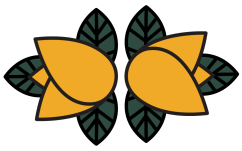
OUR COLLECTION

Recipes from the Wildflowers' Team



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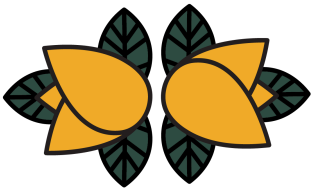

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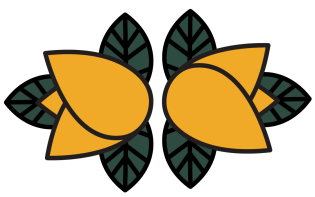

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BEST GUACAMOLE EVER

3 ripe avocados
1 lime
2 cloves of garlic
1 tsp of salt
1tbsp white onion, minced
2 tbsp cilantro, chopped
1 tbsp hot sauce (optional)
1 tsp sour cream

Begin by mincing the garlic. Pour the salt over the garlic on a wooden chopping block or cutting board. Smash your garlic with the back of a spoon until a paste forms.
Place the avocado, garlic paste, onion, and lime juice into a bowl. Mash it with a fork until to reaches the desired texture.
Mix in ½ of the cilantro, sour cream, and hot sauce. Stir until well combined.
Top with remaining cilantro and serve with chips and wedges of lime.

MEXICAN DIP

11 pkg (8 oz) cream cheese, softened
1/2 tsp of each chili powder, paprika, garlic powder, and onion powder
Avocado (optional)
Favourite salsa
Lettuce, shredded
1 cup of shredded cheddar cheese
1/2 cup green onions (optional)

Mix cream cheese and seasoning mix.
Spread mixture in a 9-inch or so pie plate or similar
Layer avocado, salsa, lettuce, cheddar cheese, and green onions over the cream cheese mixture.
Serve with tortilla chips

BACON WRAPPED TATOR TOTS

12 Cups tatertots
Shredded cheddar cheese
Bacon
BBQ souce
Jalepeños

Preheat oven to 400° Line baking sheet with parchment paper.
Wrap each tatertot with a piece of bacon (with BBQ sauce), piece of jalepeño and cheese. Wrap with a toothpick.
Bake for 20-25 min. turn halfway
Garnish with parsley.

CREAMY HONEY DILL SAUCE

1tbsp honey
1/2cup mayo
1tbsp dill or to taste
2tsp lemon juice
1tsp dijon mustard
1/8tsp salt
1/8tsp pepper

Add all ingredients to a bowl and mix until combined.

NOTES:

- Store in fridge in sealed container for up to 5 days.
- Double recipe if using as a dipping sauce for more than one serving.
- Dip goes best with yam fries, chicken strips, popcorn shrimp, and battered fish.

EASY CHEDDAR & CHIVE BISCUITS

2cups bisquick or pancake mix
2/3cup milk
3tbsp dried or fresh chives
1/2cup shredded cheddar cheese
2tbsp butter or margarine
1/8tsp garlic powder

Heat oven to 450°F.
Mix pancake mix, milk, chives & cheese together until a soft dough forms. Using a tablespoon drop large spoonful's of dough onto an ungreased cookie sheet.

Bake biscuits for 8-10min or until golden brown. Mix together and melt in microwave butter or margarine & garlic powder; brush mix over warm biscuits and serve.

CREAMY DILL CHIP-DIP

1cup sour cream
1cup mayo
2tbsp diced onion (fresh or dried)
2tbsp dried dill
1tsp dried parsley
1tsp garlic powder
kosher salt to taste

Combine all ingredients together and refrigerate until ready to serve.

NOTES:

- Store in fridge in sealed container for up to 5 days.

ZUCCHINI FRIES

Zucchini

Batter
1/2 cup flour
1 tsp. garlic powder
1 tsp. italian seasoning
1 cup milk
1 egg

Coating
Corn Flakes crushed into small pieces

Cut up zucchini - cut into fry shapes, rolled in paper towel to soak excess moisture.
Coat the zucchini in batter.
Cover in crushed corn flakes.
Air Fry at 400 degrees for 12 - 14 minutes or until crispy.

CHEESY HAMBURGER TARTS

Tart Shells:
Bisquick mix - mix as per biscuit instructions on box.

Filling:
1 pound hamburger; 3 tablespoons chopped onion; one 8 oz can of tomato sauce; salt, pepper, and garlic pepper to taste. If wanting a spicier flavour profile, add dried red pepper flakes.

1 cup shredded mix of mozzarella and cheddar cheese

Mix up the Bisquick mix as per instructions on the box. Roll out dough and cut circles large enough to fill a muffin tin. Line each muffin compartment with the dough.
Saute onions until clear and then add the hamburger and spices. Once browned, add the tomato sauce.
Fill bisquick tart shells with hamburger mixture, and sprinkle the shredded cheese on top.
Bake at 350 degrees in the oven for 20-25 minutes.

GARLIC MUSHROOMS

3 Cans whole mushrooms - drained
1/2 cup vinegar
1/4 cup oil
1 table spoon oregano
1 head garlic chopped
2 tablespoons parsley

Mix all ingredients in a sealable container to allow flavours to blend for 3 to 4 days before serving. Yummy Garlic!

SPINACH ARTICHOKE DIP

- 14 oz Can of Artichokes Drained
- 2 Cups of Fresh Spinach
- 3/4 Cup Grated Parmesan Cheese
- 3/4 Cup Real Mayonnaise
- 1/2 Cup Sour Cream
- 6 oz Cream Cheese Softened
- 1/2 Cup Shredded Mozzarella
- 1 Clove Crushed Garlic
- 1 Tbsp Dill Weed
- 1 Tsp Dried Parsley

Preheat oven to 350*
Combine the artichokes and spinach in a food processor and finely chop.
Pour the finely chopped artichokes and spinach into a large bowl.
Add the parmesan cheese, mayonnaise, sour cream, cream cheese, shredded mozzarella, garlic, dill weed, parsley to the large bowl and stir well to combine.
Spray an 8-inch pan or dish that you plan to use with non-stick cooking spray.
Evenly spread the dip into the pan.
Bake this for 25 minutes.
In the remaining 5 minutes, put it under the broiler on low to get that brown crisp top.
Serve with veggies, chips, or bread.

BEACH DIP

250 g cream cheese
1 cup grated cheddar cheese
1/2 cup salsa

Put all three ingredients in a bowl
Microwave until cheese melts
Stir well and serve warm with tortilla chips

BROWN SUGAR BACON-WRAPPED SMOKIES

- 1 package of bacon
- 1 package of mini smokies
- Brown sugar
- Cayenne pepper
- Toothpicks

Preheat oven to 400 F
Line baking sheet with tin foil or reusable baking mat
Cut bacon in half the short way
Wrap one piece of bacon around each smokie and place on baking sheet
Sprinkle with brown sugar and a pinch of cayenne pepper
Bake for approximately one hour (or until brown and crispy)
Secure with toothpicks and serve!

