



 **Homemade Method™**

LIGHT, FLUFFY GRAINS FOR SUSTAINED ENERGY

FOR THE LIFE-CHANGING
COOKING PROGRAM

www.homemademethod.com

A MESSAGE FROM OUR FOUNDER, ANNA



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This Recipe Book was created exclusively with love for our **Life-Changing** Cooking Program Members and Success Members. I hope you enjoy it! 😊

A word of warning: The magic is not in the Recipes... If you want to TRANSFORM your health and weight for LIFE, do the Program!! There is no replacement for putting in the work.

You are welcome to share a recipe or two with your friends and family.

We even have a special friends & family discount offer ([click here to learn more](#)). That's because you're more likely to succeed with your health and weight loss goals when you do healthy lifestyle changes with your loved ones!

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So please do not copy, sell or share these recipes, to respect our intellectual property and avoid breaching the law.

If you've got any questions, please reach out to our team at member@homemade-cooking.com.

Warmly,

Anna Rakoczy

Founder, Homemade Method

Your Chief Cheerleader

USEFUL LINKS

[CLICK HERE TO ACCESS COMPLETE PROGRAM RECIPES](#)

[CLICK HERE TO ACCESS AUSTRALIAN/CANADIAN VERSION](#)

VOLUME

1 TABLESPOON = 3 TEASPOONS = 15 MILLILITERS

4 TABLESPOONS = 1/4 CUP = 60 MILLILITERS

1 OUNCE = 2 TABLESPOONS = 30 MILLILITERS

1 CUP = 8 OZ = 250 MILLILITERS

1 PINT = 2 CUPS = 500 MILLILITERS

1 QUART = 4 CUPS = 950 MILLILITERS

1 QUART = 2 PINTS = 950 MILLILITERS

1 GALLON = 4 QUARTS = 3800 MILLILITERS = 3.8 LITERS

WEIGHT

1 OUNCE = 28 GRAMS

1 POUND = 16 OUNCES

1 POUND = 454 GRAMS

2.2 POUNDS = 1 KILOGRAM



TEMPERATURE

350 F = 177 C

375 F = 190 C

400 F = 204 C

425 F = 218 C

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PERFECT RICE

Rice, and especially brown rice, is a great **source of energy**, an excellent source of **vitamin B1 (which helps maintain a healthy nervous system and cardiovascular health)**.

It's also high in **soluble and insoluble fiber**, which helps **regulate and improve bowel movements**, keep you feeling full and satisfied, and supporting **cancer prevention**.

Rice is free of fats, cholesterol, and sodium - so it is a great choice for people with high blood pressure or hypertension.

INSTRUCTIONS

- Rinse rice in cool water.
- Pour rice into a pot - about $\frac{1}{3}$ to $\frac{1}{2}$ cup uncooked rice per person. Shake it, so it's even.
- Hold your little finger into the pot, so it just touches the top level of the rice.
- Now fill the pot with cold water so the water level comes to the first crease in your little finger (a little higher if you are cooking brown rice)
- Bring the pot to a boil.
- Cover, reduce heat and simmer until rice is cooked - about 20 mins for white rice and 25-30 mins for brown rice. DO NOT STIR.
- When the rice is cooked, all of the water should be absorbed or evaporated & the rice should be light, juicy, and fluffy.

TROUBLESHOOTING TIPS

- If you hear crackling sounds and your rice is not yet cooked, it might mean you are running low on liquid. Add a small amount of additional liquid to avoid burning on the bottom and monitor it closely until cooked completely. Add extra liquid as needed.
- If you have water remaining in the bottom of the pot and the rice is close to cooked, try to remove the lid, turn up the heat and boil away the liquid. If it is already cooked, then try straining your rice in a close weave strainer.



HOMEMADE SUSHI WITH BROWN RICE

Classic sushi rolls are very healthy and **versatile**, but many of the rolls at restaurants are lathered in unhealthy sauces or deep-fried.

In our version of sushi rolls, we take sushi back to its classic roots and make it even healthier by using **fiber and protein-rich brown rice** instead of white rice. The brown rice still contains the outer bran so it will help **prevent blood sugar spikes**.

