

2022 Dessert Cookbook

The Sweeter Things



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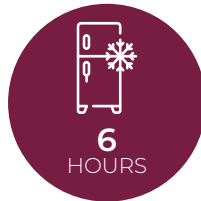
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Pumpkin Peanut Butter Pup-Cakes



Hey, Puddin'

SWEET SOUTHERN BANANA PUDDING



INGREDIENTS

- 1 can sweetened condensed milk
- 1 ½ cups ice cold water
- 1 small package of instant vanilla pudding mix
- 1 pint heavy whipping cream
- 1 box vanilla wafers
- 8-10 bananas
- Lemon juice



DIRECTIONS

1. In large bowl, combine pudding mix and water until smooth, then mix in sweetened condensed milk
2. Refrigerate for at least 10 min
3. Whip heavy cream until medium peak
4. Gently fold whipped cream into pudding mixture
5. In a separate bowl, slice bananas and toss in lemon juice
6. In a clear glass bowl, begin layering pudding mixture, wafers, and bananas (ending in wafers). Be sure to place wafers toward the sides of bowl for a decorative look
7. Reserve a few wafers to crush and crumble on top of finished dessert
8. Refrigerate for at least 6 hours before serving



Crumbelievable

BERRY CRUMBLE BARS



DIRECTIONS

1. Preheat oven to 375°, then spray a 9x13" baking pan with nonstick spray and set aside
2. In a medium-sized bowl add berries, ½ cup granulated sugar, and heaping tablespoon of gluten-free flour, then gently stir to combine and set aside
3. In a large bowl, stir together remaining 3 cups gluten-free flour, remaining ½ cup granulated sugar, brown sugar, baking powder, cinnamon, and salt. Whisk egg and vanilla together in a small dish then drizzle over the flour mixture and add cubed butter. Use a fork to stir everything together, then switch to a pastry cutter or use fingers to blend until small crumbles of butter remain. Scoop a little more than half the crumb mixture into a

nonstick spray-prepared pan then firmly press into an even layer. Pour berries over crust, then spread into an even layer. Squeeze handfuls of remaining crumble into clumps with hands, then crumble evenly over berries

4. Bake for 38-40 mins or until crumble topping is light golden brown, rotating baking pan 180 degrees halfway through. Check on bars at the halfway mark, then place a piece of foil on top if crumble topping is browning too quickly. Uncover for the last 8-10 mins until crumble becomes golden brown. Cool bars completely before cutting into small squares and serving. Bars soften as they sit, so store in the refrigerator if not eaten within 24 hours!



INGREDIENTS

- 3 cups + 1 heaping tablespoon gluten-free flour, divided
- 1 cup granulated sugar, divided
- ½ cup brown sugar
- 1 teaspoon baking powder
- 1 teaspoon cinnamon
- ¼ teaspoon salt
- 1 cup cold butter or vegan butter, cubed
- 1 large egg
- 1 teaspoon vanilla
- 1 pint blueberries
- 6 ounces raspberries
- 6 ounces blackberries



Buttermilk Spice

AND EVERYTHING
NICE MUFFINS



INGREDIENTS

- 2 eggs
- 1 cup buttermilk
- ¼ cup melted butter
- ¼ cup vegetable oil
- 1 teaspoon vanilla
- 1 cup sugar
- 2 ½ cups all-purpose flour
- 3 teaspoons baking powder
- 1 teaspoon baking soda
- 2 teaspoons nutmeg
- ½ teaspoon salt (more if using unsalted butter)

Spice topping

- ⅓ cup sugar
- ⅓ cup all-purpose flour
- ⅓ cup chopped pecans (walnuts will also work)
- 1 teaspoon cinnamon
- 1 teaspoon nutmeg
- 2 tablespoons butter (chopped very finely)



