

“No Power...No Problem” Recipes 2011

Presented by Debbie Kent

peaceofpreparedness.com

STOVE AND ICE BOX COOKER

White Bean And Chicken Chili

3 ½ c. cooked white beans or 2 (15oz) cans white beans, drained
½ can(4 oz) diced green chilies, undrained 1(12oz) can chicken chunks, undrained
1/4c. dried minced onion 3 c. water 2 t. chicken bouillon
1 t. cumin ¼ t. minced garlic 1 can (6oz) tomato paste
Combine all ingredients in saucepan and bring to a boil and cover; simmer 3 minutes, stirring occasionally. Put pot with lid in icebox cooker; cover with pillow; close lid and let sit for 2 hours. Will stay hot for 6+. Serves 4-5.

Red Beans and Rice

Debbie Kent

2 cans Red Beans	4 1/3 c. water	1 c. rice
6 T. bacon crumbles	6 T. dry minced onion	4 T. dehydrated celery
4 T. dehydrated peppers	2 T. ketchup	1 ½ t. Worchester sauce
3 T. tomato powder	1 T. parsley	2 t. garlic powder
1 t. chili powder	1 bay leaf	½ t. cayenne pepper
½ t. salt.		

Mix all ingredients in large saucepan with tight fitting lid. Bring to a boil, simmer 3 minutes with lid on, stirring once or twice. Put in icebox cooker, cover and let sit for 2 or more hours. Serve with tortillas if desired.

Au Gratin Potatoes

4 c. water	1 c. cheese Sauce Mix	1 t. dried parsley
¼ t. dry mustard	2 c. dry potato slices	

In 4-qt. casserole dish, combine all but potatoes with a wire whisk. Add potato slices. Bake uncovered at 350° for 45-60 minutes.

Rocket Stove/Icebox Cooker: Bring to a boil, simmer for 3 minutes with lid on. Quickly put into icebox cooker. Close for 3-4 hours. Eat.

Cheese Sauce Mix

(Mix-a-Meal)

1 1/3 c. cheese powder	¾ c. Powdered Milk	¾ c. flour
¾ c. butter or marg. Powder	1/2 t. onion powder	

Mix together. Store in quart jar.

ICE BOX COOKER/WONDERBOX RECIPES

Yogurt by the Gallon

4 c dry skim milk powder 4 qts warm water

Mix well, heat to scald, cool to luke warm. Add:

1 cup of starter (plain commercial yogurt) or product saved from this finished recipe may be used to start a new batch. Refresh monthly with commercial starter. Mix well, put into a gallon glass jar with a lid and place into the Wonder box. Leave undisturbed for 12-14 hours. It will thicken more after refrigeration. May be used plain or add your favorite fruits to flavour. For those that can afford the calories, if the yogurt doesn't set to your liking, add instant Vanilla pudding. (substituting yogurt for milk) Can be reduced for smaller batches.

Porridge

2 cups quick oats 4 cups boiling water salt to taste

Stir oats into boiling water, put lid on and place quickly between cushions of the Wonderbox for 15 minutes or more. Stir before serving

Rice

2 cups rice

Put into 3 ½ - 4 cups of salted boiling water. NB. Because the water does not evaporate you may need less water than usual. Place quickly into Wonderbox, and leave for 40 minutes or longer until ready to eat.

Vegetables

Potatoes or root vegetables may be cooked in their skins. Bring them to a boil in a pot full of water and place quickly between cushions of the Wonderbox for about twice as long as you would normally cook them. They may be left all day without overcooking and can be more easily peeled after cooking. Try waterless cooking by using the crisp kind of bags used for cooking roasts, etc. Submerge the bag into the water and bring to a boil. The bag should be left with opening protruding out from under the lid. Place quickly into Wonderbox.

Chicken and other Meats

Place chicken into an Oven cooking bag with desired spices, and close bag. Bring pot of water with chicken in it, to a good boil. Quickly place into the Wonderbox and place top cushion on. Leave alone for at least 3-4 hours. The chicken was put in at 9:30 in the morning before church. This single dad prepared the chicken by placing it into an oven-cooking bag. He added spices to the chicken closed the bag completely (no added moisture was added to the bag) then brought the pot of water with the chicken in, to a boil and put it all in to the Wonderbox. We ate with him at 4:00pm. It was impressive.