Included with this nutritious grain is a rainbow of vegetables, like red peppers, avocados, cucumbers, carrots, and bean sprouts. Eating a rainbow of colors of vegetables is very important as they provide a wider range of **antioxidants and vitamins that are essential for cognitive function, blood glucose and blood pressure control, and overall health**.

Serves: 2

Prep time: 10 minutes

Cook time: 45 minutes

INGREDIENTS

QTY

LINKS TO BUY

Short-grain brown rice

½ cup

[Brown Rice](#)

Brown rice vinegar (or apple
cider vinegar)

1 tbsp

[Brown rice vinegar or apple
cider vinegar](#)

Nori sushi sheets

2 each

Avocado, julienned

½ each

[Avocado](#)

Red pepper, julienned

¼ each

Carrot, julienned

¼ each

Cucumber, julienned

¼ each

Bean sprouts

¼ cup

[Mung Beans for Sprouting](#)

Smoked Salmon (optional)

3 oz

[Smoked Salmon](#)

INSTRUCTIONS

- Rinse and drain the rice, then add 1 cup of cold water. Bring to a boil, then simmer for 45 minutes, covered.
- When rice is finished cooking, stir in around 1 tbsp vinegar to make the rice stick to itself, and let it cool.
- Lay a sheet of nori on your rolling mat or clean dish cloth.
- Spread some rice out to cover the nori sheet, leaving a 3-inch space free along the back edge in order to seal the roll.
- Julienne (thinly chop) your vegetables into long thin strips. Place a thin strip of your thinly sliced vegetables and optional salmon along the close edge of the sheet.
- Roll the sheet up and over the row of vegetables. Press back towards yourself, and also down onto the roll. Make sure you are getting a tight roll but don't press so hard that you squish it.
- Peel the rolling mat or dish cloth off the front edge, and continue to roll. Press the roll together as you go.
- Seal with the strip at the far edge that has no rice by moistening with a little water.
- Before cutting into pieces, let your sushi roll sit for a few minutes for the nori to soften from the rice.
- Bowls of tamari (or soy sauce), pickled ginger and wasabi are recommended to be served alongside for dipping.



RECIPE NOTES

You can roll anything into a sushi roll, some other great ingredients include shrimp, salmon, cucumber, radish, scrambled egg and shiitake mushrooms.



FENNEL AND SAUSAGE RISOTTO

Risotto is made with arborio rice which is an easily digestible and high-protein grain. It is also loaded with Vitamins A and C, which will significantly **improve the health of your skin and even counteract signs of aging.**

Fennel is not only a beautiful flavor to add to this dish, but also a great source of **fiber, folate, and potassium**; all of which will benefit both your **cardiovascular and colon health.**

However, the best thing about fennel is that it contains a unique antioxidant called anethole, which **reduces inflammation and can help to prevent cancer.**

Serves: 2

Prep time: 10 minutes

Cook time: 30 minutes

INGREDIENTS

QTY

LINKS TO BUY

Sweet Italian sausage, casing removed and crumbled

4 oz.

[Sweet Italian sausage](#)

Chicken stock

2 cups

[Chicken stock](#)

Olive oil

2 tbsp

[Olive Oil](#)

Large fennel bulb halved, cored and thinly sliced

1 ea

Small yellow onion, chopped into small pieces

1 ea

Garlic cloves smashed

2 cloves

Arborio rice

$\frac{2}{3}$ cup

[Arborio rice](#)

Unsalted butter

1 tbsp

[Unsalted Butter](#)

Freshly grated parmesan cheese

$\frac{1}{2}$ cup

[Parmesan](#)

Flat leaf parsley, chopped

1 tbsp

[Parsley](#)

Kosher salt and ground black pepper

To taste

[Kosher salt](#) & [Ground Black Pepper](#)

INSTRUCTIONS

- Prepare, chop and lay out your ingredients, following the instructions above. In a large skillet, heat 1 tablespoon of the olive oil at medium-high. Add the sausage and cook, breaking up the meat with a spoon until browned. Add the fennel and cook, occasionally stirring, until softened and lightly browned. Lower the heat, remove both from the pan, and place on a plate.
- At medium-low, add the remaining oil, then the onion, cook until softened. Then add smashed garlic and the Arborio rice. For 1 minute stir constantly coating the rice with the fat. If using wine add now. Next add 1 cup of stock and cook over moderate heat, stirring until all liquid is nearly absorb season with a little salt and pepper. Continue adding ½ stock at a time, stirring and waiting until nearly all liquid is absorbed.
- The risotto is done when the rice is al dente, coated by a thick creamy sauce, resembling lava, about 20 minutes. From here stir in fennel, sausage, parmesan, parsley and check seasoning. Add more stock if needed and finally stir in the butter.
- Serve immediately, risotto waits for no one!