ROASTED GOAT CHEESE STUFFED DATES

1 (12-oz.) pkg. Medjool dates, pitted
2 tsp Rosemary,
1 drizzle Honey, hot
1/4 tsp Cinnamon
1/4 tsp Sea salt
3 tbsp Olive oil, extra-virgin
1/3 cup Walnuts
1 (4-oz.) log goat cheese
1 tsp Orange zest plus 2 tsp. fresh orange juice

Preheat oven to 375°F.
Use a small sharp knife (such as a pairing knife) to slice open the dates lengthwise (do not slice all of the way through). Break open date and fill each one with 1 to 2 teaspoons of goat cheese. Arrange dates on a baking sheet.
In a small bowl, combine walnuts, rosemary, orange zest and juice, ground cinnamon, sea salt, and olive oil; mix. Spoon walnut mixture over stuffed dates, and transfer pan to the oven. Bake for 15 minutes. Remove from oven and let sit for 5 minutes before transferring to a serving platter and drizzling with hot honey. Serve warm

CLASSIC YORKSHIRE PUDDING RECIPE

1 cup (120g) all-purpose flour
3 -4 large eggs (enough to fill 1 cup)
1 cup (240ml) whole milk
1/2 teaspoon salt
Vegetable oil, beef drippings, or lard for the tins

Step 1: Prepare the Batter
In a mixing bowl, sift the flour and salt together.
Crack the eggs into the bowl and whisk until smooth.
Gradually add the milk while whisking to create a lump-free batter.
Let the batter rest for at least 30 minutes at room temperature. Resting allows the flour to absorb the liquid, ensuring a better rise and texture.
Step 2: Heat the Oven and Prepare Your Tin
Preheat your oven to 425°F (220°C).
Place about 1 teaspoon of oil, beef drippings, or lard into each cavity of your muffin tin.
Put the tin in the oven to heat up the fat until it is sizzling hot. This step is crucial for achieving Yorkshire puddings with a crispy exterior.
Step 3: Cook the Yorkshire Puddings
Quickly pour the batter into the hot tin cavities, filling each about halfway. The sizzling fat should bubble as you pour the batter.
Return the tin to the oven immediately and bake for 20-25 minutes. Resist the temptation to open the oven door, as this can prevent the puddings from rising properly.
When the puddings are golden brown and puffed up, remove them from the oven.

SANDRA'S 2-HOUR BUNS (½ RECIPE)

4 cups flour
1 Tbsp instant yeast
3 Tbsp oil
4 Tbsp white sugar
1 egg
1 tsp salt
1½ cups lukewarm water

1. In a large bowl, mix 2 cups of flour with the yeast. Set aside.
2. In a stand mixer with the whisk attachment, mix egg, sugar, oil, and water. Whisk until bubbly and foamy (2-3 minutes).
3. Slowly add the flour and yeast mixture to the wet ingredients. Continue mixing until the texture becomes slightly gummy.
4. Switch to the dough hook attachment.
5. Add salt.
6. Set mixer to speed 2 or lower and slowly add the remaining 2 cups of flour. Adjust if needed— add a little more flour or water until you have a soft, smooth dough.
7. Remove from mixer and knead briefly by hand to bring the dough together.
8. Place dough in a greased bowl. Cover with plastic wrap (close to the dough) and a tea towel. Let rise for 15 minutes in a warm place.
9. Punch down the dough, let rise another 15 minutes, then punch down again.
10. Line a baking sheet with parchment paper. Form dough balls (dinner roll or burger size).
11. 11 Let rise for 1 hour in a warm spot.
12. Bake at 350°F (175°C) for 15-18 minutes — until golden on top and bottom. Smaller rolls take ~15 min; larger buns 17-18 min.

Soft, golden, and ready in just two hours!

BUTTERNUT SQUASH SOUP

1 butternut squash, cubed
1 yellow onion, diced
4 celery stalks, diced
2-3 carrots, diced
2 sweet potatoes, cubed
3-4 tablespoons of butter, olive oil, or coconut oil
1-2 32 oz box of chicken or vegetable broth
1 can coconut milk (optional)
1 1/2 teaspoons curry powder
1 1/2 teaspoons cinnamon
1 teaspoon nutmeg
2 teaspoons vanilla extract
Salt and pepper to taste
Sour cream or plain greek yogurt, optional (dollop on top of each bowl)

Cube and dice all vegetables.
In the bottom of a large pot melt the butter/oil. Add all of the cubed/diced veggies, season with some salt and pepper. Saute for 5-10 minutes until vegetables are semi-softened.
I covered the pot for a few minutes to help move along the process.
Add the chicken or vegetable broth and spices. Bring mixture to a boil.
Cover, reduce heat to low and simmer for around 40 minutes or until veggies are softened. You can remove the cover for the last 10 minutes if you feel there may be too much liquid.
Remove pan from heat. Using an immersion blender, blend the soup until smooth.
Ladle into bowls and serve topped with a dollop of sour cream or Greek yogurt. (You can also add heavy cream to the soup if you want to give it a creamier flavor).

JAPANESE SALAD

½ head of cabbage shredded (or a package of coleslaw mix)
2-3 cups of bean sprouts
Fresh mushrooms (optional)
2 tbsp toasted sesame seeds
1 cup of sunflower seeds
½ cup slivered almonds
1 package of Sapporo Ichiban Original
Dry chow mien noodles to taste

Dressing
½ cup of oil
1tbsp of sugar
3 tbsp vinegar
Seasoning package from ichiban
½ tsp of pepper
¼ cup of soya sauce

Mix cabbage, bean sprouts, mushrooms, sesame seeds, sunflowers seeds, slivered almonds, ichiban noodles (uncooked), and chow mien noodles in a large bowl
In a small bowl, mix oil, sugar, vinegar, seasoning package, pepper, and soya sauce.
Add dressing to salad right before serving.

INSTANT POT CHICKEN NOODLE SOUP

1 large onion diced
1 tablespoon olive oil
2 large chicken breasts boneless & skinless, about 8 ounces each
1 cup carrots sliced
1 cup celery sliced
1 tablespoon parsley fresh
1 bay leaf
6 cups chicken broth or stock
4 ounces egg noodles approx. 2 ½ cups dry
salt & pepper to taste

Turn the instant pot on to SAUTE. Cook onion in olive oil until softened.
Add remaining ingredients except noodles. Select SOUP (or MANUAL), HIGH PRESSURE and change the time to 10 minutes. The instant pot will take about 10 minutes to build pressure.
Quick release pressure. Once cooked, remove and discard bay leaf. Remove chicken breasts and shred with a fork.
Turn Instant Pot onto SAUTE. Once broth begins to boil, add egg noodles and allow to simmer 6-8 minutes or until tender.
Stir in chicken and season with salt and pepper to taste.

PAPAYA AVOCADO SALAD

1 head of romaine lettuce
1 ripe papaya (papayas are ripe when they have turned yellow)
1 large avocado, peeled, and sliced
Red onion slices
1 mango
Shrimp (one ring)

Dressing
¼ - ½ cup sugar
½ teaspoon dry mustard
2 teaspoon salt
2 tablespoons papaya seeds
½ cup white wine vinegar or tarragon vinegar
½ cup salad oil
2 green onions, finely chopped

Wash and dry lettuce. Tear into bite-size pieces and place in salad bowl. Halve and peel papaya. Scoop out seeds and save 2 tbsp slice papaya.
Combine dressing ingredients in a blender until papaya seeds have the appearance of ground pepper. Store dressing in refrigerator.
Just before serving, add papaya, avocado, mango, shrimp, and red onion slices to lettuce.
Pour dressing over salad and toss. (You might have some dressing left over, but you're going to want to make the salad again - soon!)

WALDORF SALAD

11/2 cup chopped, slightly toasted walnuts (optional)
1/2 cup celery, thinly sliced
1/2 cup red seedless grapes, sliced (or a 1/4 cup of raisins)
1 sweet apple, cored and chopped
3 tbsp mayonnaise
1 tbsp fresh lemon juice
Salt
Pepper
Lettuce

In a medium-sized bowl, whisk together the mayonnaise (or yogurt) and the lemon juice. Add 1/2 teaspoon of salt, 1/4 teaspoon of fresh ground pepper. Mix in the apple, celery, grapes, and walnuts (if using). Serve on a bed of fresh lettuce.