Bread in Ice Box or Wonderbox

Baking Bread by anonymous

I have been baking bread in a wonderbox for awhile now. My recipe is for 2 loaves (whole wheat). I put one in the wonderbox and one in the oven. I raise the bread by putting it in a cereal bag that has been sprayed with cooking spray. I put a twist tie on that and then put that in an oven bag, twist it up and then double the twisted part over and put on the twister tie. That part looks like a loop. Anyway I put the bagged dough in a pot of warm water to rise. When it has doubled, I bring the whole thing to a boil and boil for 10 minutes. Then put the whole thing in the wonderbox and go away. Once it was in there for over 8 hours and the bread was still warm. I think the least amount of time has been one hour.

The bread does not have a crust and is usually oval, but it is moist and delicious. In fact when I have people try a bit from the oven baked and the wonderbox, they prefer the wonderbox bread hands down. So do I. I have reused the cereal bag. I make my own cereal so I don't have those kind regularly. I've tried ziploc bags for the outside and sometimes they pop open from the rising bread. If it gets under water, the bread is ruined.

Baking Bread

By Molly

Today, I tried making bread in 42 ounce juice cans that fit in my pot in my cooker and it made 2 nice size loafs. I let the dough rise the first time, and then punched it down and put it in the greased cans. I put too much dough in the cans, so had to cut some off and make scones (too bad, huh!) Don't put more than half the can full of dough to start with. I put wax paper in the bottom of one can, and sprayed it with Pam, and then cut a circle out of a brown paper bag and greased it for the bottom of the other, to experiment to see which way worked the best. They both came out very easily. I covered the tops with tinfoil held on with elastic to keep the water out. I boiled them for 10 minutes in my icebox pot, then I cooked it about 2 hours in the ice box cooker. It came out beautifully. It made wonderful bread that cut and tasted just like regular bread, yummy!

Roast: I also cooked a 3# roast in my icebox oven. I browned the roast and then put it in a bag out of a cereal box. I seasoned it, boiled it for 20 minutes, and then cooked it for 5 hours in the cooker. I checked it then, and it was done. But since my other dinner wasn't ready (since I wasn't sure if it would cook a whole roast), I put it back in the bag and brought it to a boil again and put it in the cooker for another hour while I made the rest of the dinner. The only problem was that when I took the roast out the second time, the bag broke, and I lost all the juice, so couldn't make good gravy. So I would probably use the roasting bags you can buy when doing meat, since it cooks for a long time, but the cereal bags would work well for anything under 5 hours. I am really excited about how nice the icebox cooker cooks things, I am totally sold.

Try soups, stews, what ever you can bring to a boil and then give it a try. The worst that would happen is the first time, you may have to bring things back to a boil and replace into the Wonderbox for a second cooking time.

Never replace a pot of half eaten or luke warm food in the Wonderbox It should be boiled up again to prevent it going bad.

Ice Box/Wonder Box Cooked Pinto Beans

3 c dried pinto beans, washed, sorted & soaked overnight	12 c of water
1 chopped onion	1 chopped head of garlic
(seasoning optional—can omit or add your own)	

Before cooking your beans gather the following supplies:

Ice Box Cooker- one ice cooler, pillow, towel(s) wool blanket and a pot with no handles (short, stubby hand grips OK). If you do not have a wool blanket, a towel will do but use caution and check the temperature of your food after cooking and be sure it's high enough for what you have cooked. Place a folded towel in the bottom of your cooler (if needed to fill open space) and then place a wool blanket on top of your towel and open it up. Be sure to check that your pot will fit your cooler before you begin to cook. You will need enough room to wrap the wool blanket around your pot and place a pillow on top and still be able to completely close your cooler. It is best to choose the right size pot. You want the least amount of air space after adding your beans and water to your pot. Your food will cook more thoroughly when you have the least amount of air.

After your beans have soaked overnight, pour them into a strainer and rinse. Place beans, water and any seasoning desired into a pot and place on your stove top (Rocket stove, propane stove or any other type of cooker). Bring the beans to a boil (cover initially for a quicker boiling time). Once the water reaches a boiling temperature turn the stove down to a simmer and cook for 15 minutes. Stir periodically. It is imperative that you place the lid back on your pot for the last two minutes (longer won't hurt) or so of cooking. Once your beans have simmered for 15 minutes take them off the stove quickly without disturbing your lid and place your pot directly into your ice box. Take care in covering the pot with a wool blanket (towel if that is all that you have), place a pillow on top and close your cooler. Be sure to leave as little open space inside your cooler as possible. If you have a Wonder Box follow the same cooking instructions. Be sure the pot you have fits your Wonder Box before you begin cooking. Place your cooked beans inside the Wonder Box and place the top cushion on top of your pot. You don't have to, but I place my wool blanket over my Wonder Box as added insulation. The most important thing to remember is that you want to have your cooler or Wonder Box close by so that you can quickly place it from the hot stove into your cooker. Be sure to not place your Wonder Box on top of a metal surface. Metal is a conductor of heat and may draw some of the heat from the bottom. Let the beans “cook” for 2 ½ hours. I have used less beans and 'cooked' them for a shorter amount of time.