10-15
MINUTES



18-20
MINUTES



12
SERVINGS



DIRECTIONS

1. Preheat oven to 350°
2. Grease a muffin tin or add paper liners
3. Mix wet ingredients together
4. Mix dry ingredients together
5. Pour wet ingredients into dry ingredient bowl and lightly mix until just combined (overmixing will dry out the muffins!)
6. Use an ice cream scoop to fill muffin cups ¾ of the way with the batter
7. Mix together nut topping and quickly add roughly 1 tablespoon of topping to each muffin cup (if not done quickly, the topping might cave in the muffins)
8. Put the tin in the oven for 18-20 min or until an inserted toothpick or knife comes out clean
9. Cool for 5-10 min before removing muffins from the tin/liner
10. Serve warm with a small pat of butter on top

Just Plain A-maize-ing

CARAMEL CORN



INGREDIENTS

- 2 cups brown sugar
- 2 sticks butter
- ½ cup light corn syrup
- 1 teaspoon salt
- ½ teaspoon baking soda
- Fresh air-popped popcorn (roughly ½ cup of unpopped kernels)



DIRECTIONS

1. Preheat oven to 250°
2. Mix all ingredients together in a sauce pan, except for baking soda and popcorn
3. Bring ingredients to a boil then take off heat
4. Add in baking soda and stir well to combine
5. Place fresh air-popped popcorn on baking sheet and pour mixture over the popcorn
6. Bake for 1 hour, stirring every 15 min to ensure all popcorn is covered
7. Let cool before eating





Cinn-fully Sweet

CINNAMON ROLL COOKIES



15
MINUTES



15-17
MINUTES



10
SERVINGS



INGREDIENTS

Filling

- ¼ cup butter, melted
- ½ cup brown sugar
- 1 ½ teaspoons ground cinnamon

Cookie Dough

- ¾ cup butter, room temperature
- ¾ cup granulated sugar
- 1 large egg
- 2 teaspoons vanilla
- 3 tablespoons heavy cream
- 1 teaspoon baking powder
- ½ teaspoon kosher salt
- 2 ¼ cups gluten-free flour

Icing

- 1 cup powdered sugar
- 2 tablespoons butter, melted
- 1-2 tablespoons milk



DIRECTIONS

1. For the filling: in a medium bowl, combine the butter, brown sugar, and cinnamon. Set aside
2. For the cookie dough: In the bowl of a stand mixer fitted with the paddle attachment, combine the butter and the granulated sugar, mixing on medium speed for 2 min. Add the egg, vanilla, cream, baking powder, and salt. Mix for 1 min, scraping the sides of the bowl as necessary. Turn the mixer to low and add in the flour, mixing until just combined
3. On a lightly floured piece of wax or parchment paper, press the dough into a 15×10" rectangle. This doesn't have to be exact or neat
4. Spread the filling mixture on top of the dough, leaving about an inch at the edges. Roll the dough up tightly from the long edge
5. Cut the dough into 10 equal slices. Roll each slice into a ball and place on a lightly floured plate or baking sheet. Place into the freezer for 20 min
6. Preheat the oven to 350°. Line a large baking sheet with parchment paper
7. Place 5 of the dough balls onto the baking sheet, leaving space for them to spread. Place the remaining dough in the refrigerator while the first batch bakes
8. Bake for 15-17 min, until the edges are lightly golden
9. Allow the cookies to cool on the pan for 5 min, and then transfer to a wire rack to continue cooling
1. For the icing: in a medium bowl, combine the powdered sugar, butter, and 1 tablespoon milk. Whisk until no lumps remain. Add more milk if a thinner icing is desired
2. Dip the tops of the cooled cookies into the icing, or drizzle on top and allow to set



Simply the Zest

LEMON PIE



INGREDIENTS

- ½ cup freshly squeezed lemon juice
- ½ cup sugar
- 4 large eggs
- 1 cup unsweetened coconut milk
- canned, not the beverage
- Use a favorite pie crust (dairy free, gluten free if needed)
- Non dairy whipped topping (optional)