MAKE-AHEAD MASHED POTATOES

13 lbs (1.5 kg) Yukon gold potatoes, peeled and quartered
1 cup (250 ml) deli-style cream cheese
4 eggs
1/4 cup (50 ml) butter, softened
2 tbsp (25 ml) mashed roasted garlic
Salt and freshly ground pepper

Place potatoes in saucepan with cold salted water to cover. Bring to boil over high heat and boil for 10 minutes or until potatoes are tender. drain and shake over low heat to dry off.
Mash potatoes with a masher, put through a food mill or beat with an electric mixer until smooth.
Whisk together cream cheese and eggs in a separate bowl. Beat into potatoes. beat in butter and roasted garlic. Season well with salt and pepper.
Pile into a buttered 11 x 7-inch (28 x 18 cm) gratin dish, cool and refrigerate
To reheat, bake in a 350F (180C) oven for 20 to 25 minutes or until heated through

GARLIC GREEN BEANS

11 lb (500g) green beans
2 tbsp (25 ml) olive oil
1 tsp (5 ml) chopped garlic
Salt and freshly ground pepper
2 tbsp (25 ml) lemon juice

Bring a large pot of salted water to boil. Add beans and boil for 3 to 4 minutes or until beans are crisp-tender
Drain and refresh with cold water until cold
Heat olive oil in skillet on medium heat. Add garlic and saute for 30 seconds
Add beans and saute until beans are flavoured with a little garlic. Heat until green beans are hot/warm through and remove from heat
Add lemon
Reheat when needed

CORN CHOWDER

1 package of bacon
2 onions (diced)
5 cloves of garlic (minced)
10 Large potatoes (cut into 1-inch cubes)
3 cups whole corn
¼ cup flour
8 cups chicken broth
1 tbsp dill
1 tbsp paprika
1 tbsp garlic powder
Salt and pepper, to taste
1 cup heavy cream

Cook bacon in a pan until crispy; set aside bacon and bacon grease
In a large pot, heat 2tbsp bacon grease over medium heat
Add diced onions and cook for 5 minutes
Add garlic and cook for 3 minutes
Mix in the flour until combined
Slowly whisk in chicken broth
Add potatoes, corn and seasoning
Cook until potatoes are tender
Remove half of the mixture and blend in a blender until smooth
Return blended mixture to the pot and then add cream
Chop up cooked bacon and sprinkle on top before serving

QUINOA-TABBOULEH SALAD

1 cup of quinoa
¼ English cucumber
2 tomatoes
1 green pepper
5 green onions
1 large bunch of parsley

Dressing:
1/3 cup olive oil
¼ cup lemon juice
½ tsp salt
½ tsp chili powder

Dice cucumber, tomatoes, and green pepper while the quinoa cooks.
Thinly slice green onions and finely chop parsley.
In a bowl, whisk oil with lemon juice, salt and chili powder.
Add hot quinoa to oil mixture and toss well. Cool to room temperature.
Toss with chopped vegetables and parsley.
Refrigerate for one hour before serving.
Serves 6 people.

LA SCALA CHOPPED SALAD

Dressing

⅓ cup extra virgin olive oil
3 Tablespoons red wine vinegar
2 cloves garlic minced
3 teaspoons Dijon mustard or 1 teaspoon dry mustard
½ teaspoon kosher salt and pepper
⅓ cup grated Pecorino Romano cheese or grated parmesan cheese

Salad

1 head shredded iceberg lettuce (5-6 cups)
1 head shredded romaine lettuce (4-5 cups)
1 (15-ounce) can chickpeas drained and rinsed
¼ lb ((4 ounces) Italian salami thinly sliced
2 cups shredded mozzarella cheese

Add all of the salad dressing ingredients to a small bowl or small jar. Whisk everything together or close the lid and shake to combine.
To a large bowl, add the shredded lettuce, chickpeas, Italian salami, and mozzarella cheese.
Pour the prepared dressing on top and toss to coat.
Enjoy this la scala salad recipe right away. Store leftovers in the fridge for 1-2 days. Store the dressing separately to prep in advance.

COZY TORTELLINI SOUP

700 g Cheese tortellini
398 ml Crushed tomatoes
113 ml Cream
2 tbsp Italian Herbs & Spices
2 clovesFresh garlic
2 Vegetable bouillon cubes
4 tbsp Tomato sauce
113 g Spinach
1/2 cup Parmesan cheese, shredded
7 g Chives
2 tbsp Butter
Salt and pepper to taste
Spice blend, including flour (20 g), garlic salt (3 g), and onion powder (2 g) *Pre-mix

1. Bring a large pot of salted water to a boil. Wash and dry all produce.
2. Add the tortellini to the boiling water. Cook for 2-4 minutes, stirring occasionally, until tender but still firm to bite.
3. Reserve 1 cup pasta water.
4. Strain tortellini and leave in colander.
5. In the same pot, heat 2 tbsp of butter over medium-heat.
6. When butter is melted, add garlic, tomato sauce, spice blend, and italian herbs and spices. Cook for 30 sec-1 min, whisking often, until fragrant.
7. To the pot with aromatics, add crushed tomatoes, cream, vegetable bouillon cubes, and reserved pasta water. Bring to a simmer over high, stirring often.
8. Once simmering, reduce heat to medium-low and cook for 3-5 minutes, stirring occasionally until soup thickens. Season with salt and pepper.
9. Roughly chop spinach.
10. When soup is almost done, add tortellini and spinach. Stir for 1-2 minutes until spinach is wilted and tortellini is warmed through. Season with salt and pepper to taste.
11. Thinly slice chives.
12. Serve with chives and parmesan sprinkled on top.
13. Enjoy!

CILANTRO LIME SALAD

For Dressing
1 cup plain Greek yogourt
Zest of half a lime
Juice of a lime
1 tbsp tahini
3-4 cloves of garlic
2 big handfuls of fresh cilantro
Salt and pepper to taste
1-2 tbsp of olive oil
Splash of water

For Salad
Spring mix greens
Shaved almonds
Alfalfa sprouts
Avocado
Cucumber

Begin with combining all the salad dressing ingredients in a food processor or in a bowl and use an immersion blender (can adjust ingredients to your liking, but careful with the tahini as it can be overpowering!)

Chop and combine salad ingredients to your liking and add to a bowl and pour the cilantro lime dressing over top and bottle up the leftovers and use for a dressing/dip for other foods of your liking.

TURKEY BURGERS

Burgers
16 oz. lean ground turkey
1 tbsp breadcrumbs
½ tsp salt
¼ tsp ground pepper
¼ garlic powder
¼ onion powder
2 tbsp mayonnaise
2 tsp Worcestershire sauce
1 tbsp olive oil

Sauce (optional but highly recommended)
½ cup of mayonnaise
2 tbsp soya sauce

Add ground turkey to a medium mixing bowl. Sprinkle in breadcrumbs, salt, pepper, garlic powder and onion powder. Add mayonnaise and Worcestershire.
Gently toss and break up meat mixture to evenly blend. Divide into 4 equal portions and shape into patties about ½-inch thick.
Preheat olive oil in skillet over medium-high heat for a few minutes.
Add turkey patties and sear until golden brown on bottom, about 4-5 minutes, flip and continue to cook until cooked through, about 4-5 minutes longer. Center should register 165 degrees on an instant read thermometer.
Mix sauce ingredients in a small bowl and spread on the turkey burger on a bun or lettuce leaves with other toppings of choice.

