



## Unlimited online classes help you get more from real foods.

Before there were factory farms and processed foods, there were **nutrient-dense foods prepared traditionally**. People of old knew how to bake with sourdough, create 'good-for-you' crunchy and sour pickles, make farmhouse cheeses and churn cultured butter. Foods not only tasty but very nutritious! We have returned to those **old-fashioned skills**. And we want to share them with you.

With 24/7 access, video demonstrations, audio files, print tutorials, private support forums and monthly Q&A meetings, **we bring you unlimited online classes**: the fundamentals of traditional cooking, sourdough, cultured dairy and basic cheese, and natural food preservation called lacto-fermentation. (We also offer eBooks and real food menu plans, separately.) **We will help you transform your kitchen one week at a time with delicious and tasty real foods.**

The lessons favor **simple foods, simple flavors, and simple techniques**. God's foods are not highly complicated. But thankfully, they are highly nutritious and highly tasty!

When you're done watching, listening to and reading each lesson's simple yet comprehensive multi-media materials, you'll know, as we do, that **you can achieve delicious, healthy food, too!**

Wardah

— Wardah ('Wardee') Harmon

## Our Famous Basic Muffins

Fluffy, light and delicious — it is hard to tell they're whole grain!

- 1-1/2 cups whole wheat pastry flour
- 1/2 cup rolled oats
- 1 or 2 tablespoons raw apple cider vinegar
- 1 cup milk
- 2 local eggs
- 1/2 cup Sucanat (unrefined sugar)
- 1 teaspoon vanilla
- 1/2 cup melted butter
- 1 teaspoon sea salt
- 2 teaspoons baking powder
- 2 teaspoons cinnamon
- 1 teaspoon ginger
- 1/4 teaspoon nutmeg
- 1/2 cup raisins
- 1/2 cup chopped nuts
- 1/2 cup unsweetened shredded coconut

*Makes 1 dozen muffins.* In mixing bowl, combine flour, rolled oats, apple cider vinegar, and milk. Cover and let soak overnight, up to 24 hours.

Preheat the oven to 375 degrees. In separate mixing bowl, whisk together eggs, sweetener, and vanilla. Whisk in the butter until smooth.

Add salt, baking powder, and spices to the wet ingredients. Whisk fully. Add wet ingredients to the soaked flour mixture. Mix until smooth. Add nuts, raisins and coconut and mix gently.

Fill holes in paper-lined muffin tin to a generous three-quarters full each.

Bake for 20 to 25 minutes, until a toothpick inserted in the center of a muffin comes out clean and muffins are gently browned. Take out of oven and transfer muffins to a cooling rack. Store in an airtight container when fully cooled.

**Sneak Peek! Watch the free video.**  
[gnowfglins.com/muffinvideo](http://gnowfglins.com/muffinvideo)



 **GNOWFGLINS**

Enjoying "God's Natural, Organic, Whole Foods, Grown Locally, In Season"

**Get more from real foods  
and transform your kitchen  
one week at a time**



## Unlimited Online Classes

fundamentals of traditional cooking, sourdough, cultured dairy, cheesemaking and lacto-fermentation

[gnowfglins.com](http://gnowfglins.com)

## Members get unlimited access to all online classes:

### Fundamentals

**Get more from real foods.** Learn how to prepare grains, beans, nuts, seeds, dairy, fruits, veggies, stock and more to increase digestibility, vitamins, enzymes, probiotics and overall nutrition.

### Sourdough

**Get more from grains.** Sourdough baked goods are highly nutritious and digestible. Make healthy, nutritious cakes, muffins, pasta, crackers, pizza, cookies and more!

### Cultured Dairy & Basic Cheese

**Get more from dairy.** Cultured dairy offers increased nutrition, digestibility, probiotics, vitamins and enzymes! Learn how to make your own sour cream, butter, buttermilk, yogurt, kefir, soft and hard cheeses and more.

### Lacto-Fermentation

**Get more by fermenting foods.** Culture and ferment foods for increased nutrition, digestibility, probiotics, vitamins and enzymes! Learn how to ferment and preserve foods from every food group.



*"You've shown me that what I thought was a healthy way of eating could be stepped up a notch. OK, a few notches."*

—Wendy N.

*"You've helped make this transition easier... as trying to go through it on my own was very confusing. Having your classes gives me the focus and the guidance I need."*

—Billie Y.

*"Your class has helped me to step out do on my own. It really helps actually seeing things done."*

—Tammy R.

*"I really can't express how much this has helped me. I feel it is worth thousands of dollars! This is a whole different set of skills and they can't be underestimated for health. I deeply thank you and all who are working so hard to get these life-giving skills to others."*

—Maureen V.

## The right plan for you.

### Basic Membership as low as \$8/mo.

- unlimited access to all classes
- new weekly video and print lessons
- private support forum
- discounts on eBooks

### Standard Membership as low as \$16/mo.

- unlimited access to all classes
- new weekly video and print lessons
- private support forum
- discounts on eBooks
- bonus monthly videos
- monthly Q&A online meetings

### Premium Membership as low as \$33/mo.

- unlimited access to all classes
- new weekly video and print lessons
- private support forum
- discounts on eBooks
- bonus monthly videos
- monthly Q&A online meetings
- weekly menu plans
- exclusive discounts on partner products

Check out our weekly menu plans and eBooks, too! [gnowtflins.com](http://gnowtflins.com)

