

# Chad & Emily's Cookbook

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# Desserts

## Addictive Primal Granola

- 1/2 cup each sliced almonds, pumpkin seeds, sunflower seeds, ribbon coconut and chopped walnuts (really any mixture of nuts and seed will work)
- 3/4 cup roughly chopped almonds
- 1/2 cup each chopped figs and goji berries
- 1/4 cup flax seeds
- 1/4 cup coconut oil
- 1/4 cup honey (I used raspberry blossom honey)
- 1 tsp vanilla extract
- 1 tsp cinnamon, or more to taste
- 1/4 tsp nutmeg
- 1/8 tsp salt

Directions:

1. In saucepan over low heat combine coconut oil, honey, cinnamon, nutmeg, vanilla and salt. Continue stirring until heated through, but not boiling.
2. In separate bowl, combine nuts, seeds and fruit (except goji berries). Drizzle hot oil/honey mixture over nuts, stirring until well coated.
3. Place mixture on a cookie sheet and bake in 300 degree oven for 20 minutes, turning once or twice during cooking
4. Add goji berries, turn/mix and cook for another 10 minutes
5. Remove and let cool.
6. Break granola apart and store in air-tight container.

## Allen Lim's Rice Cakes

2-3 eggs

1 (dry) cup sushi rice

Three slices bacon, Canadian bacon or pancetta

Grated parmesan cheese to taste

2 tbs soy sauce (less or more to taste)

Salt to taste, if desired

Scramble and cook eggs in frypan, breaking them up thoroughly into small pieces. Set aside. Steam or cook rice according to directions (use a classic "sticky" rice, not instant, or the rice cakes won't hold together). Fry bacon or pancetta in frypan over medium heat until done (thin-sliced pancetta crisps up very quickly, so watch it carefully) - if using bacon, blot thoroughly on paper towels.

Crumble pancetta or bacon into small pieces and fold into rice along with eggs. Add soy and parmesan to taste. Transfer to a shallow baking pan (9×9) and, using a spatula, firmly press down on mixture. Let cool, cut into bars sized to slip into a jersey pocket and wrap in foil. Refrigerate. They go bad in under a week (and also start to dry out a bit).

OPTIONAL: preheat broiler and put pan on middle rack for a few minutes. Watch carefully to prevent over-browning. This puts a nice crust on them and helps them hold together a bit better.

VARIATIONS: Try omitting the bacon and cheese and creating a “sweet” rice cake using honey or fruit jam instead of soy sauce. Experiment, have fun.

FOIL-WRAPPING TIP: For easy access on the bike, wrap each cake individually. Rip off an appropriately sized piece of aluminum foil and center the rice cake along its long axis. Wrap one long edge of foil over top of cake. Fold the edge back to just past the middle. Repeat with other side to create a slightly overlapping, double-thickness “seam” of foil, and then fold short edges of foil underneath the cake opposite the seam. The (recycleable) wrapper completely covers the cake but can simply be popped open on a ride.

### **Brownie Marble Cheesecake**

Servings: 10

Ingredients:

8 ozs brownie mix  
16 ozs fat-free cream cheese, softened  
1 c granulated sugar  
2 tsps vanilla  
2 egg whites, whipped  
1 c chocolate chips, melted

Directions:

Preheat oven at 350. Prepare a 9" pie pan with cooking spray and flour; set aside. To prepare brownie mix, follow directions on box. Pour batter evenly into prepared pan. Bake for 10 minutes. Meanwhile, in a mixing bowl, combine cream cheese, sugar, vanilla, and egg whites. Pour over brownie layer. Spoon melted chocolate over cream cheese mixture. Cut through chocolate mixture and cheese mixture several times to achieve a marble effect. Bake for 35 minutes or until center is set.

### **Butterscotch Blondies**

2 cups all-purpose flour  
2 1/2 cups firmly packed light brown sugar  
2 teaspoons baking powder  
1/2 teaspoon salt  
10 tablespoon butter  
3/4 cup egg substitute or 3 eggs  
Cooking spray

Preheat oven to 350°.