VEGGIE OR BEEF CHILI

2 tbsp olive oil
2 onions, chopped
1 carrot, chopped
2 bell peppers, any colour
4 garlic cloves
1 tbsp chili powder
1 tbsp ground cumin
1 tbsp dried oregano
2 - 28 oz cans of whole or diced tomatoes
2 - 16 oz cans of black beans, drained and rinsed
2 cups frozen corn
salt to taste
4 green onions (optional)
ground beef (optional)

Splash oil in pan
Add onions, peppers, garlic, and saute about 10 minutes (onions brown)
Add beef (optional)
Add chili powder, cumin, and oregano, and stir for 1 minute or so
Add tomatoes, black beans, corn, and salt and bring to a boil.
Simmer for 30 minutes without lid, stir frequently
Stir in green onions just before serving (optional)

TURKEY LASAGNA

Ground turkey
Lasagna noodles
Parmesan cheese
Mozzarella cheese
Spaghetti sauce
Basil
Mushrooms
Onions

Cook Noodles.
Cook Turkey.
Add in onion, mushrooms.
Add spaghetti sauce. Simmer.
Mix parm. + mozzarella cheese together
Add in basil.

Layer in baking dish:
spaghetti sauce mix.
noodles
cheese
Repeat

Cover with foil. Cook at 350°F for 50 min.
Remove foil and cook for 10 min

AMANDA'S PAN LASAGNA

3/4 1b. (340 g) lean ground beef
2 green peppers, chopped
3 cloves garlic, minced
1 jar (700 mL) pasta sauce
12/3 cups water
¼4 cup Kraft Zesty Italian Dressing
12 oven-ready lasagna noodles
(220 g), broken into quarters
I cup Kraft 4 Cheese Italiano
Shredded Cheese

Brown meat in large saucepan; drain.
Stir in peppers, garlic, pasta sauce, water and dressing; bring to boil.
Add noodles; stir. Cover.
Cook on medium- low heat 10 to 15 min. or until noodles are tender, stirring occasionally.
Remove from heat. Sprinkle with cheese; cover.
Let stand 5 min, or until cheese is melted.
Extra:
Stir 1/2 cup ricotta cheese into noodle mixture before sprinkling with shredded cheese.
Substitute 12 regular lasagne noodles, broken into small pieces, for the oven-ready noodles.
Increase water to 2 cups and cook 30 min., stirring occasionally.

SLOW COOKER SWEET POTATO BLACK BEAN CHILLI

1/2 yellow onion
1 green bell pepper
2 tsp. garlic
2 cans of black beans
1 can diced tomatoes
1 tbsp. chilli powder
1 tsp. cumin
1 tsp. paprika (smoked paprika or regular)
1/2 tsp. cayenne pepper
1 tsp. oregano
1 tsp. salt
2 cups of chicken broth
2 medium sized sweet potatoes, cubed
1 lb ground meat of your choice (turkey, beef, moose, or bison)

Mix all ingredients into a slow cooker and set on low for 4-5 hours.

LAZY CABBAGE ROLLS

2 pounds ground beef
2 large onions
1 1/2 cups uncooked rice
1 1/2 teaspoons salt
1/4 teaspoon pepper
1 teaspoon smoked paprika
1 large head of cabbage
2 cans of tomato soup

Dice the onions and fry them together with the ground beef. Add pepper, smoked paprika, and one teaspoon of salt to the mixture.
Cover 1 1/2 cups of uncooked rice with boiling water. Once done, add 1/2 teaspoon of salt to rice and mix.
Shred the cabbage, and fry until limp.
Mix cabbage, rice, and meat together and pour into a large casserole dish.
Cover the mixture in a casserole dish with tomato soup.
Bake for 1 hour in a 350 degree oven.

CREAMED MUSHROOMS

22-3 tablespoons butter or margarine
2 tablespoons chopped onion
2 tablespoons minced garlic
2 pounds of fresh sliced mushrooms (white button mushrooms work best)
1 can cream of mushroom soup
1/2 pint whipping cream
Fresh dill, to taste

Place butter and onions in a saucepan over medium heat
Add mushrooms to butter and onion mixture. Fry together for about 15 minutes, stirring occasionally.
Add cream of mushroom soup and mix well. Add fresh dill to taste.
Add the 1/2 pint of whipping cream, and bring to a boil.
Simmer for 2-3 minutes.

SHISHLIKI

Maximum 20 chicken drum sticks or dark meat
1 cup oil
1/2 cup vinegar
4 teaspoons salt
Pepper to flavour
4 teaspoons Worcestershire sauce
3 to 6 cloves of garlic: add more to enhance flavour
2 lemons; cut into thin slices
2 Bay leaves

Pour all of the marinade ingredients into a large zip lock freezer bag. Add the chicken to the ziplock back and seal making sure to expel all of the air from the bag.
Marinade in the refrigerator for up to 6 to 7 days. Turn the bag once a day.
Barbecue or roast in the over. If cooked in the oven broil first to lock in the juices and than roast 25 minutes. (WARNING the smoke detector may go off if cooked by youngest son)
Allow meat to rest for 5 minutes before serving.

MEXICAN QUINOA BAKE

11 tablespoon olive oil
2 cloves garlic, minced
1 jalapeno, minced
1 cup quinoa
1 cup vegetable broth
1 15-ounce can black beans, drained and rinsed
1 14.5 oz can fire-roasted diced tomatoes
1 cup corn kernels, frozen, canned or roasted
1 teaspoon chili powder
½ teaspoon cumin
Salt and freshly ground black pepper, to taste
1 avocado, halved, seeded, peeled and diced
Juice of 1 lime
2 tablespoons chopped fresh cilantro leaves

Heat olive oil in a large skillet over medium high heat. Add garlic and jalapeno, and cook, stirring frequently, until fragrant, about 1 minute. Stir in quinoa, vegetable broth, beans, tomatoes, corn, chili powder and cumin; season with salt and pepper, to taste. Bring to a boil; cover, reduce heat and simmer until quinoa is cooked through, about 20 minutes. Stir in avocado, lime juice and cilantro.
Serve immediately.

LETNES FAMILY SALMON

12 salmon fillets
1/2 cup butter cut in small pieces
1/4 cup ketchup
1/2 tsp worcestershire sauce
salt and pepper
1/2 cup brown sugar
1/2 cup mayo
2 TBSP vinegar

Fillets skin side down on a sheet of foil
Sprinkle with salt and pepper and brown sugar
Dot with butter and add Worcestershire sauce
Combine mayo and ketchup and vinegar and spread on salmon
Place on BBQ for 15-20 mins
Done when flakes

SAUSAGE, SPINACH, AND FETA PIZZA

Dough:
1 tbsp quick rise yeast
1 tbsp sugar
¼ tsp salt
¾ cups water
2 cups flour

Toppings:
Pizza sauce
1 package Italian sausage meat
Handful of spinach
1 large onion (sliced)
Feta cheese
Pesto sauce
Shredded mozzarella cheese

Preheat oven to 390 F
Using a stand mixer with dough hook attachment, mix yeast, sugar, salt, and water
Add flour, and mix until dough is formed (you may need to finish rolling dough by hand)
Form dough into a ball and let it sit in a covered container for at least 15 minutes
While waiting for dough to rise, cook sausage meat in a pan and set aside to cool
Spray pizza pan with Pam cooking spray
Place dough in center of pan, and stretch to fit
Spread pizza sauce on dough, and then add sausage meat, spinach, onions, feta, drizzle of pesto sauce, and mozzarella cheese
Cook in the oven for approximately 20 minutes (or until cheese is browned and bubbling)