Enjoy! Don't be afraid to experiment with this great alternative way of slow cooking.

APPLEBOX OVEN

When you put food into your “oven” the temperature will drop. This is normal. It will raise again as the food heats. If you add more charcoal too early you will end up increasing the temperature too much and burn your food.

Whole Wheat Bread

1/3 c. oil	1/4 c. vital wheat gluten	1/3 c. honey or 1/2 c sugar
1T.+1 1/2t. dough enhancer	2 1/4 t. salt	1 1/4 T. instant yeast
2 3/4 c. steaming hot tap water (120-130°)		7-8 c. whole wheat flour

Mix together oil, water and sugar. Add 4 c. of flour and beat. Put in 1-2 more c. of flour, gluten, dough enhancer and yeast. Beat again. Add remaining flour just until dough pulls away from the sides of the bowl. Knead 6-10 minutes.

Applebox: Put oven set-up in sun (foil, cans, rack, oven). Spray or oil pans. Divide bread dough in half and shape into loaves and put into pans. Set loaves on rack in “oven”. Let loaves rise 25-60 minutes, until about 1 inch above the top of pan. Do not remove bread from oven. During last 10 minutes of rising, heat up 10 charcoal in charcoal chimney until they have dime-sized spot of white ash. Spread charcoal out evenly on foil under rack and replace oven cover. (raise one corner with piece of unlit charcoal) and bake for 35 minutes. Remove from pans and cool. Makes 2 loaves.

Pizza Royale

Debbie Kent

4 c. Super Quick Mix	1 c. water	1 T. baking powder
2 c. FD Cheese	1 c. Sausage IM	1 jar pizza sauce
1 can pineapple tidbits		

Rehydrate cheese and sausage according to directions. Squeeze dry and set aside. Drain pineapple juice into measuring cup, add water to make one cup. Mix Quick Mix, baking powder and juice/water, just until blended. Knead 10-12 times. Lightly grease cookie sheet, spread out dough evenly with fingers. Spread with pizza sauce and top with sausage, pineapple and cheese. Bake in Applebox oven at 375° (11 charcoal) for 15 minutes.

Chocolate Chip Cookies

(Applebox Oven)

1 c. shortening	1 c. sugar	1/2 c. brown sugar
2 T. egg powder	1/4 c. water	2 t. vanilla
2 1/2 c. flour	1 c. oats	1 t. baking soda
1 t. salt	1 c. chocolate chips	

Beat together: shortening, sugars, water and vanilla until creamy. Sift together: egg powder, flour, baking soda and salt. Add to creamy mixture. Add in oats, mix. Add in chips and mix. Bake at 350° (11 charcoal) for 11-12 minutes. Makes 4 dozen cookies

DUTCH OVEN

Fruity Crisp

Debbie Kent and Vicky Godley

3-15 oz can fruit (peach, apple, cherry, etc)

¼ c. sugar

1/2 t. cinnamon

1/2 t. nutmeg

Topping:

½ c. oats

½ c. flour

½ c. brown sugar

½ c. butter or butter flavored Crisco ½ t. cinnamon

Line a 12" Dutch oven with heavy duty foil. Pour fruit filling into oven and spread evenly. In a separate bowl combine sugar, flour, oatmeal and cinnamon; stir to mix. Cut butter into 1 Tbs. size pieces then using your fingers work butter into the crumb mixture until coarse pea sized crumbs form. Spread topping evenly over fruit. Cover Dutch oven and bake using 8-10 briquettes bottom and 14-16 briquettes top for 45-60 minutes until crisp is golden brown and fruit is bubbly. Serves: 12-14

SOLAR COOKING

Pre-Heating your Sun Oven:

To pre heat the sun oven, find a location where there is unobstructed sun access. Open the reflectors and position your oven so that the shadows fall evenly on either side of the oven, and the glass door has the full sun's rays. (You may need to adjust the oven as you are cooking.) A small container of water in the oven will also keep it from overheating. Pre heating is necessary when you do bread, cakes and other foods that rise, but it is not necessary for most casseroles.