DIRECTIONS

1. Preheat oven to 325°
2. In a large bowl, whisk together lemon juice and sugar, until the sugar is dissolved
3. Add in eggs and coconut milk and whisk until smooth. There may be a few small lumps, and that's OK
4. Gently pour lemon filling into the prepared crust and bake for about 35-45 min or until cooked through and set
5. Cool the pie on a wire rack, then refrigerate for 4 hours or overnight
6. Top with non dairy whipped topping, if desired

Spread the Happy

NUTELLA PUMPKIN CHOCOLATE CHIP BREAD



INGREDIENTS

- 1 ¾ cups all-purpose flour
- 1 cup sugar
- 1 teaspoon baking soda
- 1 teaspoon baking powder
- ½ teaspoon salt
- 1 teaspoon ground cinnamon
- ½ teaspoon nutmeg
- ½ teaspoon cloves
- 2 large eggs
- 1 cup pumpkin purée (not pumpkin pie filling)*
- ½ cup butter, melted and slightly cooled
- ⅓ cup milk
- 2 teaspoons pure vanilla extract
- ½ cup semisweet chocolate chips (milk or dark)
- ½ cup Nutella, melted



20
MINUTES



60-70
MINUTES



12
SERVINGS



DIRECTIONS

1. Preheat oven to 350°
2. Line a 9x5" loaf pan with parchment or baking paper. Set aside
3. In a large bowl, combine flour, sugar, baking soda, baking powder, salt, nutmeg, cinnamon, and cloves. Mix well
4. Make a well in the center of the dry ingredients. Add the eggs, pumpkin, melted butter, milk, and vanilla. Whisk the wet ingredients together FIRST for about 30 seconds (or until combined), then fold them into the dry ingredients using a plastic spatula, until just combined and a batter is formed. Fold in chocolate chips
5. Divide the batter in half and pour half into the pan. Pour the Nutella over the batter in the pan and spread evenly over the top using the back of a metal spoon. Spoon the remaining batter over the Nutella to evenly coat. Top with extra chocolate chips if desired
6. Bake for 60-70 min or until a toothpick inserted in the center of the bread comes out clean

*For homemade pumpkin purée, halve a small pumpkin horizontally. Scrape out the seeds and stringy parts with a large metal spoon. Place the pumpkin halves, sliced side down, on a foil-lined baking sheet lightly sprayed with plain cooking oil spray. Bake at 350° until soft, (about 45 min to 1 hour). Allow to cool, then scoop out the flesh. Use a food processor for a smooth purée, adding a couple tablespoons of water to get the blade going, if needed.



adapted from: <https://cafedelites.com/nutella-pumpkin-chocolate-chip-bread/#recipe>



All Things Chocolate

VERY CHOCOLATE BROWNIES



INGREDIENTS

- 2 cups coconut milk (or unsweetened almond milk)
- ½ cup pure maple syrup
- ⅓ cup peanut butter (creamy or crunchy)
- 1 teaspoon vanilla
- 2 cups rolled oats (increase to 2 ½ cups if almond milk is used)
- ¼ cup cocoa
- 1 tablespoon ground flax seed
- 1 teaspoon baking powder
- 1 pinch of salt
- ½ cup vegan chocolate chips



10
MINUTES



40
MINUTES



8
SERVINGS



DIRECTIONS

1. Combine first 4 ingredients and mix well
2. Add the oats, cocoa, ground flax seed, baking powder, and salt, then mix well
3. Add chocolate chips and mix again
4. Pour into baking dish (smaller than 9x13")
5. Bake at 350° for 40 min

6. Let cool at least 5 min before serving

Toppings to consider:

Walnuts or pecans (add before baking)

Crushed pretzels or powdered sugar (add after baking)

Ain't Life Gran-ola

PEANUT BUTTER GRANOLA



DIRECTIONS

1. Preheat oven to 350°
2. In a large mixing bowl, combine oats and sugar (this helps avoid large clumps of uncoated oats)
3. Warm the peanut butter, oil, and maple syrup (or honey) in a small saucepan until thoroughly combined and pourable
4. Pour ingredients over oats in a mixing bowl and stir to combine. If the mixture appears too wet, more oats can be added
5. Spread granola evenly on a large baking sheet and bake for 18-22 min, or until evenly golden brown. Use a spatula and toss once at the 12- to 15-min mark to ensure even baking. Watch closely as the oats will brown quickly near the end of baking
6. Remove baking sheet from the oven, turn baked granola gently to release heat, and let cool completely on the baking sheet
7. Add chocolate chips once cool and stir to combine
8. Transfer granola to a storage container. Keeps fresh for about 2 weeks, or can be frozen to prolong shelf life