MONGOLIAN BEEF RAMEN

5 packages instant ramen noodles (flavour pack discarded)
2 tbsp vegetable oil
1 package of stir fry beef
½ cup of cornstarch
1 tbsp of sesame oil
4 gloves of garlic (minced)
1 tsp minced ginger
½ cup soya sauce
½ cup of brown sugar
2 cups of chicken broth
Pinch of red pepper flakes
2 broccoli crowns (chopped)
2 large carrots (cut into matchsticks)
Green onions sliced (for garnish)
Toasted sesame seeds (for garnish)

In a large skillet over medium-high heat, heat vegetable oil.
In a separate pot, start boiling water for ramen noodles.
Toss beef with cornstarch, and add to hot skillet.
Cook beef until seared (about 2-3 minutes per side) and transfer to plate.
Reduce heat to medium-low, and add sesame oil.
Add garlic and ginger and cook until fragrant (about 2 minutes).
Add soya sauce, brown sugar, and broth and bring mixture to a boil.
Reduce heat and simmer until sauce thickens (about 5 minutes). Note: Adding a small mixture of cornstarch and water will help to thicken the sauce.
Add broccoli and carrots to sauce and cover with lid. Cook until vegetables are tender.
While vegetables are cooking, cook ramen noodles according to package.
Return beef to skillet, add cooked ramen noodles, and mix it all together.
Garnish with sliced green onions and toasted sesame seeds.

CRISPY OVEN CHICKEN SCHNITZEL (GLUTEN FREE OPTION)

1 tablespoon of olive oil, or as desired
3 chicken breasts (cut in half and pounded evenly to desired thickness)
Salt and pepper to taste
¾ cup of all-purpose flour (or rice flour for gluten free)
1 tablespoon of paprika
2 eggs beaten.
2 cups of Panko crumbs (can substitute gluten free panko)
1 large lemon zested.

Preheat oven to 425 degrees.
Line a baking pan with baking paper and drizzle olive oil on paper and spread around.
Take the flattened chicken and season with salt and pepper.
Mix flour and paprika together on a large plate.
Beat eggs with salt and pepper in a shallow bowl.
Mix crumbs and lemon zest together on a separate plate.
Dredge each chicken piece in flour mixture, then egg, and then crumbs and set on oiled pan.
Drizzle more olive oil over each piece of coated chicken.
Bake in preheated oven for 5 or 6 minutes or until the bottom side has crisped up.

Flip the chicken and continue baking until the crumbs are golden brown and the chicken is done
on the inside.
Serve with your favorite side.

VEGGIE LOADED MINI MEATLOAVES

2 pounds ground beef, pork, chicken, or turkey
1 teaspoon salt
black pepper to taste
2 large eggs
1 medium onion, peeled and finely chopped
2 cups finely chopped mushrooms , any kind that you prefer
1/2 cup finely chopped or grated carrot
2 cups loosely packed spinach, finely chopped
1 teaspoon dried thyme
2-3 cloves garlic, peeled and minced
1 1/2 tablespoons Dijon mustard
oil for greasing

Preheat your oven to 350°F and grease a muffin tin with a little oil to prevent sticking.
In a large bowl combine all of the ingredients. Using freshly washed hands or a large spoon, mix the ingredients until everything is blended together evenly.
Using a 1/4 cup measuring cup, portion out the meat mixture evenly between the prepared muffin tin. Use the back of the measuring cup to press the meat mixture down into the muffin tin.
Bake for 25-30 minutes or until meat is cooked. The meatloaves will release some water as they cook. This is normal.
Enjoy warm with rice, potatoes, salad or a side of roasted veggies.
Let cool and store leftovers in your fridge for 3 days or in the freezer for a month.

MEATBALL SUBS

Meatballs:
1 lb (450 g) ground beef or a mix of ground beef and pork
1/2 cup (50 g) breadcrumbs
1/4 cup (25 g) grated Parmesan cheese
2 cloves garlic, minced
1 egg
2 tbsp milk
1 tsp dried Italian seasoning
1/2 tsp salt
1/4 tsp black pepper

Subs:
4 hoagie rolls or sub sandwich buns1 cup (100 g) shredded mozzarella cheese or sliced mozzarella cheese
2 tbsp butter, melted (optional)
1 clove garlic, minced (optional, for garlic butter)

Sauce:
2 cups (500 ml) marinara or tomato sauce
1/2 tsp dried basil
1/4 tsp red pepper flakes (optional, for heat)

1. In a large bowl, combine the ground beef, breadcrumbs, Parmesan cheese, garlic, egg, milk, Italian seasoning, salt, and pepper. Mix gently until well combined, but avoid overmixing to keep the meatballs tender.
2. Roll the mixture into meatballs, approximately 1 inch (2.5 cm) in diameter. You should get about 16-18 meatballs.
3. Preheat a large skillet over medium heat and lightly grease with oil. Brown the meatballs on all sides, cooking for about 8-10 minutes. Set aside once browned.
4. In the same skillet, add the marinara sauce, basil, and red pepper flakes (if using). Stir well and let it simmer for 2-3 minutes.
5. Add the browned meatballs into the sauce, ensuring they are coated. Simmer on low heat for 10-15 minutes until the meatballs are fully cooked and flavorful.
6. If desired, make garlic butter by mixing the melted butter with minced garlic. Brush the inside of each roll with the garlic butter, then toast them lightly in the oven or on a skillet until golden brown.
7. Spoon a generous amount of meatballs and sauce into each toasted roll.
8. Sprinkle shredded mozzarella cheese over the meatballs. Place the assembled subs under the broiler for 1-2 minutes, just until the cheese melts and bubbles.

BEEF AND BROCCOLI STIR-FRY

1 lb (450 g) beef flank steak, thinly sliced against the grain
4 cups broccoli florets
2 tablespoons vegetable oil
2 cloves garlic, minced
1 teaspoon fresh ginger, minced
2 tablespoons soy sauce
2 tablespoons oyster sauce
1 tablespoon hoisin sauce (optional)
1 tablespoon cornstarch
1/4 cup water
1 teaspoon sesame oil
1/2 teaspoon sugar
Salt and pepper, to taste
Cooked white rice or noodles, for serving

Step 1: Prepare the Beef
1. In a small bowl, mix the cornstarch with 1 tablespoon of soy sauce to create a marinade.
2. Add the sliced beef to the marinade and toss to coat evenly. Let it sit for 10-15 minutes while you prepare the other ingredients.
Step 2: Blanch the Broccoli
1. Bring a pot of salted water to a boil. Add the broccoli florets and blanch them for 2 minutes until they turn bright green and slightly tender.
2. Drain the broccoli and immediately rinse with cold water to stop the cooking process. Set aside.
Step 3: Cook the Beef
1. Heat 1 tablespoon of vegetable oil in a large skillet or wok over medium-high heat.
2. Add the beef slices in batches, ensuring not to overcrowd the pan. Sear them for 2 minutes on each side until browned but not fully cooked through.
3. Remove the beef from the skillet and set aside.
Step 4: Make the Sauce
1. In the same skillet, heat the remaining 1 tablespoon of oil. Add the minced garlic and ginger, stirring for 30 seconds until fragrant.
2. Stir in the soy sauce, oyster sauce, hoisin sauce (if using), sesame oil, sugar, and water. Stir well to combine and let it simmer for 1-2 minutes.
Step 5: Combine the Ingredients
1. Return the cooked beef to the skillet, along with the blanched broccoli. Toss everything together, ensuring the beef and broccoli are evenly coated with the sauce.
2. Simmer for an additional 2-3 minutes until the beef is cooked through and the broccoli is tender-crisp.

