

# **Coombs family cookbook**

Compiled by: Eric

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## Introduction

## Eric's Pumpkin Spice Pancakes

### Ingredients

- 1 1/2 cups oat flour (ground oatmeal)
- 2 tbsp Splenda or honey
- 1 tbsp baking powder
- 1/2 tsp salt
- 2 tbsp cinnamon
- 1/4 tsp all spice
- 1/4 tsp nutmeg
- 4 egg (white)
- 1/2 cup raw pumpkin
- 1 1/2 cup unsweetend almon breeze

### Instructions

add first 7 ingredients to a large bowl and use a whisk to combine. In a second bowl, add egg whites and pumpkin and whisk until incorporated. Stir in the Almond Breeze. Add the wet ingredients to the dry ingredients and stir until combined. do not over mix. preheat a griddle to medium and using a 1/4 cup, scoop batter onto griddle, spreading out into an even circle. Flip when small bubbles start to form. 1 pancake 64 calories 1.3g fat 9.5g carbs 3.5g protein 0g suger (if you use splenda)

## Pumpkin Chiffon pie

**Source:** cooks.com

### Ingredients

- 1 1/4 cups cooked mashed pumpkin
- 1 9 in pie crust
- 3/4 cup evaporated milk
- 3/4 cup water
- 2 eggs separated
- 1 cup brown sugar or white sugar
- 1/4 tsp cinnamon
- 1/4 tsp nutmeg
- 1/2 tsp vanilla

### Instructions

in saucepan combine pumpkin, milk, 1/2 cup water, egg yolks, 1/2 cup sugar and spices. cook over medium heat, stirring constantly, about 10 minutes or until slightly thickened.

remove pumpkin mixture from heat. chill mixture until it mounds slightly when dropped from a spoon.

beat egg whites until stiff peaks form. gradually add remaining sugar.

beat until stiff and shiny. fold meringue into pumpkin mixture. pour into crust and chill until set. garnish with whipped cream or cool whip.

## Scott's breakfast casserole

### Ingredients

- 1 lb jimmy dean sausage
- 2 tsp mustard powder
- 1/2 tsp salt
- 10 eggs
- 3 cups milk
- 6 cups cubed bread
- 16 oz shredded cheese
- 1 pkg hash browns country style

## Wendy's Chili

### Ingredients

- 2 lbs hamburger
- 1 can tomato sauce 29 oz
- 1 can kidney beans (29 oz),
- 1 can pinto beans (29oz)
- 1 onion diced
- 2 green chili peppers diced
- 2 stalk celery diced
- 3 tomato's chopped
- 2 tsps cumin powder
- 3 tbsps chile powder

### Instructions

also

1 1/2 teaspoons black pepper

2 teaspoons salt

2 cups water

Brown the beef and drain off the fat. Crumble the beef into pea size pieces. In a large pot combine the beef and all remaining ingredients and bring to a simmer over low heat. Cook stirring every 15 minutes for 2-3 hours