

Bakery Shoppe Muffins

MAKES 24 MUFFINS

Bakery Shoppe Muffins

INGREDIENTS:

2 tablespoons canola oil, 1/2 cup sour cream, 1 1/4 cups whole milk, 3 cups all-purpose flour, 2 teaspoons baking powder, 1 teaspoon salt, 1 teaspoon ground nutmeg, 1/2 teaspoon baking soda, 3/4 cup unsalted butter, softened, 1/2 cup granulated sugar, 1/3 cup packed brown sugar, 2 eggs

TOOLS:

Measuring cups and spoons, Mixing bowls, Electric stand or hand mixer, Baking sheet, Oven mitt, Cooling rack, **Handstand Kitchen® Intro to Baking set:** Whisk, Pastry brush, Mixing spoon, Spatula, Silicone baking cups

INSTRUCTIONS:

1. Preheat oven to 350° F.
 2. Grease silicone baking cups with canola oil.
 3. In small bowl, whisk sour cream into milk; in large bowl, whisk together flour, baking powder, salt, nutmeg and baking soda.
 4. With mixer on medium, beat butter, sugar and brown sugar until light and fluffy. Beat in eggs, one at a time.
 5. With mixer on low, alternate stirring in flour mixture and sour cream mixture.
 6. Fill each baking cup 3/4 full and place on baking sheet; bake 20 to 25 minutes, or until toothpick inserted in center comes out clean.
 7. Place on cooling rack for 5 minutes. Remove muffins from silicone cups and immediately apply toppings:
- Place 1/2 cup melted butter in small bowl. Dip muffins in melted butter, allowing excess to drip off, then roll to coat. **Cinnamon Sugar Muffins** Roll warm muffins in mixture of 1 cup granulated sugar and 1 tablespoon ground cinnamon. **Powdered Sugar Muffins** Roll warm muffins in 1 cup sifted confectioners' sugar.

Southwestern Egg Bites

MAKES 16 EGG BITES

Southwestern Egg Bites

INGREDIENTS:

2 tablespoons canola oil, 9 oz. chorizo sausage cooked with 1/2 cup chopped onion, drained, 1/2 cup canned black beans, rinsed and drained, 1/4 cup chopped red pepper, 1 (4.5 oz.) can chopped green chilies, drained (optional), 1/2 cup grated Monterey Jack cheese, 4 large eggs, 1/4 cup heavy cream, 1/4 cup sour cream, 1/2 teaspoon salt, 1/2 teaspoon pepper, 1/2 teaspoon garlic powder, Sliced fresh avocado (optional)

TOOLS:

Measuring cups and spoons, Mixing bowls, Liquid 2-cup measuring cup, Baking sheet, Oven mitt, Cooling rack, **Handstand Kitchen® Intro to Baking set:** Silicone baking cups, Whisk, Mixing spoon, Pastry brush

INSTRUCTIONS:

1. Preheat oven to 350° F.
2. Grease silicone baking cups with canola oil.
3. In medium bowl, combine chorizo mixture, beans, red pepper, chilies and cheese.
4. In large bowl, whisk together eggs, cream, sour cream, salt, pepper and garlic powder; pour into liquid measuring cup.
5. Place 2 tablespoons chorizo mixture into each baking cup; pour egg mixture to fill each 3/4 full.
6. Place on baking sheet and bake 25 to 30 minutes, or until centers are set and toothpick inserted in center comes out clean.
7. Place on cooling rack for 5 minutes; serve with fresh avocado.

Veggie option: omit chorizo, prepare as directed.

Nutty No Bake Cereal Bars

MAKES 9 BARS (3 MINI LOAF PANS)

Nutty No Bake Cereal Bars

INGREDIENTS:

1 tablespoon canola oil, 3 tablespoons butter, 1 (10 oz.) package marshmallows, 1 teaspoon vanilla extract, 3 cups crispy rice cereal, 3 cups rice squares cereal, 2/3 cup mini pretzel twists, crushed, 6 tablespoons roasted salted peanuts, 1 (10 oz.) package peanut butter chips, 1 tablespoon coconut oil, 9 whole pretzel twists

TOOLS:

Large pot, Measuring cups and spoons, Mixing bowl, Microwave safe bowl, **Handstand Kitchen® Intro to Baking set:** Silicone mini loaf pan, Pastry brush, Spatula, Mixing spoon

INSTRUCTIONS:

1. Grease silicone loaf pan with canola oil.
2. In large pot over medium heat, melt butter.
3. Add marshmallows, stirring constantly until melted. Stir in vanilla extract.
4. Remove from heat; fold in cereals.
5. Press cereal mixture into loaf pan.
6. Allow to cool completely. Remove and cut into bars.
7. Combine crushed pretzels and peanuts.
8. Microwave peanut butter chips with coconut oil for 1 minute; stir well (add another 15 seconds if needed, just until chips are melted).
9. Dip tops of cereal bars in peanut butter mixture and immediately sprinkle with pretzel mixture. Stand one whole pretzel twist on top of each bar. Allow bars to set.