TROPICAL PINEAPPLE CHICKEN & RICE

1 pound boneless, skinless chicken breasts, thinly sliced
1 tablespoon olive oil
1/2 onion, chopped
1 can (15 oz) pineapple chunks, drained
1/4 cup soy sauce
1/4 cup honey
1/4 cup rice vinegar
1 clove garlic, minced
1/4 teaspoon red pepper flakes (optional)
2 cups cooked rice

•Cook the Chicken
Heat olive oil in a large skillet over medium-high heat. Add the sliced chicken and cook
until browned and fully cooked, about 5-7 minutes. Remove the chicken from the skillet
and set aside.
• Sauté the Onion
Add the chopped onion to the same skillet and cook for 3-4 minutes, or until softened
and translucent.
• Add the Pineapple and Sauce Ingredients
Stir in the pineapple chunks, soy sauce, honey, rice vinegar, minced garlic, and red pepper flakes (if using). Simmer for 2-3 minutes until the flavors combine.
• Combine and Serve
Return the cooked chicken to the skillet and toss it in the sauce until fully coated. Simmer for another 2-3 minutes to let the flavors meld. Serve hot over the cooked rice

GREEK CHICKEN BOWLS

For the chicken:

- 1 pound boneless skinless chicken breasts (2 large breasts)
- 3 tablespoons olive oil
- Zest of 1 lemon/ or lemon juice
- 2 tablespoons lemon juice
- 2 cloves garlic minced
- 1 teaspoon dried oregano
- 1/2 teaspoon kosher salt
- 1/4 teaspoon black pepper

For the bowls:

- 2 cups cooked cauliflower rice regular rice, or quinoa
- 2 cups grape tomatoes halved
- 2 cups chopped cucumber
- 1 cup kalamata olives pitted and sliced
- 1/2 red onion sliced
- 1 cup tzatziki sauce
- 1/2 cup crumbled feta cheese
- Lemon wedges for serving
- Pita chips or naan optional

Cook the chicken and add in the complimenting ingredients while cooking. Once cooked, prepare your bowl! You start with marinated lemon oregano chicken and your favorite grain. You can use rice, quinoa, or farro. If you want the bowls to be low carb and want even more veggies, you can even use cauliflower rice. Next, add all of the fun toppings.

HOMEMADE MCMUFFINS

Eggs
English Muffin
Back bacon, bacon, turkey bacon, ham- meat of preference
Cheese

Fry egg on pan (try to keep in a circular shape),
add salt and pepper to taste
Toast English muffin
Cook preferred meat
Once egg is finished, add cheese on top to melt
Construct your sandwich!
You can serve this with hash browns, fruit or any of
your favorite breakfast add ons!

SPAGETTI SAUCE

2lb ground beef
2 cooking onions, chopped
One 398 ml can tomato sauce
One 284 ml can tomato soup, undiluted
One 156 ml can tomato paste
One 796 ml can tomatoes
2 1/2 cup water
1 tbsp sugar
2 tbsp Worcestershire sauce
1 tsp Tabasco
1 tsp salt
1 1/2 tsp oregano
1 tsp garlic salt
1 tsp basil
1 tsp celery seed
1/2 tsp pepper

In large pot sauté meat and onions until all redness disappears from meat and onions are soft but not brown.
Constantly chop to break it up as it cooks. Drain fat if any.
Add all remaining ingredients and combine thoroughly.
Simmer uncovered about 2 1/2 to 3 hours, stirring often.
Serve over fine almost tender noodles topped generously with Parmesan.

MARIA'S PEROGIES

1 bag frozen Cheemo perogies
1 cup butter
1-2 onions, diced
1 L (4 cups) whipping cream
Salt
White pepper

1. Preheat oven to 350°F (175°C).
2. In a large skillet, sauté diced onions in approximately 1 cup of butter until translucent.
3. 3 Add a dash of salt and white pepper to season.
4. Pour in 1 litre of whipping cream and bring the mixture to a gentle boil. 5
5. Arrange frozen perogies in a baking dish.
6. Pour the hot cream-and-onion mixture over the perogies.
7. Cover and bake at 350°F until bubbling and heated through.
8. Remove from oven and let rest for a few minutes to allow the cream to thicken into a rich, velvety sauce.

Comfort food at its finest — rich, creamy, and made with love.

BUFFALO CHICKEN QUESADILLAS

Mixed tex mex shredded cheese
Garlic powder
Salt and pepper
Oil of choice
Yellow or orange pepper
Large tortillas (I like the President's Choice spinach ones)
Chicken breast or thigh (quantity depends on serving size)
Red onion
Frank's Buffalo Sauce
Hidden Valley Ranch dip

Cut pepper and onion as you like (quantity depends on serving size). Add veggies to pan on stove top with oil of choice and a splash of water. Meanwhile, pat and dry chicken with paper towel, then cut chicken into small pieces and season with garlic powder, salt and pepper.

Add chicken to pan as veggies start to soften, cook chicken thoroughly and then add buffalo sauce to the pan coating all chicken and veggies and let simmer and the sauce cook down. Remove veggies and chicken from pan and into a bowl.

In the same pan grab your tortilla and lay it flat on the pan. Spread cheese mixture across half of the tortilla then spread chicken and veggie mixture across half of the tortilla on top of the cheese. Then sprinkle a little bit extra cheese on top of the cheese and veggie mixture.

At this point you can either add ranch on top of the cheese, chicken and veggies or use it for a dip or both!

Flip the empty side of the tortilla over top of the filling side of the tortilla, concealing the ingredients. Cook for about 2-3 minutes then flip and cook for another 2-3 minutes. Remove from heat, let sit for a minute then cut in two 4 triangle pieces. Enjoy!

CHOCOLATE TORTE

Torte:
10oz bittersweet chocolate, finely chopped
3/4 cup unsalted butter, cut into pieces
5 large egg yolks
1/4 cup plus 2 tbsp sugar
1tbsp dark rum (optional)
1 tsp vanilla
pinch of salt
3 large egg whites

Glaze:
1/2 cup butter
8 oz bittersweet chocolate, finely chopped
2 tbsp corn syrup

Torte:
Preheat oven 300 F
rease bottom of 8 inch round cake pan and lit with parchment
Double boiler - combine chocolate and 3/4 cup butter - barely simmer water and combine until melted - set aside to cool slightly
Beat egg yolks, 1/4 cup of sugar, dark rum, vanilla, salt until pale and very thick
Gradually pour in the chocolate mixture beating until well blended
Beat egg whites until foamy
Gradually add remaining sugar and beat until firm peaks form
Scoop half of the egg whites into the chocolate mixture and fold them in.
Scoop the other half of the egg whites into the chocolate mixture until no streaks remain
Pour the batter into the prepared pan
Cook for 35 minutes
Let cool for 30 minutes then remove from pan
Place in fridge for at least 4 hours or overnight

Glaze:
Combine butter and chocolate in double boiler
Once melted, add the corn syrup and stir
Glaze the cake with chocolate by pouring the warm glaze over the centre of the cake
Glaze should cover the surface evenly, spilling over the edges and running down the sides, the excess falling onto a plate below.
Place in the fridge to firm for 2 hours.

SKOR BAR TRUFFLE

1 box of Devil's Food cake mix (or any chocolate cake mix)
4 Skor bars
1 tub of cool whip
1 package of Jell-O chocolate pudding mix (or any chocolate pudding)

Prepare the cake as indicated on the box and let cool.
Prepare the pudding as indicated on the box and chill.
Cut the Skor bars into small pieces.
In a large bowl, rip apart half a cake and cover the bottom surface of the bowl. Add a layer of chocolate pudding, then cool whip, then sprinkle on some Skor bar pieces. Repeat layers 2-3 more times ending with cool whip followed by Skor bar pieces.
Serve in bowls and enjoy!