RECIPE NOTES

Once you get a feel for the basic steps of toasting the rice and adding in the broth, a whole world of dishes opens up. You can add fresh vegetables, ribbons of swiss chard, wild mushrooms from the farmers market, or any other combination of flavors and textures that suits your fancy.



WHOLE-GRAIN PANCAKES WITH RICOTTA AND PEACHES

Everyone loves waking up on a Sunday morning and enjoying fresh pancakes! Pancakes usually contain refined white flour, a lot of sugar and are topped with sugary syrup. Our Homemade version of pancakes incorporates whole wheat flour and almond flour that are higher in fiber and healthy fats, **keeping your blood sugar better controlled and also keeping you feeling satisfied for longer.**

Rather than lathering our pancakes with sugary syrup, we'll be adding natural sweetness to our pancakes using seasonal peaches and/or apples. They both provide **abundant amounts of fiber** (especially with the skin on), **vitamins A and C** (which help the body **develop resistance against infections**), and **antioxidants**, like beta-carotene and lycopene.

All this is topped with ricotta cheese to provide a luxurious, creamy texture, as well as a dose of **protein to help you feel energized** and satiated throughout the morning hours.

INGREDIENTS (DRY)

Whole wheat flour

QTY

½ cup

Almond meal

½ cup

Baking powder

½ tsp

Cinnamon

½ tsp

LINKS TO BUY

[Whole wheat flour](#)

[Almond meal](#)

[Baking Powder](#)

[Cinnamon](#)

INGREDIENTS (WET)

Egg

QTY

2 each

Apples, chopped or grated

½ each, small

Coconut oil or butter

1 Tbs

[Coconut Oil](#)

Milk

½ cup

[Almond milk](#)

LINKS TO BUY

FOR COOKING

Coconut oil or butter

QTY

2 tbsp

LINKS TO BUY

[Coconut Oil](#)

TOPPING

Peaches, diced (you can also use
plums, nectarines, pears or berries)

QTY

1 each

Ricotta

1 cup

Lemon zest

¼ tsp

Lemon juice

½ tbsp

[Lemon Juice](#)

Honey

desired

[Honey](#)

sweetness

LINKS TO BUY

INSTRUCTIONS

- Whisk the dry ingredients together.
- In a separate bowl, whisk together the eggs, honey, and apples. Stir the wet ingredients into the dry, until just combined (do not overmix.)
- Heat a frying pan over medium heat with the coconut oil. When sizzling, add the batter with a ¼ cup scoop per pancake.
- Cook until large bubbles begin to appear, 1 to 2 minutes. Flip the pancakes over and cook until golden on the second side, about 1 ½ minutes longer.

FOR THE TOPPING

- On medium heat, stew the peaches in a dash of water and honey, about 10 mins. Set aside to cool. Alternatively, just keep diced peaches raw and top the ricotta mixture.
- Fold together the ricotta with lemon zest and juice. Fold the ricotta blend into the cooled stewed peaches.
- To serve: top the pancakes with the ricotta mixture and enjoy!



RECIPE NOTES

These could also be topped with berries and yogurt, nuts, applesauce, or maple syrup.



AMARANTH PORRIDGE WITH BERRIES AND FRESH FRUIT

Break free of the traditional oatmeal this week! Enjoy an amazingly nutrient-rich grain: amaranth! This little seed carries a good amount of protein, calcium, iron, lysine, and fiber, which is just part of why the Aztecs highly honored this tiny prize.

It offers lysine that brings balance to the amino acid profile that can get a little off-kilter with eating other grains, beans, nuts, and seeds. All to say - variety is not just the spice of life; it's the key!