Sun Oven Steamed Potatoes

3 lbs. red/yellow potatoes

2 C. diced onion

¼ tsp each dried herbs

½ C. grated carrot

4 cloves minced garlic

such as: celery seed,

1 Tbs. olive oil

marjoram, savory, oregano

Wash, scrub and dice potatoes. Mix all of the above and add ¼ C. water or vegetable stock.

Place in covered pot and steam in sun oven until potatoes are tender; stir and serve. 6 servings.

Sun Oven Spanish Rice

1 tsp olive oil

3 ¼ C. water or broth

1 Tbs. tamari

¾ C. chopped onions

1 C. chopped tomatoes

¼ tsp cumin

2 cloves minced garlic

(fresh or canned)

1 ¾ C. raw brown rice

½ tsp. chili powder

Mix all ingredients in a covered pot. Place in sun oven and bake until water is absorbed and rice is tender. Let rest 5 minutes after removing from oven; fluff up with a fork, and serve.

Serves 4-6.

Sun Oven Red Lentil Soup

1 C. red lentils

1 C. diced onion

1 tsp ground coriander

2 2/3 C. water

3 cloves minced garlic

1/8 tsp cayenne pepper

3 medium potatoes

1 tsp turmeric

1 Tbs. tamari

1 medium carrot, diced

1 ½ tsp. ground cumin

Peel and dice potatoes. Pick over the lentils and wash in strainer under cold running water.

Combine all ingredients in a 2 liter or larger pot. Stir well and cover. Place in sun oven and cook until lentils are tender and disintegrating. Stir well before serving. Makes 2-3 servings.

Easy Sun Oven Brown Rice

2 C. raw brown rice ½ tsp. salt 4 C. water or chicken broth
Mix rice, water and salt in a pot. Cover and cook in sun oven until rice is done (water is all absorbed). Serve immediately or close lid to keep warm until needed. Serves 4.

Basic Beans

When a recipe calls for cooked beans, canned beans may be substituted. Cooking beans with the sun is easy, but takes a little spare time. Beans won't boil over in a sun oven and they come out nice and tender. Lentils and black eyed peas can be cooked with no pre-soaking. To prepare beans, pick over any stones and misshapen beans and discard those. Rinse the beans and then cover them with plenty of lukewarm water. The best method is to let the beans soak overnight. (Speedier method; bring the beans and plenty of water to a boil. Simmer 1 minute then remove from heat and let soak for 1 hour.) When the beans have finished soaking, rinse them again with fresh water and drain well. Put the beans into your cooking pot and cover again with fresh water. Beans will expand 2 -2 ½ times their original volume. The lid of your container should be vented or attached loosely to allow steam to escape.

Use the following chart to decide how much cooking time each type of bean will take:

Red lentils	40 minutes
Brown lentils	45 minutes
Black-eyed peas	1 hour
Small red beans	1 hour
Lima beans	1 hour
Pinto beans	2 hours
Red kidney beans	2 hours
Black beans	2 hours
Garbanzo beans	3 hours

Sun Oven BBQ Beans

2 C. small white beans	3 Tbs. honey	2 Tbs. Tomato paste
2 C. chili sauce	¼ C. lemon juice	1 Tbs. cider vinegar
¼ tsp Tabasco sauce	½ C. bean cooking liquid	1 Tbs. arrowroot

Simmer rinsed and soaked beans in plenty of water in sun oven until tender. Drain beans and save cooking water. Add the rest of the ingredients to casserole; use some of the cooking water if needed. Stir well to dissolve arrowroot. Return to sun oven and simmer until the sauce thickens, at least 20 minutes after you see it bubble.

Bar-B-Q White Beans

2 c. white beans, soaked	6 c. water	½ c. Molasses
2 Tbs. Brown Sugar	1 Tbs. Vinegar	½ c. Ketchup
1 t. Dry Mustard	1 t. Worcestershire Sauce	16 oz. Tomato Sauce
2 Tb. Minced onions	¼ tsp Liquid Bar. Smoke(opt)	

Add soaked beans to water, bring to a boil and simmer for 1 ½-2 hours or until tender but whole. Add remaining ingredients to the cooked beans and bake in solar oven for 3-5 hours.

Sun Oven Veggie Lasagna

This lasagna must be cooked in a covered casserole dish...the noodles need the steam to cook and soften. Cheese directly exposed to sunlight will become leathery; so add cheese to the middle of your casseroles and sprinkle some on the top only near the end.