PEANUT BUTTER SQUARE

1 cup peanut butter
1 package butter score chips
1 package of marshmallows
1/2 cup margarine
1 teaspoon vanilla

Melt a peanut butter, margarine, and butterscotch chips together
Then add vanilla and one package of marshmallows
Then press into a pan

DOUBLE CHOCOLATE CHIP COOKIES

1 cup butter, softened
1 ½ cups white sugar
2 eggs
2 teaspoon vanilla extract
2 cups all-purpose flour
⅔ cup cocoa powder
¾ teaspoon baking soda
¼ teaspoon salt
2 cups semisweet chocolate chips
½ cup chopped walnuts (optional)

Preheat oven to 350 degrees F (175 degrees C)
In large bowl, beat butter, sugar, eggs, and vanilla until light and fluffy. Combine the flour, cocoa, baking soda, and salt; stir into the butter mixture until well blended. Mix in the chocolate chips and walnuts. Drop by rounded teaspoonfuls onto ungreased cookie sheets. Bake for 8 to 10 minutes in the preheated oven, or just until set. Cool slightly on the cookie sheets before transferring to wire racks to cool completely.

MAPLE LEAF SANDWICH COOKIES

Dough
1/2 cup of unsalted butter
1/4 cup white sugar
1/4 cup maple sugar
1 egg
1/2 tsp. vanilla
1 cup + 3 tbsp. of flour
1/4 tsp. baking powder
1/4 tsp. salt
Filling
1/4 cup butter
1 tbsp. maple syrup
1 tbsp. cream
3/4 cup icing sugar (add more for thicker consistency)
1/2 tsp vanilla
1/2 tsp. maple syrup

Medium bowl, whisk together flour, baking powder, salt
In another medium bowl, beat butter, sugar, for 3 minutes or until fluffy, then beat in the egg and vanilla until combined
Beat the dry ingredients into egg mixture on low until combined. Form in a ball, wrap in plastic, refrigerate for 3 minutes
Filling: beat butter, cream, maple syrup, vanilla until smooth
Take wrapped dough out and make into small cookie sizes, bake at 350 degrees for 8-10 minutes, let cool, take two cookies, spread the maple filling and press into sandwiches, best eating consistency when kept cool in the refrigerator.

BEE STING CAKE: A GERMAN CAKE (BIENENSTICH)

Cake:
1.5 cups sugar
4 eggs
2 cups flour
2 tablespoons baking powder
1 cup milk
1 teaspoon vanilla

Topping;
4 tablespoons butter
6 tablespoons whipping cream
3/4 cup almonds or pecans
1/2 cup coconut
1 cup brown sugar

Cream filling:
1 1/3 cup whipping cream
1/2 cup sugar
2 tablespoons vanilla pudding mix

Cake:
Beat sugar with eggs; add flour and baking powder. Scald milk with the butter, add vanilla, and add to the batter.
Pour into a 10 by 15 inch cookie sheet lined with parchment paper. Bake at 400 degrees for 15 minutes.

Cream Filling
Mix whipping cream sugar, and vanilla pudding until a custard like consistency is reached, It should be like a spreadable cream cheese consistency.

Topping:
Melt brown sugar butter and whipping cream; Add nuts and coconut. Spread on the hot cake and broil for a few minutes until it starts to bubble.
Place in the freezer for 30 minutes. Once cooled losses the cake from the parchment paper and cut in half horizontally.
Transfer to serving platter or plate; spread the cream cream filling the bottom and half and the stack the other layer. Freeze for 15 to 30 minutes before serving.

FLOURLESS CHOCOLATE-WALNUT COOKIES

3 c. confectioners' sugar
3/4 c. Dutch-processed cocoa powder
1/2 tsp. kosher salt
2 large eggs, at room temp
1 tsp. pure vanilla extract
1 c. toasted walnuts, chopped
1/2 c. bittersweet or dark chocolate chips
Flaky sea salt

Heat oven to 350°F. Line 2 baking sheets with parchment paper and lightly coat with cooking spray.
In a medium bowl, whisk together sugar, cocoa powder, and salt. Using an electric mixer, beat together eggs and vanilla. Add sugar mixture and mix to combine; fold in walnuts and chocolate chips.
Spoon batter (about 1 1/2 Tbsp per cookie) onto prepared baking sheets, spacing 2 in. apart, and sprinkle with flaky sea salt.
Bake, rotating positions of pans once, until cookies are puffed and tops begin to crack, 12 to 14 minutes. Let cool on baking sheets 5 minutes, then slide parchment and cookies to wire racks to cool completely.

NANCY'S SCRUMPTIOUS BROWNIES

Brownies:
1/2 cup oil
1/2 cup white sugar
2 tsp vanilla
2 cups flour
1/2 cup cocoa powder
1-1/2 tsp baking soda
1 tsp salt
2 cups shredded zucchini (do not drain)
3/4 cup milk

Frosting:
6 tbsp cocoa
1/4 cup butter
2 cups icing sugar
1/2 tsp vanilla
1/4 cup milk

Stir brownie ingredients and bake in 9x13 pan at 350 F for 25 to 30 minutes.

Wait for brownies to cool and slather on that icing. Enjoy with friends and family.

BUSTERBAR ICE CREAM CAKE

1 pack of oreos crushed
1/2 cup melted butter
1/2 gallon of vanilla ice cream
1 1/2 cups of spanish peanuts
2 cup icing sugar
1 1/2 cup evaporated milk
2/3 cup chocolate chip
1/2 cup margarine
1 tsp vanilla

Combine pack of oreos crushed and 1/2 cup melted butterand put on the bottom of a springform pan

Put 1/2 gallon of vanilla ice cream and 1 1/2 cups of spanish peanuts on top of crust

Combine
2 cup icing sugar
1 1/2 cup evaporated milk
2/3 cup chocolate chip
1/2 cup margarine
1 tsp vanilla
Boil for 8 mins, allow to cool a bit and add to the top of the ice cream
Freeze the cake and serve frozen

SALTED CARAMEL CHOCOLATE CHIP COOKIES

2 cups butter (softened)
1 ½ cups sugar
1 ½ cups brown sugar
3 eggs
3 tsp vanilla
4 ½ cups flour
1 ½ tsp baking soda
1 ½ tsp salt
3 cups chocolate chips
½ cup sea salt caramel chips

Preheat oven to 375 F
Using a hand or stand mixer, combine all of the ingredients
Add chocolate and sea salt caramel chips
Drop onto lined cookie sheet (I use an ice cream scoop)
Bake for approximately 8 minutes; do not overbake

FAVORITE COCOA CHEESECAKE

Chocolate crumbs for crust
2 - 8 ounce blocks of cream cheese
¾ cup of sugar
½ cup of cocoa
1 teaspoon of vanilla or orange liqueur
2 eggs
1cup of sour cream
2 tablespoons of sugar
1 teaspoon of vanilla or orange liqueur

Crumb crust:
Combine 1 ½ cups of chocolate crumbs, ¼ cup sugar and 1/3 cup of melted butter or margarine.
Press mixture into bottom of a 9-inch springform pan and set aside.

Filling:
Preheat oven to 373 degrees.
Beat cream cheese, ¾ cup sugar, cocoa, and 1 tsp of vanilla in a large mixing bowl until light and fluffy.
Add eggs, blend well.
Pour into prepared crust and bake for 20 minutes.
Remove from oven and allow to cool for 15 minutes.
Turn oven up to 425 degrees.
Combine sour cream, 2 tablespoons of sugar and 1 tablespoon of vanilla or orange liqueur until smooth.
Spread evenly over baked filling.
Bake for 10 more minutes.
Cool and allow to chill for several hours or overnight.