INGREDIENTS

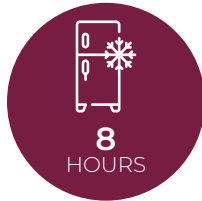
- 3 heaping cups rolled oats
- 6 tablespoons peanut butter
- 2 tablespoons granulated sugar
- ¼ cup vegetable or canola oil
- ¼ cup maple syrup or honey
- ½ cup chocolate chips (optional, but delicious)





Life's Butter Together

PEANUT BUTTER PIE



INGREDIENTS

- 1 store-bought graham cracker crust*
- $\frac{1}{3}$ cup peanut butter
- 4 ounces cream cheese
- 1 cup powdered sugar
- $\frac{1}{4}$ cup milk
- 8 ounces whipped topping
- Chocolate sauce to drizzle (optional)



DIRECTIONS

1. Blend peanut butter and cream cheese together. Tip: Heating each ingredient up for 15 seconds in the microwave will make mixing much easier
2. Slowly add in the powdered sugar, milk, and whipped topping
3. Mix until fully incorporated
4. Add mixture into graham cracker crust, and put into the freezer for about 8 hours
5. Let the pie sit out at room temperature for 10-15 min before serving
6. If desired, drizzle a favorite chocolate sauce on top before serving!

*If desired, homemade graham cracker crust can be made, but store bought is just as delicious!

Fall & Oats

YOU MAKE MY PUMPKIN OATMEAL CHOCOLATE
CHIP COOKIE DREAMS COME TRUE



15-20
MINUTES



16-20
MINUTES



8-9
SERVINGS



INGREDIENTS

- 8 tablespoons (1 stick) unsalted butter
- ½ cup packed dark brown sugar
- ¼ cup granulated sugar
- ½ cup pumpkin purée
- 1 large egg, lightly beaten
- 4 teaspoons vanilla extract
- 1 ½ cups bread flour
- 1 ½ cups old fashioned or rolled oats (not instant)
- 1 teaspoon ground cinnamon
- 1 teaspoon baking soda
- ¼ teaspoon kosher salt
- 1 cup semisweet chocolate chunks or chips



DIRECTIONS

1. In a microwave-safe bowl, melt the butter for 45 seconds. (This is just enough time to liquify most of the butter, but not heat it) Stir with a fork to finish melting. (If a microwave is not available, heat on the stovetop until almost melted, but not quite. Remove from heat and continue stirring to cool)
 2. Combine the butter, brown sugar, and granulated sugar in a large bowl. Mix with a spoon until the mixture is smooth. Add the pumpkin purée, egg, and vanilla, and stir until blended. Add the flour, oats, cinnamon, baking soda, and salt. Mix until almost combined, with a little bit of flour still visible. Fold in the chocolate chunks.
 3. Grab a handful of dough (approximately 3 ½ ounces) and place on a large plate or baking sheet; the mounds should be tall and craggy (Yields 8 or 9 dough balls). Freeze for 1 hour or refrigerate overnight
 4. Preheat oven to 375°. Line a baking sheet with parchment paper or a silicone baking mat. Transfer half the dough balls to the baking sheet, leaving about 2 inches around each one. Bake the cookies for 16-20 min, until light golden-brown, but still a little soft-looking on top (err on the side of underdone; do not over bake, as the cookies will continue baking while cooling)
 5. Let the cookies cool on the baking sheet for 10 min then transfer them to a wire rack or large platter for another 4 hours to allow the cookies to completely set and develop their flavors. Repeat with the remaining dough
- These cookies can be stored in an airtight container for up to 5 days