Sauce: 1-28 oz. can crushed tomatoes (or use bottled spaghetti sauce)
½ C. water 3 cloves minced garlic
1 tsp. oregano ½ tsp. basil
¼ tsp. crushed fennel seed

Veggies: 1 grated medium carrot 1 diced green pepper
½ C. diced onion

Cheese: 1 C. Ricotta ¼ C. Parmesan
1 beaten egg
Grated Mozzarella for topping (optional) and fresh ground pepper

Noodles: 8-10 uncooked lasagna noodles, to make two complete layers. Whole wheat good. Pre-heat your solar oven. In a medium bowl, mix sauce ingredients (or open up a bottle of spaghetti sauce). In another bowl, toss together the prepared vegetables. In a small bowl, stir together the cheeses, egg and pepper. Layer as follows: 1/3 of the sauce, layer of noodles, all of the veggies, 1/3 of the sauce, all of the cheese mixture, layer of noodles, 1/3 of the sauce. Cover the casserole with a lid. Bake in sun oven until the casserole has bubbled vigorously for 30 minutes. (It takes 2 or more hours to bring it to a boil, but once it's boiling the cooking time is the same in a solar cooker as in a conventional oven.) When the noodles are cooked, remove the lid and add a layer of grated mozzarella cheese. Bake 15 to 20 minutes more, uncovered, until the cheese bubbles and browns. Let rest 10 minutes before serving. 3-4 servings.

Yeast Breads

Dark loaves bake faster and more efficiently than lighter ones, so whole grain breads are good for solar baking. Use dark coated baking pans for best results. Baking times vary depending on the intensity of the sun and the efficiency of your oven. Once you become accustomed to cooking with the sun, you may be able to get an idea of the baking times from recipes that you may already have. Sun oven cooking times will usually be about 15 to 20 percent longer than conventional times for breads. (Breads may take almost twice as long to cook in a solar oven.)

Cinnamon Raisin Bread

1 recipe wheat bread or other yeast bread 1/8 C. butter 2 tsp. cinnamon
2 Tbs. sugar ¼ C. raisins

Make the bread recipe and before you shape it into a loaf pan, roll dough out on floured surface. Spread butter over surface and sprinkle on raisins and mixture of cinnamon and sugar. Roll dough up and fit into loaf pan. Bake in sun oven until browned and hollow sounding when tapped with a spoon.

Tapioca Pudding (Makes 9 cups)

1 C. sugar 9 Tbs. Minute tapioca 2 ¼ C. dry milk
7 ½ C. water 3 eggs 1 Tbs. vanilla

Put all ingredients except vanilla into painted canning jars. Cook in solar oven for about 30 minutes. Remove, shake well and return to the sun oven. Continue cooking and shaking the jars every 15-20 minutes until the tapioca swells up (total time is about 60-75 minutes). Add vanilla, shake and pour contents into dishes. Pudding thickens as it cools.

Buttermilk Bread

1 ¼ C. warm water	2 Tbs. oil	¼ C. buttermilk powder
2 tsp. dry yeast	2 Tbs. honey	3 to 4 C. whole wheat flour
Honey to proof yeast	½ tsp. salt	

Pour warm water into a medium bowl. Dip the tip of a spoon into honey and stir the honey dipped spoon in the warm water. Lightly sprinkle the yeast over the surface of the water and let soften until yeast begins to foam. Add the oil, honey and salt in a large mixing bowl; stir to combine. Add the yeast mixture. Mix buttermilk powder and 1 C. flour in a small bowl; then add to the other ingredients. Beat ingredients and add flour ½ C. at a time. Beat well after each addition. Turn the dough out onto a floured surface and knead until smooth and elastic about 7 minutes. Put the dough into an oiled bowl, turning to oil the top. Cover and let rise in a warm place until double, about 1 ½ hours. Preheat your sun oven. Form the dough into a loaf and place in an oiled 5x9 inch loaf pan. Let rise about 20 minutes, then put into your preheated sun oven and bake until loaf tests done... (Golden brown on top and sounds hollow when tapped). Let cool in pan for 5 minutes then remove to rack to cool completely. Because of the buttermilk in this dough, it will brown quickly and the loaf may still be sticky and moist inside... it may need to bake for a little more time than other recipes. Makes on 5 x 9. Or bake 40-45 min 350°.

