster

1/2 cup of organic backyard honey  
1 tablespoon baking powder  
1/3 cup of water  
2 teaspoons cinnamon  
3 tablespoons organic butter

touch of nutmeg  
1 1/2 cup of organic whole wheat flour  
1/2 cup of organic nuts  
1 1/2 cup of mesquite flour  
1/2 cup of organic raisins

Preheat oven to 350 degrees F.

Lightly grease two 8-inch square pans.

In a large saucepan, slowly heat honey, water, and butter until butter is melted and honey is liquid.

Mix flour, mesquite meal, baking powder, and spices in a medium bowl.

Add to honey mixture and stir until well combined.

Stir in nuts and raisins.

Divide batter between pans and spread evenly.

Bake for 20-25 minutes.

Over-baking will make the holiday bars very hard.

When properly baked a straw or toothpick will come out clean.

Cool in pans; slice into bars.

### **Mesquite Syrup/ Molasses**

Using a ratio of ¼ pound washed mesquite pods per quart of water, fill crockpot nearly to the top.

Cook on low for at least 12 hours.

Strain, and reduce the tea by slow boiling to a thin, syrupy consistency.

Store in a sterilized jar.

When cooled, it thickens into a strong, robust, sweet syrup.

A 3 quart crockpot yields about 1 cup of syrup.

\* Warning: in an instant, the syrup can burn, so keep a watchful eye on it!