Worry Less, Smile S'more

S'MORES COOKIES



10
MINUTES



15
MINUTES



36
SERVINGS



DIRECTIONS

1. Preheat the oven to 350°
2. In a large bowl, mix butter and brown sugar together, then add eggs and vanilla. Beat thoroughly
3. Add the remaining ingredients except for the graham crackers to the mixture, and stir to incorporate
4. Break up graham crackers into squares and place them on a greased baking sheet
5. Scoop batter onto the center of the graham crackers
6. Bake for 15 min and let cool before eating

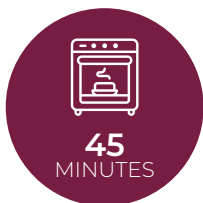


INGREDIENTS

- 1 cup butter
- 1 cup brown sugar
- 2 eggs
- 2 teaspoons vanilla
- 2 cups flour
- ½ teaspoon salt
- 1 teaspoon baking soda
- 1 cup chocolate chips
- 1 cup mini marshmallows
- 1 box of graham crackers



15
MINUTES



45
MINUTES



12-16
SERVINGS

Life is Short

SWEET SUMMER STRAWBERRY CAKE



DIRECTIONS

1. Preheat oven to 350°
2. Coat 9×13" pan with butter or nonstick spray
3. Beat butter, salt, and 1 cup of the sugar until light and fluffy
4. Add egg, yolk, and vanilla and beat until combined
5. Add milk and mix until combined.
6. Sprinkle baking powder evenly over batter and beat well
7. Add flour and stir until just combined
8. Spread batter in prepared pan
9. Arrange strawberries, cut side down, on top of the batter

It will look a little curdled but don't worry, it's OK!

10. Sprinkle with remaining 3 tablespoons of sugar
11. Bake until golden brown, about 45 min, and a toothpick inserted into the cake comes out free of wet batter (gooey strawberries are OK)
12. Let cool in pan on a rack



INGREDIENTS

- 9 tablespoons unsalted butter, room temp
- $\frac{3}{4}$ teaspoon fine sea or table salt
- 1 cup + 3 tablespoons granulated sugar
- 1 large egg
- 1 large egg yolk
- 1 $\frac{1}{2}$ teaspoons vanilla extract
- $\frac{3}{4}$ cup milk, any variety
- 2 $\frac{1}{4}$ teaspoons baking powder
- 2 $\frac{1}{4}$ cups all-purpose flour
- 1 $\frac{1}{2}$ pounds of ripe strawberries, tops removed and cut in half



Believe Biscuits

THE FAMOUS
TED LASSO BISCUITS



INGREDIENTS

- 2 sticks unsalted butter, softened
- 1 cup confectioner's sugar
- 3 tablespoon brown sugar
- 3 egg yolks
- 1 $\frac{3}{4}$ cup all-purpose flour
- Pinch of salt



DIRECTIONS

1. Heat the oven to 325° and butter an 8x8" baking dish
2. In a medium bowl, mix the butter and sugars together until smooth
3. Add egg yolks and mix
4. Add flour and salt; mix just until the dough comes together
5. Press dough into an even layer in the pan and bake for 45 min until a thin, golden brown layer forms on top
6. Cool completely before cutting into 2 even columns and 6 even rows



Devil May Care

(ABOUT VEGANISM)
DEVIL'S FOOD CAKE



20
MINUTES



30-35
MINUTES



16
SERVINGS



DIRECTIONS

1. For the cake: Preheat oven to 350° and grease two 9-inch cake pans. For easy removal after baking, line the pans with parchment rounds and lightly flour. Begin to boil water
2. Measure 1 cup unsweetened nondairy milk and add the tablespoon of vinegar to it. Stir slightly and set aside to curdle
3. In a large bowl, add the flour, sugar, cocoa powder, baking powder, baking soda, and salt. Whisk well to combine
4. Add the oil, applesauce, vanilla, and nondairy milk/vinegar mixture. Mix on medium speed with a hand mixer (or stand mixer with the paddle attachment) until well combined
5. Lower the speed and carefully pour in the boiling water, continuing to mix into the cake batter until combined. The batter will seem very runny at this point, as it should
6. Divide the batter evenly between the cake pans. Bake for