Sun Oven Oatmeal Bread

1 C. rolled oats	1 C. hot water (120-130°)	1/3 C. lukewarm water
2 tsp. dry yeast	1 tsp. honey	2 Tbs. oil 1 Tbs. honey
1 Tbs. molasses	½ tsp. salt	1 Tbs. gluten flour (opt)
3 C. whole wheat bread flour		

In bread bowl, stir oats and hot water; let soak for 10 minutes. In a 2 cup measure, dissolve the yeast and tsp of honey in the 1/3 C. warm water. Let rest in warm place until yeast begins to foam. Add the oil, honey, molasses and salt to the oat mixture; then add yeast. Mix the gluten flour with the first 2 C. of flour. Beat the flour into the wet ingredients and beat well. Add more flour, ½ C. at a time until dough starts to become stiff. Turn the dough out onto a floured surface and knead at least 7 or 8 minutes, adding more flour as needed to prevent sticking. This is a sticky dough. Place dough into an oiled bowl, turn to coat top, cover and let rise until double in bulk... about 1 hour. Preheat your sun oven. Punch down dough and form into a loaf in a 5x9 inch loaf pan. Let rise for another 20 minutes or so and bake in preheated sun oven until the loaf tests done. Cool in pan for 5 minutes, then remove to wire rack to cool completely. Conventional oven: bake 35-40 minutes in preheated 350 degree oven. Makes one loaf.

Sun Oven Chocolate Cake (Makes one 8x8" square cake)

1 C. fine wheat flour	1/3 C. unsweetened cocoa powder	½ tsp. baking powder
¾ tsp. baking soda	3 Tbs. buttermilk powder	¼ C. cooking oil
½ C. honey	1 egg	1 tsp. vanilla
¾ C. boiling water		

Place 1 C. water in sun oven and let it preheat. When the water comes to a boil, use it for the water called for in the recipe. Lightly grease an 8x8" square cake pan. Sift together the dry ingredients and set aside. Beat the oil, honey, egg and vanilla together until frothy. Add the dry ingredients in 3 parts, beating each part in until well blended. Add the boiling water, and beat with a mixer or rotary beater for a full minute. The batter will be thin. Pour the batter into the cake pan and bake in sun oven until the cake tests done. This is a great moist and almost gooey cake. Conventional oven: Bake in preheated 325 degree oven for 30-35 minutes.

Sun Oven Buttermilk Spice Cake: (Makes and 8x8" square cake)

1 ¼ C. whole wheat flour
1 tsp. baking soda
½ tsp. cinnamon
½ tsp allspice
¼ tsp grated nutmeg
¼ C. buttermilk powder
1/3 C. oil
½ C. honey
1 egg
¾ C. boiling water
1/3 C. coarsely chopped walnuts or pecans

Place 1 C. water in sun oven and preheat until water comes to a boil. Use this water for the boiling water in the recipe. Lightly grease an 8x8" square pan & set aside. Sift the dry ingredients and set aside. Beat the oil honey and egg until very frothy. Add the dry ingredients to the wet ingredients in four parts; beating well after each addition. Mix in the boiling water and beat for 1 minute, add the chopped walnuts and pour mixture into prepared pan. Bake until the cake tests done. Conventional oven: bake in preheated 350 degree oven for 40-45 minutes.

Sun Oven Honey Apple Crisp (Makes 6-8 servings)

6-8 medium apples

2 Tbs. quick cooking tapioca

1/3 C. honey

1 Tbs. lemon juice

Topping:

1/4 C. honey

2 Tbs. cooking oil

1/2 tsp. vanilla

1 C. regular rolled oats

1/4 C. whole wheat flour

1/2 C. chopped walnuts or pecans.

Warm honey and oil for the topping in a heat proof bowl, while sun oven is preheating. When the honey and oil are warm (do not let it boil), remove from oven and stir in vanilla. Next add the oats and toss with a fork until well coated; set aside. Wash, peel and slice apples (about 6-7 cups). Sprinkle 1 Tbs. of the tapioca over the bottom of a 2 liter or larger casserole dish. Layer half of the apples over the tapioca and repeat with the other tablespoon of tapioca and the rest of the apples. Blend the 1/3 C. honey (slightly warmed for easier blending) with the lemon juice and drizzle it over the apples. Cover the casserole and bake 35 to 40 minutes or until the apple juice begins to bubble. Finish mixing the topping; add the flour and nuts and mix well. When the apples boil, remove the casserole from the oven and crumble the topping over the apples. Remove cover and bake until the topping is golden and bubbly.