Lightly spoon flour into dry measuring cups; level with a knife. Combine flour, sugar, baking powder, and salt in a large bowl.

Place butter in a small skillet over medium heat. Cook for 6 minutes or until lightly browned, stirring occasionally. Pour into a small bowl, and cool for 10 minutes. Combine butter and egg substitute, stirring with a whisk. Pour butter mixture over flour mixture; stir just until moistened. Spoon batter into a 13 x 9-inch baking pan coated with cooking spray; smooth top with spatula. Bake at 350° for 30 minutes or until a wooden pick inserted in center comes out clean. Cool in pan on a wire rack. Cut into 48 squares.

Yield: 24 servings (serving size: 2 squares)

### **C/E Energy Bars**

2 T flax	3 T sunflower seeds
3 T chocolate/carob	3 T raisins
3 T dates	3 T cashews
3 T dried papaya	3 T almonds
3 T dried pineapple	$\frac{3}{4}$ c granola
3 T coconut	1 c other kind of granola
3 T dried cherries	$\frac{3}{4}$ c musili
$\frac{1}{4}$ c corn syrup	
$\frac{1}{4}$ c brown rice syrup	
$\frac{1}{4}$ c natural peanut butter	
Cinnamon	

Combine all dry ingredients. Combine all wet ingredients. Press firmly into a 9x9 pan. Place in freezer until hard, cut into 1"x2" pieces, wrap in saran wrap and store in freezer.

### **Candied Espresso Walnuts**

Nonstick vegetable oil spray  
1/2 cup sugar  
2 tablespoons finely ground espresso coffee beans  
1 tablespoon instant espresso powder  
1/2 teaspoon ground cinnamon  
1/4 teaspoon coarse kosher salt  
1 large egg white  
4 cups walnut halves (about 12 ounces)

Preheat oven to 325°F. Spray large rimmed baking sheet with nonstick spray. Whisk sugar and next 4 ingredients in small bowl. Whisk egg white in large bowl until frothy. Add walnuts; toss

to coat. Sprinkle walnuts with espresso mixture and toss to coat. Spread coated walnuts on prepared sheet in single layer.

Bake 5 minutes. Slide spatula under walnuts to loosen from baking sheet and stir, rearranging in single layer. Bake until walnuts are dry to touch, about 5 minutes longer. Loosen walnuts from sheet again; cool on sheet. *DO AHEAD: Candied walnuts can be made 2 weeks ahead. Store in airtight container at room temperature.*

### **Chai Shortbread Cookies**

1 1/2 cups all-purpose flour (about 6 3/4 ounces)  
1/8 teaspoon salt  
1/8 teaspoon ground cardamom  
1/8 teaspoon ground cinnamon  
Dash of ground cloves  
Dash of freshly ground black pepper  
3/4 cup powdered sugar  
10 tablespoon butter, softened  
1 tablespoon ice water

Lightly spoon flour into dry measuring cups; level with a knife. Combine flour and next 5 ingredients (through pepper), stirring well with a whisk. Place sugar and butter in a medium bowl; beat with a mixer at medium speed until light and fluffy. Gradually add flour mixture to butter mixture, beating at low speed just until combined (mixture will appear crumbly). Sprinkle dough with 1 tablespoon ice water; toss with a fork. Divide dough in half. Shape dough into 2 (6-inch-long) logs; wrap each log in plastic wrap. Chill 1 hour or until very firm.

Preheat oven to 375°.

Unwrap dough logs. Carefully cut each log into 18 slices using a serrated knife. Place dough circles 2 inches apart on baking sheets lined with parchment paper. Bake at 375° for 10 minutes. Cool on pans 5 minutes. Remove cookies from pans; cool completely on wire racks.