30-35 min or until a toothpick inserted in the center comes out clean. After 10 min of cooling in the pan, carefully remove the cakes from the pans and let cool completely before frosting

1. For the frosting: Add the cocoa powder to a large bowl. Whisk well to remove any clumps. Add the softened vegan butter and mix with a hand mixer until creamed and well combined.
2. Add half the powdered sugar and half the nondairy milk; mix until combined. Add the rest of the powdered sugar and vanilla extract. Mix starting on low and turn to high. Mix until fluffy and combined
3. If the frosting seems too dry, add more milk, 1 or 2 tablespoons at a time. If the frosting seems too wet and doesn't hold its shape, add more powdered sugar until the frosting thickens up
4. Frost the cake using an icing spatula or a butter knife



INGREDIENTS

Cake:

- 1 cup unsweetened nondairy milk
- 1 tablespoon apple cider vinegar
- 2 cups gluten-free flour (Cup-4-Cup or Pamela's work best)
- 1 $\frac{3}{4}$ cups granulated sugar
- $\frac{3}{4}$ cup cocoa powder
- 2 teaspoons baking powder
- 1 $\frac{1}{2}$ teaspoons baking soda
- 1 teaspoon salt
- $\frac{1}{2}$ cup canola oil or melted coconut oil
- $\frac{2}{3}$ cup unsweetened applesauce
- 1 tablespoon pure vanilla extract
- 1 cup boiling water

Frosting:

- 1 cup cocoa powder
- 1 $\frac{1}{2}$ cups vegan butter, softened, baking sticks preferred
- 4-5 cups powdered sugar
- 2 teaspoons pure vanilla extract
- $\frac{1}{4}$ to $\frac{1}{2}$ cup unsweetened nondairy milk



*For the
Furry Friends*

Paws-itively Scrumptious

PUMPKIN CAT TREATS



10
MINUTES



25-30
MINUTES



20
SERVINGS



DIRECTIONS

1. Preheat the oven to 325°
2. Add the oats to a blender and blend into a fine flour
3. Open the can of salmon and drain the excess liquid
4. Combine the oat flour, salmon, pumpkin, egg, and avocado oil and mix well
5. Form into small “cookies” and place on a baking sheet
6. Bake for 25-30 min or until firm
7. Allow to cool before serving
8. Break into smaller pieces if needed. Store in the fridge for 3-4 days



INGREDIENTS

- 4 ounce can of salmon, no salt or oil added
- ½ cup old fashioned oats
- ⅓ cup pumpkin purée
- 1 egg
- 2 tablespoons avocado oil



Bone-appetit!

PUMPKIN PEANUT
BUTTER PUP-CAKES



10
MINUTES



35-40
MINUTES



6
SERVINGS



DIRECTIONS

1. Preheat oven to 350°. Spray muffin tins with nonstick spray
2. In a mixing bowl, whisk all the ingredients together until incorporated
3. Scoop the batter into muffin tins, bake for 35-40 min
4. While these are baking, place all the frosting ingredients into a bowl and mix well
5. Let pup-cakes cool completely before frosting
6. For a fancy addition, put the frosting mixture into a sandwich bag and cut the corner for easier piping (if not, dolloping the frosting on top of the pup-cakes works just as well)
7. Top with a doggy bone



INGREDIENTS

- ½ cup whole grain oat flour (whole wheat works well, too)
- ½ teaspoon ground cinnamon (optional)
- 1 teaspoon baking powder
- 1 large egg, room temperature
- 1 tablespoon pure maple syrup
- 1 tablespoon peanut butter (make sure it does not list xylitol as an ingredient)
- ½ cup pumpkin puree
- ½ cup shredded carrot
- ½ cup plain Greek yogurt
- Dog bones to top (optional)



JB ASHTIN