The almonds in this meal help boost the protein profile and add that delicious crunch. The fruit helps naturally sweeten this porridge, enhances the fiber content, and adds to the antioxidant healing effects

Serves: 2

Prep time: 10 minutes

Cook time: 10 minutes

INGREDIENTS

QTY

LINKS TO BUY

Amaranth	1 cup	Amaranth
Water	3 cup	Coconut Water
Almonds	½ cup	Almonds
Apricots - fresh or dried	½ cup	Dried apricots
Apple	½ ea	
Cinnamon	½ tsp	Cinnamon
Honey	To taste	Honey
Salt	pinch	
Berries and 2 tbsp almonds to serve	½ cup	

INSTRUCTIONS

- Roast the almonds at 350°F for 7-10 minutes, till lightly browned and roasted.
- Chop the nuts in half, and set them aside. (They'll be the final topping.)
- Chop the apples and apricots into small chunks.
- On medium heat, boil the water with the amaranth, apricots, apple, and cinnamon. Continue stirring till the porridge becomes thick, sticky, and creamy. (If it becomes too thick, add more water to thin it down.)
- Remove from heat and add the honey and a pinch of salt.
- SERVE warm with some milk of your choice or yogurt. Top with a serving of roasted almonds and blueberries. A special blend of flavors and textures!



MILLET CRUST HEARTY FRITTATA

This is a special egg-pie breakfast that is balanced, tasty, and satisfying!

Millet makes an amazing crust for this dish; it's a grain **rich in magnesium and manganese**, two important nutrients that easily become deficient, and play an important part in **blood sugar management**.

Sage is often an underused and undervalued herb; it brings a unique flavor and is rich in micronutrients that have a **powerful effect on brain health**. Kale adds a hearty texture and **powerful liver support**, which is always valuable for weight loss.

This frittata uses coconut oil, a medium-chain fatty acid that has the ability to help our body access other stored fats! It also helps balance our intestinal flora - an extra bonus of support that will ultimately **help reduce cravings for refined sweets and flours!**

Serves: 4-5

Prep time: 10 minutes

Cook time: 45 minutes

INGREDIENTS

QTY

LINKS TO BUY

Olive Oil

1 tbsp

[Olive Oil](#)

Millet

1 cup

[Millet](#)

Garlic, minced

2 clove

Vegetable Broth or Water

2 cup

[Vegetable Broth](#)

Grated Cheese

¼ cup

Eggs

5 each

Onion, chopped

½ cup

Parsley or Sage, minced

1 tbsp

[Parsley](#)

Mushroom, sliced

1 cup

Chard, sliced

1 cup

Bell pepper

½ cup

Salt and pepper

to taste

INSTRUCTIONS (MILLET CRUST)

- Preheat oven to 450°F.
- Bring a medium-sized pot to medium heat on the stove. Add oil, millet, minced garlic to the pot, and stir it frequently until millet is slightly browned, about 3 minutes. Then add vegetable broth or water stir, and it to a boil. Reduce to a simmer and cover, cooking for about 15 minutes until liquid is all absorbed.
- When millet is fully cooked, fluff with a fork. Place 2 - 3 cups in your pre-greased baking pan that will go in the oven. Spread, push, and pack down millet along the bottom of the pan and on sides firmly. Gently brush with oil, butter, or coconut oil and place in the oven for 10 - 12 minutes until just starting to brown.
- Remove from the oven and set aside.

INSTRUCTIONS (EGG FILLING)

- Whisk eggs in a large mixing bowl, adding a pinch of salt and pepper.
- Bring a separate pan to medium heat on the stove. Add oil, then onions, and saute until translucent. Add sage or parsley, bell pepper, and mushrooms, cooking until mushrooms are softened. Add chard and cook until wilted. Remove from heat.
- Stir onion and chard mixture from pan into eggs. Then pour onto baked crust.
- Top with shredded cheese
- Put the pan back in the oven and bake for 20-30 minutes, or until eggs are firm and top is browned.



HOMEMADE BULGUR WHEAT TABBouleH

Tabbouleh is a beautiful whole grain salad filled with fresh raw vegetables. This vegetarian protein is balanced with the **alkalizing** tomatoes, parsley, lemon, and spinach, which **helps cleanse the body**, and promote **weight loss**.