Yield: 3 dozen (serving size: 1 cookie)

Nutritional Information: CALORIES 57(51% from fat); FAT 3.2g (sat 2g,mono 0.8g,poly 0.1g); PROTEIN 0.6g; CHOLESTEROL 8mg; CALCIUM 2mg; SODIUM 31mg; FIBER 0.2g; IRON 0.3mg; CARBOHYDRATE 6.5g

### **Chocolate Bread Pudding**

- 4.5 cups bread crumbs
- 1 cup half & half
- 3/4 cup sugar (this can be reduced)
- 1/2 t salt

- 2 cups milk chocolate chips
- 2 oz unsweetened chocolate (or 6 T unsweetened cocoa + 2 T butter)
- 3 large eggs
- 2 cups milk
- 1 T vanilla extract

Boil cream with sugar and salt, stirring constantly. Remove from heat, then stir in chocolate.

Stir until chocolate is melted. Whisk eggs in a separate bowl, then add milk and vanilla extract to eggs. Combine egg mixture into chocolate mixture then stir in bread crumbs.

Pour mixture into a generously buttered 2 quart baking dish. Refrigerate pudding for 2 hours, pressing the bread down into the liquid every now and then.

Bake at 350 degrees for about an hour or until center is firm to the touch. Remove from the oven and let cool for 30 minutes.

### **Chocolate Fondue**

- 4 oz fine-quality bittersweet chocolate (no more than 64% cacao if marked)
- 1/4 cup heavy cream
- 1 tablespoon unsalted butter
- 1 tablespoon Cognac or other brandy

Directions:

Finely chop chocolate (preferably in a food processor) and transfer to a small bowl.

Bring cream, butter, and Cognac to a simmer in a 1/2- to 1-quart saucepan over moderate heat. Remove from heat and add chocolate, stirring until melted and smooth. Transfer to fondue pot and set over candle flame or to small warmed bowl (chocolate will stay warm enough for dipping for about 20 minutes without candle).

### **Date Energy Balls**

- 5 pitted Medjool dates or 10 Deglet dates
- 1/2 cup unsalted almonds
- 1/2 cup unsalted cashews
- 1/2 cup vanilla or chocolate protein powder
- 1/4 cup coconut water
- 1/4 cup chopped, unsweetened coconut flakes

Combine the first 4 ingredients in a food processor and pulse until well chopped. Add the coconut water and mix until the mixture has taken on a thick, batter-like consistency. Add a little honey if the mixture is not sweet enough. Cool in the fridge for 30 minutes. Form into small balls and roll in the coconut to coat. Wrap in Saran Wrap. Will make 10-12 balls.

## Diegel's Energy Bars

- 1 cup uncooked oats
- ½ cup wheat germ
- ½ cup oat bran (or grape nuts)
- ½ cup peanut butter
- ½ cup sesame tahini (near peanut butter at Freddy's natural foods section or wild oats)
- ½ cup protein powder
- ½ cup raisins
- ½ cup dried cranberries
- 1 cup coconut
- 1 cup chocolate chips, peanut butter chips, M&Ms, or cinnamon chips
- ¾ cup brown rice syrup - at wild oats. - it is the primary ingredient in clif bars, clif shots and Powerbar harvest bars. I read that it is more complex and therefore "better" than sugar or honey, but still has a nice sweetness). You can reduce this to ½ cup and use ¼ cup honey or also substitute pale malt extract
- 1/8 cup chia seed
- A big ol' dollop of molasses (critical!)

I mix it up in a big pot then stuff it into yogurt containers and then pull it out and cut off "power pucks".

Other potential additions I've tried with success: chopped dates, dried cranberries, nuts, sesame seeds, almond extract, orange extract, crushed banana chips, chopped/dried papaya, mango etc. All are good. In the summer I don't use choco chips because they melt and get pretty messy.