Nut free option: substitute chocolate chips for peanut butter chips; use crushed pretzels for topping.



Carrot Cake

INGREDIENTS:
 1 tablespoon canola oil, 2 1/2 cups plus 1 tablespoon all-purpose flour (divided for use), 2 teaspoons ground cinnamon, 2 teaspoons baking soda, 1 1/2 teaspoons salt, 1 cup chopped walnuts, 1 cup raisins (optional), 1/2 cup finely chopped fresh pineapple, 16 oz. carrots, finely grated, 2 cups granulated sugar, 1 1/3 cups vegetable oil, 3 large eggs, 1 teaspoon vanilla extract

TOOLS:
 Electric stand or hand mixer, Mixing bowls, Measuring cups and spoons, Baking sheet, Cooling rack, Oven mitt,
Handstand Kitchen® Intro to Baking set:
 Pastry brush, Whisk, Mixing spoon, Spatula, Silicone mini loaf pan

INSTRUCTIONS:
 1. Preheat oven to 350°F.
 2. Grease silicone loaf pan with canola oil.
 3. In mixing bowl, whisk together 2 1/2 cups flour, cinnamon, baking soda and salt.
 4. In second bowl, toss walnuts and raisins with 1 tablespoon flour; stir in pineapple and carrots.
 5. In large mixing bowl with electric mixer on medium, beat together sugar and oil.
 6. Add in eggs, one at a time, beating until light and fluffy; mix in vanilla extract.
 7. Add carrot mixture, mixing well.
 8. Pour into mini loaf pan, filling 2/3 full.
 9. Place loaf pan on baking sheet; bake 25 to 30 minutes, until toothpick inserted in center comes out clean.
 10. Cool in pan completely on cooling rack.
 11. Remove from pan; top with **Cream Cheese Frosting** (see recipe, included).



Cream Cheese Frosting

INGREDIENTS:
 12 oz. cream cheese, room temperature
 1 cup unsalted butter, softened
 1 teaspoon vanilla extract
 16 oz. confectioners' sugar

TOOLS:
 Electric stand or hand mixer, Mixing bowl, Measuring cups and spoons,
Handstand Kitchen® Intro to Baking set:
 Mixing spoon, Spatula

INSTRUCTIONS:
 1. In a large bowl with an electric mixer on medium, combine cream cheese and butter until smooth and creamy, about one minute.
 2. With mixer on low, add vanilla extract and sugar; increase speed to medium and mix well until fluffy.
 Use to frost **Carrot Cake** (see recipe, included) or your favorite cake.



Candy Brownies

INGREDIENTS:
 1 tablespoon canola oil, 1/2 cup semi-sweet chocolate chips, 1/2 cup unsalted butter, softened, 3 large eggs, 1 1/2 cups granulated sugar, 1/4 cup unsweetened cocoa powder, 1/4 teaspoon salt, 1/2 cup all-purpose flour, Colored mini chocolate candies

TOOLS:
 Measuring cups and spoons, Baking sheet, Microwave safe bowl, Mixing bowls, Electric stand or hand mixer, Cooling rack, Oven mitt,
Handstand Kitchen® Intro to Baking set: Pastry brush, Mixing spoon, Spatula, Silicone mini loaf pan, Whisk

INSTRUCTIONS:
 1. Preheat oven to 325° F.
 2. Grease silicone loaf pan with canola oil.
 3. Microwave chocolate chips in microwave safe bowl for 30 seconds at a time, stirring each time, until just melted.
 4. In large mixing bowl with electric mixer on medium, combine butter and melted chocolate. In small bowl, whisk together the eggs. Slowly add sugar, eggs, cocoa powder and salt to chocolate mixture.
 5. With mixer on low, add in flour, mixing well.
 6. Pour 1/3 of batter into loaf pan and place on baking sheet; bake 11 to 13 minutes. (Brownies should be starting to get done on edges only).
 7. Remove from oven; sprinkle colored candies evenly across top.
 8. Return to oven; continue baking for 11 to 13 minutes, or until toothpick inserted two inches from side of pan comes out almost clean.
 9. Place on cooling rack; cool completely before cutting.