Olive oil will also provide the essential fatty acids needed for **building healthy cells and maintaining brain and nerve function**. This dish is a fabulous combination of nutrients that brings a variety of flavors to every bite!

Serves: 2 main
4 sides

Prep time: 15 minutes

Cook time: 2 minutes

INGREDIENTS

QTY

LINKS TO BUY

Water	1 ¼ cup	
Salt	.25 tsp	Salt
Bulgur Wheat	1 cup	Bulgur Wheat
Tomato, diced	1 each	
Red Pepper, diced	1 each	
Cucumber, small, diced	1 each	
Green Onion, sliced	¼ cup	
Spinach, chopped	1 cup	
Parsley, minced	1 bunch	Parsley
Lemon juice from fresh lemons	2 each	Lemon Juice
Oil	4 tbsp	
Salt and Pepper	1 tsp	Salt & Cracked Black Pepper

INSTRUCTIONS

- Boil water and add a pinch of salt. Place bulgur wheat in a large bowl and add boiling water to bulgur and cover. Let sit about 10 minutes, until water is absorbed.
- While the bulgar is sitting, chop all of your vegetables into a small dice.
- Add all ingredients to the bowl and mix together gently. Taste and adjust for seasonings.
- Serve cold and enjoy!



WILD RICE SALAD WITH DANDELION GREENS

This Wild Rice Salad is a special treat with a surprising combination of flavors. Wild rice helps create a tasty base that contributes to a **sustainable energy source** and **provides a good amount of protein and fiber**.

Dandelion Greens are one of the most **nutrient-dense** vegetables. It is **anti-cancerous, high in fiber**, and has **calcium** in a form that delivers more calcium than milk to the body!

Sunflower seeds add valuable **protein and essential fatty acids**. The apple balances the palate with a crunchy, moist sweetness that also provides **prebiotic fiber crucial to gut health**.

INGREDIENTS (VINAIGRETTE)

Olive Oil
Lemon juice
Parsley, finely chopped
Oregano, finely chopped

QTY

3 tbsp
3 tbsp
1/3 bunch
1/2 tbsp

LINKS TO BUY

[Olive Oil](#)
[Lemon Juice](#)
[Parsley](#)
[Oregano](#)

INGREDIENTS (SALAD)

Dandelion greens (or spinach)
Celery
Apple
Green onion
Wild rice
Sunflower seed
Cranberries

QTY

2 cups
2 stalks
1 ea
1/2 cup
1/2 cup
2 tbsp
2 tbsp

LINKS TO BUY

[Wild rice](#)
[Sunflower Seeds](#)
[Dried Cranberries](#)

INSTRUCTIONS

- **For Salad:** Cook the wild rice in a double quantity of water with a dash of sea salt for approximately 30-40 minutes.
- Toast the sunflower seeds in the oven at 400°F for 5 minutes or until golden brown (optional).
- Chop the dandelion greens into 2-inch pieces and throw them into a big bowl.
- Chop the celery, apple, and green onion into thin, diagonal bite-sized pieces. The pieces should be the size so that you can enjoy several flavors and textures in your mouth with each mouthful! But not so small that the distinct flavors wash away and get lost.
- Combine all salad ingredients in a bowl with wild rice, sunflower seeds, and cranberries. Mix well.
- **For Vinaigrette:** To make the dressing, simply combine olive oil, lemon juice, and finely chopped herbs in a bowl. Pour all over the salad ingredients and let it sit for 5-10 minutes before serving to absorb the flavors.



SWISS BIRCHER MUESLI

This tasty breakfast is packed with nutrients and designed for a steady release of energy - a perfect way to start the day. Almonds add quality protein to this bircher muesli and also help **improve the health of your intestines.**

Soaking the oats in milk and yogurt **helps with the digestion** of the oats for those with a sensitive gut. Oats have a **calming effect on the nervous system and help to clean out the arteries.**

Cinnamon is a wonderful spice that helps to **regulate blood sugar levels.** This is a great meal that truly satisfies when hunger calls, and the cinnamon apple raisin blend brings amazing flavor to every bite!