Uncooked oats	1/2 cup	150
Wheat germ	1/2 cup	240
Grape nuts	1/2 cup	210
Peanut butter	1 cup	1140
Protein powder	1/2 cup	160
Raisens	1/2 cup	240
Dried Cranberries	1/2 cup	200
Coconut	3/4 cup	300
Chocolate chips	1/2 cup	200
Brown rice syrup	1/2 cup	600
Honey	1/4 cup	240
Chia seeds	1/8 cup	240
Molasses	1/8 cup	120
Total Calories		4040

## Naughty Whisky Sauce

- 1 stick butter
- 1 cup sugar
- 1/4 cup burbon (rum or brandy)
- 2 T water
- 1/4 t salt

- 1 large egg

In a heavy-bottomed saucepan, melt butter over low heat. Stir in the sugar, bourbon, water, and salt. Cook, stirring constantly, until sugar is completely dissolved and mixture is cohesive and well blended. Remove from heat and set aside.

Whisk egg until it's frothy then whisk it with gusto into the hot sugar and liquor. Cook sauce over medium heat, stirring gently until it's simmering. Cook until it thickens (appx. 1 minute). If there are any lumps push the sauce through a strainer.

### **Chockablock Cookies**

This recipe turns out big, fat cookies loaded—okay, overloaded—with dried fruits, chopped nuts, coconut, oats and chocolate. With so many add-ins, there's not a lot of cookie holding the fruits and nuts together, but what there is is soft, chewy and packed with flavor, because the dough is sweetened with dark, syrupy molasses. But, as full-flavored as these cookies are, they're not of the have-one-and-walk-away variety, so I'd advise you to allow yourself one for each hand.

1 1/2 cups all-purpose flour  
 3/4 teaspoon baking powder  
 1/2 C teaspoon baking soda  
 1/4 teaspoon salt  
 1/2 stick (4 tablespoons) unsalted butter, at room temperature  
 1/4 cup solid vegetable shortening  
 1/2 cup sugar  
 1/2 cup molasses (not blackstrap)  
 2 large eggs  
 1 1/2 cups old-fashioned oats  
 1 cup coarsely chopped nuts (walnuts, pecans or peanuts are all good)  
 1 cup coarsely chopped dried fruit (such as apricots, prunes or figs) or 1 cup moist, plump raisins (dark or golden), or a mixture of dried fruit and raisins  
 12 ounces bittersweet chocolate, coarsely chopped, or 1 cups store-bought chocolate chips or chunks  
 1/2 cup sweetened shredded coconut

**GETTING READY:** Position the racks to divide the oven into thirds and preheat the oven to 325 degrees F. Line two baking sheets with parchment or silicone mats. Whisk together the flour, baking powder, baking soda and salt. Working with a stand mixer, preferably fitted with a paddle attachment, or with a hand mixer in a large bowl, beat the butter and shortening together at medium speed until very smooth, about 2 minutes. Add the sugar and beat for another 2 minutes. Pour in the molasses and beat for 1 minute more. Add the eggs one at a time, beating for 1 minute after each addition. Reduce the mixer speed to low and mix in the oats, then add the dry ingredients, mixing only until they disappear into the dough. Toss in the nuts, fruit, chocolate

and coconut and turn the mixer on and off quickly a few times to incorporate. Alternatively, you can stir them into the dough with a sturdy rubber spatula. (The dough can be wrapped well and kept chilled for up to 2 days. If you'd like, you can measure out the dough onto a baking sheet, freeze until firm, then put the mounds of dough in a bag and freeze for up to 2 months; bake directly from the freezer, adding a few minutes to the baking time.) I like to use an ice cream scoop with a 2-tablespoon capacity to divvy up the dough, but you can measure it out by rounded tablespoonfuls. Place the mounds of dough on the baking sheets, leaving about 1 1/2 inches between the mounds.

Bake for 15 to 18 minutes, rotating the pans from top to bottom and front to back at the midway point, until the cookies are golden and just about set. Remove the baking sheets to cooling racks and let the cookies rest on the sheets for about 5 minutes before transferring them to racks to cool to room temperature.

MAKES ABOUT 30 COOKIES.

STORING: These will keep for about 4 days in the cookie jar or for up to 2 months wrapped airtight in the freezer.