CHOCOLATE ZUCCHINI BAR

2 c flour
< 1 ½ c sugar
1/3 c cocoa
2 tsp. baking soda
1 tsp. baking powder
¼ tsp. salt
1 tsp. cinnamon
4 eggs
< 2/3 c veg. oil
3 c grated zucchini

Icing
3 oz cream cheere (use 250 Gm)
1/2 c butter (use 85 Gm)
2 tbsp cocoa
1 tsp wanilla
< 2 c icing sugar

Beat: 4 eggs, 2/3 c oil, 1½ c white sugar

Sift 2 c flour, 2 tsp b. soda, 1 tsp baking powder, 1 tsp cinnamon, 1/4 tsp salt, ⅓ c. cocoa.

Add sifted ingredients to top batter. Stir in 1 tsp. vanilla and 3 c grated zucchini

Pour into greased and floured 15"x10" (used 13½ x10") cake pan or 2 smaller cookie sheets.

Bake at 350 for 25 min or longer for pan.

Beat the icing ingredients and spread on the cake when cool.

BEST HOMEMADE BROWNIES

11/2 cups granulated sugar* (I use 1 cup)
3/4 cup all-purpose flour
2/3 cup cocoa powder, sifted if lumpy
1/2 cup powdered sugar, sifted if lumpy
1/2 cup dark chocolate chips
3/4 teaspoons sea salt
2 large eggs
1/2 cup canola oil or extra-virgin olive oil (another option is avocado oil)
2 tablespoons water
1/2 teaspoon vanilla

1. Preheat the oven to 325°F. Lightly spray an 8x8 baking dish (not a 9x9 dish or your brownies will overcook with cooking spray and line it with parchment paper. Spray the parchment paper.
2. In a medium bowl, combine the sugar, flour, cocoa powder, powdered sugar, chocolate chips, and salt.
3. In a large bowl, whisk together the eggs, olive oil, water, and vanilla.
4. Sprinkle the dry mix over the wet mix and stir until just combined.
5. Pour the batter into the prepared pan (it'll be thick - that's ok) and use a spatula to smooth the top. Bake for 40 to 48 minutes, or until a toothpick comes out with only a few crumbs attached (note: it's better to pull the brownies out early than to leave them in too long). Cool completely before slicing.*** Store in an airtight container at room temperature for up to 3 days. These also freeze well!

Notes

If you'd like to reduce the sugar, I've had success with 1 cup granulated sugar instead of 1 1/2 cups.

FRUIT PIZZA

8 oz (250Gm) cream cheese
1/3 cup granulated sugar
1 tsp vanilla

Crust
1/2 cup butter + 1 tbsp
1/4 cup icing sugar sugar
1 cup flour

Glaze
2 tbsp corn starch
1 cup pineapple juice
1 tsp lemon juice

Bake the crust ingredients at 350 F 8 - 10 min

Mix together 8 oz (250Gm) cream cheese, 1/3 cup granulated sugar, 1 tsp vanilla

Spread on cooled crust
Slice fruit and place on pizza

Cook the glaze ingredients in the microwave until thick and quickly cover the fruit with glaze

HEALTHY BLUEBERRY MUFFIN TOPS

1 medium ripe banana
¼ cup maple syrup
¼ cup almond butter
1 egg
1 Tbsp coconut oil, melted
¾ cup almond flour
2 Tbsp coconut flour
2 Tbsp all-purpose gluten-free flour
2 Tbsp ground flaxseed
1 tsp baking soda
1 tsp salt
1 cup fresh blueberries

1. Preheat oven to 350°F (175°C) and line a baking sheet with parchment paper.
2. 2 In a large bowl, mash the banana, then add maple syrup, almond butter, egg, and coconut oil. Mix until well combined.
3. Add almond flour, coconut flour, gluten-free flour, flaxseed, baking soda, and salt. Stir until the flour is incorporated — do not overmix.
4. Gently fold in the blueberries.
5. Scoop batter onto the prepared baking sheet, shaping into muffin top rounds.
6. Bake for 15 minutes, or until golden brown and firm to the touch. (If making smaller portions, reduce bake time slightly.)

Notes

• Naturally sweetened with banana and maple syrup.
• Perfect for breakfast, snacks, or lunchboxes.
• Store in an airtight container for up to 3 days or freeze for longer freshness.

Soft, wholesome, and naturally sweet — a cozy, nourishing favorite!

ALMOND FLOUR GINGERSNAPS

Dry Ingredients
1 ½ cups almond flour
¼ cup coconut flour
2 Tbsp flaxseed meal
1 tsp baking soda
¼ tsp salt
1 Tbsp pumpkin pie spice

Wet Ingredients
½ cup maple syrup
¼ cup blackstrap molasses
1 egg
¼ cup coconut oil, melted

1. Preheat oven to 350°F (175°C) and line a baking sheet with parchment paper.
2. In a large bowl, whisk together dry ingredients until there are no clumps.
3. In a separate bowl, beat wet ingredients with a fork until well combined.
4. Combine wet and dry mixtures until a slightly sticky dough forms.
5. Scoop about 2 Tbsp (45g) of dough per cookie. Roll into balls — if dough sticks, wet your hands before rolling.
6. Arrange evenly on the baking sheet and bake for 12 minutes, or until edges are browned and cracks form on top.
7. Cool completely before handling — cookies will firm up as they cool.

Notes

- For a fluffier cookie, make the batter ahead and refrigerate overnight. • Optional: Skip the chilling step if you can't resist — the dough smells too good to wait!
- Soft, chewy, and perfectly spiced — a cozy favorite!

OATMEAL CARROT MUFFINS

1 cup peeled and grated carrots
1 cup unsweetened applesauce
2 large eggs
¼ cup olive oil or vegetable oil
2 teaspoons vanilla
⅓ cup light brown sugar
1 teaspoon baking powder
½ teaspoon baking soda
½ teaspoon salt
1 teaspoon cinnamon
1¼ cups whole wheat flour
¾ cup rolled oats

1. Preheat the oven to 375°F. Line a standard muffin tin with paper liners or grease with oil.
2. Add grated carrots to a large bowl, along with applesauce, eggs, oil, vanilla and brown sugar. Whisk together well.
3. Add baking powder, baking soda, salt, and cinnamon to the bowl with the carrot mixture. Whisk together again to incorporate everything.
4. Add the flour and rolled oats to the bowl. Stir until just combined. Do not over mix, as this can result in dense muffins.
5. Spoon the batter into the 12 prepared muffin cups, filling about ¾ of the way.
6. Bake until the tops of the muffins are golden brown and a toothpick inserted into the center comes out clean, 20-22 minutes. If you have a kitchen thermometer, cook until the muffins have an internal temperature of 200°F. This will ensure they are cooked through, but not overcooked. Enjoy!

CHOCOLATE PEANUT BUTTER PROTEIN BALLS WITH MINI EGGS

2 cups quick oats
1 cup creamy peanut butter
1-2 scoops chocolate protein powder
½ cup honey
1 (9 oz) bag Cadbury Mini Eggs, crushed

1. Add all ingredients to a large mixing bowl.
2. Stir well using a wooden spoon or spatula until fully combined.
3. Using a cookie scoop, portion the mixture into balls.
4. Roll each portion between your hands to smooth and shape.
5. Store in the fridge until firm and ready to enjoy.

Tip: Start with 1 scoop of protein powder and add more if needed—depending on your protein powder, you may need a splash of milk or extra peanut butter to keep the mixture from getting too dry.