Serves: 2

Prep time: 5 minutes

Cook time: 5 minutes

INGREDIENTS (WET MIX)

Water	1 cup
Milk of your choice	½ cup
Plain Yogurt	½ cup
Agave or Honey (optional)	1 tbsp

LINKS TO BUY

[Almond milk](#)

[Honey](#) or [Agave](#)

INGREDIENTS (DRY MIX)

Oats	1 cup
Apple	1 ea
Almonds	2 tbsp
Pumpkin seeds or Pepitas	2 tbsp
Raisins	2 tbsp
Cinnamon	1 tsp

LINKS TO BUY

[Oats](#)

[Almonds](#)

[Pumpkin Seeds](#) or [Pepitas](#)

[Raisins](#)

[Cinnamon](#)

INSTRUCTIONS

- Boil the water. In a large bowl, add the oats and pour the hot water over them. Mix thoroughly.
- In the oven, roast the pumpkin seeds and almonds at 350°F for 5-10 minutes until lightly browned (optional). Coarsely chop the roasted pumpkin seeds and almonds.
- Grate the apples, collecting the juice.
- Add all the roasted nuts, grated apple, raisins, and cinnamon to the oat mixture and stir until everything is evenly distributed.
- Blend the agave into the yogurt and add to the oats. Add enough milk for a creamy consistency. Mix thoroughly. Store in the fridge and let the flavors blend. This meal improves with time - it's best on day 3 or 4. This breakfast is traditionally eaten chilled - enjoy!



QUINOA STUFFED BELL PEPPERS

Quinoa is known as a “superfood” because it is loaded with fiber as well as all of the essential amino acids necessary for a complete protein! It has far more protein than other grains and a **very low glycemic index**, so pairing it with foods that are higher will help to **keep your blood sugar stable**.

Furthermore, it provides multiple nutrients that most people are lacking, like **Magnesium, Zinc, and Iron**, along with a wide variety of antioxidants. Because it is such a nutrient-dense food it is **great for weight loss** too, because a small amount will keep you satisfied for hours.

The bell peppers are high in **Vitamin C** (more than an orange!) which will help to **boost your immune system** and will also **increase the speed of your metabolism**, thanks to the capsaicin in them.

INGREDIENTS

QTY

LINKS TO BUY

Rinsed quinoa	2/3 cup
Vegetable broth or water	1 1/3 cups
Olive oil	1 tbsp
Diced yellow onion	1/2 cup
Mushrooms	1/2 cup
Minced garlic	2 cloves
Tomatoes	2 ea
Salt and pepper	to taste
Chopped spinach	2 cup
Fresh basil	3 tbsp
Grated, whole milk mozzarella	2/3 cup
Halved and seeded, large red and yellow bell peppers	2 ea

[Quinoa](#)

[Vegetable Broth](#)

[Olive Oil](#)

[Basil](#)

INSTRUCTIONS

- Prepare the filling: Place rinsed quinoa in a medium saucepan. Add the broth and bring it to a rolling boil. Reduce heat to low, cover, and cook until the liquid is absorbed, about 10 minutes. Remove the pan from heat and let stand, covered, for 5 minutes. Fluff with a fork.
- Preheat the oven to 350°F. Heat a medium saucepan over medium heat. Add the oil, onion, mushrooms, garlic, and sauté for about 3-5 minutes. Add the tomatoes, salt, and pepper to taste, and cook, stirring, for 5 minutes to develop the flavors. Remove the pan from heat, add the cooked quinoa, spinach, basil, and ½ the mozzarella or move to a large bowl and mix.
- For the peppers: Halve the peppers lengthwise and remove the core and seeds. Place the peppers cut-side-up in a baking dish. Fill each pepper with ½ cup of the filling and top with the Mozzarella. Pour a little water into the bottom of the dish. Cover tightly with foil.
- Bake until the peppers are soft, about 10-15 minutes. Remove the foil and brown the cheese for the last 5 minutes. Let cool for 5 minutes before serving.



RECIPE NOTES

These peppers can be made in bulk and stored for later! Just wrap individually and stored in a freezer tight container. To reheat, wrap in tin foil, and bake at 350°F for 25 minutes or until heated through.



WANT MORE?

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EMAIL MEMBER@HOMEMADE-COOKING.COM FOR MORE INFO.

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