### **Chocolate Cookie**

1 1/3 c flour  
1 c granulated sugar  
1/3 c packed brown sugar  
1/2 c cocoa powder  
1 t baking powder  
1/4 t salt  
1/4 margarine or butter, softened  
3 egg whites, slightly beaten  
1 t vanilla extract  
Confectioners' sugar, for rolling

Preheat oven to 350°. Combine flour, granulated sugar, brown sugar, cocoa, baking powder, and salt, breaking up any lumps of brown sugar. Stir in margarine until mixture is well combined and crumbly. (This part can be done in a food processor.) Add egg whites and vanilla extract. Stir by hand just until dough comes together.

Place a few heaping spoonfuls of confectioners' sugar into a shallow dish. Roll dough into 1 1/2" balls, then roll balls in sugar to coat. Place 2" apart on baking sheet coated with cooking spray. Bake 12 -14 minutes, until just set around edges but still soft in the middle. Transfer to rack to cool.

Makes 2 dozen.

Per cookie: 92 cal, 1 g protein, 18 g carb, 2 g fat, 1 g fiber.

## **Chocolate Peanut Butter Pie**

Prep time: 10 minutes

Cook time: 3 minutes

Chill time: overnight

1<sup>3</sup>/<sub>4</sub> c fat-free milk

½ c reduced-fat peanut butter (not fat-free; it won't set up)

1 package (2.1 oz) sugar-free instant chocolate pudding mix

1 c light frozen whipped topping, thawed

1 prepared reduced-fat graham cracker or chocolate cookie pie crust (9")

In a large microwaveable bowl, combine the milk and peanut butter. Cover with plastic wrap, and microwave on medium for 3 minutes, or until the peanut butter is melted. Stir until smooth.

Add the pudding mix, and stir until thickened.

Gently fold in the whipped topping.

Spoon the mixture into the pie crust, and smooth the top. Cover, and refrigerate overnight.

Top each serving with chocolate shavings (if using). Serve chilled.

Makes 8 servings

Per serving: 265 cal, 8 g pro, 34 g carb, 9 g fat, 2 mg chol, 275 mg sodium, 2 g fiber  
Diet exchanges: ½ milk, 0 vegetable, 0 fruit, 1½ carbohydrate, ½ meat, 1½ fat

## **Cinnamon Crème Anglaise**

Egg yolks thicken this classic French stovetop custard sauce. Drizzle it over fresh fruit or cakes. Keep leftovers in the refrigerator for up to three days.

2 cups 1% low-fat milk

1/3 cup sugar

1 (3-inch) cinnamon stick

4 large egg yolks

Combine milk, sugar, and cinnamon stick in a small, heavy saucepan over medium-low heat; cook 5 minutes or just until sugar dissolves and mixture is hot, stirring occasionally.

Place egg yolks in a medium bowl; stir with a whisk until blended. Gradually add about half of hot milk mixture, stirring constantly with a whisk (leave cinnamon in pan). Add egg mixture to milk mixture in pan. Cook over medium-low heat 6 minutes or until the mixture thickens and coats the back of a spoon, stirring constantly with a wooden spoon (do not boil).

Strain sauce through a fine sieve into a bowl; discard cinnamon. Place bowl of sauce in a large ice-filled bowl for 15 minutes or until sauce is room temperature, stirring occasionally. Cover and chill.

Yield: 8 servings (serving size: 1/4 cup)

## **Gingerbread**

½ cup (4 oz) firmly packed candied ginger  
½ cup plus ¾ cup sugar  
2 eggs  
1 ¼ cup safflower or canola oil  
1 cup dark unsulfured molasses  
3 ¾ cups unbleached all-purpose flour  
¾ tsp baking soda  
1 tsp dry mustard  
1 tsp ground ginger  
1 tsp ground cinnamon  
¾ tsp kosher salt  
1 ½ tsp freshly ground black pepper

Preheat oven to 350. Generously butter or spray with cooking spray 5 small (5 by 3") loaf pans  
In food processor, combine the candied ginger and the ½ cup sugar. Process until the ginger is finely chopped and incorporated into the sugar, about 1 minute. Set aside. In medium bowl, combine the eggs, oil, and molasses. Set aside. Sift the flour, baking soda, mustard, ginger, and cinnamon together into the bowl of a stand mixer or a large bowl. Add the salt, pepper, ¾ cup sugar, and ginger sugar to the dry ingredients and stir with a wooden spoon until combined. Make a well in the center and pour in the wet ingredients. With a few strokes of the spoon, gently combine. Pour the batter into the prepared pans. Place the pans on the middle rack of the oven. Bake for 35 minutes, then rotate the pans front to back and trade their positions. Bake 10 minutes longer, for a total baking time of 45 minutes, or until the loaves are firm and springy. Let cool in the pans on a wire rack for 10 minutes, then unmold and let cool completely.

## **Lara Bars**

### **Almond Coconut**

Chop in a food processor: 4 T almonds and 2T unsweetened coconut.  
Add ~8 pitted dates and process until a soft consistency. Press into desired container and refrigerate for at least 1 hour. Cut into pieces and wrap individually in saran wrap.

### **Chocolate Coffee**

Add together in food processor and chop to desired consistency: 2 T walnuts, 2 T cashews, 1.5 t ground coffee, 1.5 t cocoa powder.

Add ~7 pitted dates and process until a soft consistency. Press into desired container and refrigerate for at least 1 hour. Cut into pieces and wrap individually in saran wrap.

Other recipes that we have not tried:

Cashew: 1 T dates to 3 T cashews

Almond Cherry: 1 c chopped dates, 1/2 c chopped almonds, 1/3 c finely chopped dried cherries

Cocoa Mole: dates, almonds, walnuts, unsweetened cocoa powder, cinnamon, chili

### **Maple-Pecan Granola**

2 cups regular oats

1/2 cup pecan pieces

1/2 cup maple syrup

1/4 cup packed brown sugar

1/8 teaspoon salt

Cooking spray

Preheat oven to 300°.

Combine oats and next 5 ingredients (through salt); spread on a large jelly-roll pan coated with cooking spray. Bake at 300° for 1 hour, stirring every 15 minutes. Cool completely.

### **Oatmeal Cookies**

1/4 c butter or margarine

3/4 c apple sauce

1/2 c granulated sugar

1 c brown sugar

2 eggs

1 t vanilla

1 c wheat flour

1/2 c soy flour

1 t baking soda

3 cups Quaker Quick oats

1 c raisins or other dried fruit

1 t cinnamon (optional)

3/4 c chocolate (optional)

Heat oven to 350° F. Beat together margarine, apple sauce and sugars until creamy. Add eggs and vanilla. Beat well. Add flour, baking soda, and cinnamon. Mix well. Stir in oats and raisins. Mix well. Drop by rounded tablespoonfuls onto greased cookie sheet. Bake 10-12 minutes or until golden brown.

### **Port Caramel Sauce**

1/2 cup plus 2 tablespoons granulated sugar

1/2 cup light brown sugar

1/3 cup plus 1 tablespoon ruby port

1 cup heavy cream

1 tablespoon pure vanilla extract

In a heavy, medium saucepan, cook the granulated sugar over moderately high heat, stirring occasionally, until melted. Continue to cook, without stirring, until an amber caramel forms, about 3 minutes. Remove from the heat. Add the light brown sugar and stir until smooth. Return

the caramel to the heat and carefully add the port; the caramel will harden slightly. Cook, stirring, until the sugar dissolves. Add the cream and cook, stirring occasionally, until thickened, about 6 minutes. Remove from the heat and stir in the vanilla. Transfer the sauce to a pitcher and serve warm.

**MAKE AHEAD**The sauce can be refrigerated for up to 1 month; rewarm

### **Pumpkin Swirl Cheesecake**

Servings: 12

Categories: Cheesecakes / Desserts / Pumpkin

Ingredients:

2 cups Vanilla wafer crumbs

1 teaspoon Vanilla

1/4 cup Margarine, melted

3 Eggs

16 ounces Neufchatel Cheese, softened

1 cup Canned pumpkin

3/4 teaspoon Cinnamon

1/4 teaspoon Ground nutmeg

3/4 cup Sugar

Directions:

Combine crumbs and margarine; press into bottom and sides of 9 inch springform pan. Combine Neufchatel cheese, 1/2 cup sugar, and vanilla, mixing at medium speed on electric mixer until well blended. Add eggs, one at a time, mixing well after each addition. Reserve 1 cup Neufchatel Cheese mixture; add pumpkin, remaining sugar and spices to remaining Neufchatel cheese mixture. Mix well. Layer half of pumpkin mixture and half of Neufchatel cheese mixture over crust; repeat layers. Cut through batter with knife several times for marble effect. Bake at 350f 55 minutes. Loosen cake from rim of pan; cool before removing rim of pan. Chill. 10-12 servings.

### **Sweet Ginger-Sriracha Roasted Nuts**

- 1 pound (approximately 3 cups) whole cashews (raw preferred, roasted also work)
- 1/2 cup coconut sugar (Trader Joe's has it for a great price!)
- Tablespoons Sriracha
- 2" ginger root, finely grated with a microplane or very finely diced
- Tablespoons sesame seeds (optional)

Instructions

- Heat oven to 350 degrees. Line baking sheet with parchment paper and set aside.
- In a small saucepan, combine coconut sugar, sriracha and ginger root. Over medium heat, cook until sugar has melted. Stir frequently. This takes about 5 to 7 minutes. It is

challenging to tell when coconut sugar has melted, especially after combining with sriracha. It is ok if you heat this mixture to the point that it bubbles just a little.

- Place cashews in a medium mixing bowl. Pour hot sugar mixture over the cashews and stir well to combine. Add in sesame seeds (optional) and stir again to combine.
- Pour out onto parchment lined baked sheet. Place in oven. Roast the nuts for 18-20 minutes. Stir every 5 minutes.
- Remove from oven and allow to cool. After nuts are cool to the touch, you may choose to break them up a bit or leave them in clusters.

### **Savory Potato Squares**

6-8 small to medium yukon gold potatoes - ~2 cups when cooked and mashed

¼ cup hard salami or summer sausage, chopped into very small pieces

¼ cup grated parmesan cheese

2 T butter

1 t salt

½ t garlic

¼ t pepper

2 t brown sugar

Boil potatoes in salted water until they are very done and easy to mash (doesn't need to be creamy – just smashed). Mix together chopped salami, parmesan, butter, salt, pepper, garlic. Press into bottom of small brownie or bread pan. Sprinkle with more salt and brown sugar. Allow to cool thoroughly, then cut into 2-3 inch squares and wrap in saran wrap.

### **Triple Chocolate Gluten – Free Brownies**

- 1 can black beans, rinsed and drained
- 1/3 C. cold coffee
- ½ tsp. Baking Powder
- ½ tsp. Baking Soda
- 1 tsp. balsamic vinegar (not optional, I think it helps the baking soda reaction)
- Prunes, chopped
- oz. semi-sweet baking chocolate squares
- TBSP coconut oil
- ¼ C. Turbinado sugar
- ¼ C. cocoa powder
- 1 egg
- ½ C. dark chocolate chips

Directions

- In food processor, puree beans and coffee until smooth. Add leavenings and vinegar and mix well. Divide this mixture in half.
- To one half, add: sugar, cocoa powder and egg; stir until smooth and spread into pan.
- Add the prunes to the other half, and puree until smooth.
- Melt together the chocolate squares and coconut oil, stir until smooth. Stir together melted chocolate and bean/prune mixture. Drop spoonfuls on top of other batter; swirl with a knife.
- Top with chocolate chips.
- Bake 25-30 minutes at 350. Let cool completely in pan before cutting.

Notes: This is two recipes that I combined. So, it could use a little adjusting. Let me know what you come up with. If you find a way to make it vegan, I would like to know what to use in place of egg. The cocoa powder I like is Hershey's Special Dark; you get almost black results. I use low-salt beans. I think it could have used a little extra salt in the mix, or sea salt on top, perhaps. I put the left-overs in the fridge, and I thought they were better after chilling all night.

### **Turtle Cheesecake**

1 3/4 cups chocolate graham cracker crumbs  
 1/3 cup butter or margarine, melted  
 3 (8-ounce) packages cream cheese, softened  
 1 (14-ounce) can NESTLÉ® CARNATION® Sweetened Condensed Milk  
 1/2 cup granulated sugar  
 3 large eggs  
 3 tablespoons lime juice  
 1 tablespoon vanilla extract  
 1 1/2 cups (9 ounces) NESTLÉ TOLL HOUSE Semi-Sweet Chocolate Morsels  
 2 tablespoons Chocolate Flavor NESTLÉ NESQUIK Syrup  
 2 tablespoons caramel syrup or ice cream topping  
 1/2 cup coarsely chopped pecans  
 1/4 cup NESTLÉ® TOLL HOUSE® Semi-Sweet Chocolate Mini Morsels

PREHEAT oven to 300°F (150°C). Grease 9-inch springform pan.

FOR CRUST: COMBINE crumbs and butter in medium bowl. Press onto bottom and 1-inch up side of prepared pan.

FOR FILLING: BEAT cream cheese and sweetened condensed milk in large mixer bowl until smooth. Add sugar, eggs, lime juice and vanilla extract; beat until combined. Microwave morsels in medium, microwave-safe bowl on HIGH (100%) power for 1 minute; stir. Morsels may retain some of their shape. If necessary, microwave at additional 10- to 15-second intervals, stirring just until morsels are melted. Stir 2 cups of cheesecake batter into melted morsels; mix well.

Alternately spoon batters into crust, beginning and ending with yellow batter.

BAKE for 1 hour 10 to 15 minutes or until edge is set and center moves slightly. Cool in pan on wire rack for 10 minutes; run knife around edge of cheesecake. Cool completely. Drizzle Nesquik and caramel syrup over cheesecake. Sprinkle with pecans and mini morsels. Refrigerate for several hours or overnight. Remove side of pan.

Makes 14 servings.

## **Vanilla Bean Frozen Yogurt**

Can add any berries or fruit.

½ cup sugar

2 teaspoons cornstarch

12 ounces evaporated skim milk

1 egg -- slightly beaten

2 tablespoons light corn syrup

1 ½ cup milk

1 vanilla bean

2 teaspoons vanilla extract

1 ½ cups nonfat yogurt -- stirred

In a medium saucepan, combine sugar and cornstarch. Stir in milk, beaten egg and corn syrup. Cook, stirring, over low heat until mixture thickens and coats a metal spoon. Remove from heat; add milk and cool. Slit the vanilla bean and scrape the seeds into the mixture along with the vanilla extract and yogurt. Freeze in ice cream freezer according to manufacturer's instructions. Makes 4.5 cups. Per ½ cup serving: 107 calories, 0.5 grams of fat, 5.7 grams of protein.

## **Walnut Brownies**

1/2 cup soy flour

1/4 cup whole-wheat flour

1/2 cup Splenda granular

1/4 cup unsweetened cocoa powder

1/2 tsp. baking powder

1/4 tsp. salt

1/4 cup canola oil

2 tsp. vanilla extract

6 egg whites, beaten

1/4 cup unsweetened applesauce

1/4 cup water

1/3 cup walnut pieces

Preheat oven to 350 degrees F. Lightly coat an 8"x8" baking dish with butter-flavored cooking spray. In a large mixing bowl, stir together soy flour, whole-wheat flour, Splenda, cocoa powder, baking powder and salt. In a medium mixing bowl, combine canola oil, vanilla extract, egg whites, applesauce and water. Pour applesauce mixture into flour mixture and stir just until well combined. Pour brownie batter into baking dish and sprinkle with walnuts. Bake until edges spring back when you touch them gently (center will be soft), about 15 minutes. Allow brownies

to cool and then cut into 12 pieces. Serve one brownie with a glass of your favorite vanilla protein powder mixed with water or skim milk.