



50

SILICONE PAN
RECIPES & COOKING GUIDE



Baking & Beyond™



50 FUN, EASY, AND DELICIOUS MUFFIN PAN RECIPES
EXPERIENCE THE DIFFERENCE

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INTRODUCTION

There are a lot of things that you can do with a silicone pan, from muffins to cupcakes and so much more. There are so many recipes that will interest you as they are healthy and fun to prepare. Food should never become a boring routine no matter how streamlined or regimented your diet might be; rather, one needs to get creative and innovative with cooking so that it becomes an activity to look forward to.



That is why we have decided to introduce our superior and top of the line baking pan set to our customers. There are so many innovative and new recipes you can make in these pans that you could never think about using in a standard metal pan. First we would like to explain a little about silicone kitchenware and then you can move on to the 50 recipes. We want our customers to really experience the satisfaction and joy of baking all these delicious recipes in the comfort of their own home. You will be amazed at how effortless these recipes are to create. Also please enjoy the non stick effects because clean up is a breeze!

SILICONE PANS

Silicone products in the kitchen intrigue me. I have a nice little collection of silicone items: pots and pans with silicone-coated handles, a silicone spatula, a silicone lid for capping bowls or lid-less pans, baking mat -- like parchment paper for baking or lining pans, hot pads, and silicone cookware. And I love them all. I like them enough I've recently added a silicone bottle -- for traveling with liquids -- to my silicone rubber collection.

Commonly I hear people express concern about silicone. They figure they'll learn about the health or environmental problems associated with using silicone. But those very people use non-stick (like Teflon) kitchenware, and that has reports of health and environmental issues. So, I made that question part of my research.

I found lots of evidence of silicone being safe to use. At least the Dow/Corning manufacturing approach is designed to be sustainable too, focusing on the environment, health, and safety/security issues. It's recyclable, though not biodegradable, and it doesn't off gas over its lifetime or while in use.

Silicone is made of polymers of silicon, carbon, hydrogen, oxygen, and sometimes other chemical elements (as in those found on the element chart). Those are all natural ingredients, not man-made chemicals; a plus in my mind. It has low chemical reactivity, repels water, and is resistant to ozone, oxygen, and UV light. Furthermore, it doesn't support microbiological growth, and has low toxicity (does that sound like a hedged bet, or careful marketing, to you?). I'm comfortable with the material, given my research.

But, back to my cooking focus. Here are just some of the benefits I've found in using silicone in the kitchen:

- dishwasher safe, unlike some metal and all wooden items
- insulates my hand from heat conduction on pots and pans
- no more melted spatulas because of high cooking heats, like with candy
- more resistant to food stains, like tomato sauces
- long lived, unlike wood and rubber utensils
- it keeps its "new" look much longer
- no more shattering/breaking because of dropping it or adding cold water to a hot pan

- I don't have to grease my baking pans, saving prep time
- easy clean up
- it doesn't take on odors or flavors of food, unlike plastic bowls I've used in the past
- non-stick, so no need for non-stick pans, which I got rid of years ago anyway

Heck, now that I've done this research to share with you about the benefits of silicone bakeware, I think it's time to expand my collection of silicone -- for travel and cookware items. My list of goodies to pursue:

- mixing bowls, aka pinch bowls
- silicone bundt pans and cake pans
- silicone cooking tongs

I have a ball whisk that my friend Brita brought me from Germany, and I love it. I see there is a silicone ball whisk available too, but would like to see it to understand if it's as good as my all-metal German brand before adding that to my collection.

Silicone rubber products seem like safe and environmentally friendly items to use in your life, starting in your kitchen.

THE ADVANTAGES OF SILICONE BAKEWARE

If you are a home baker and haven't explored all the advantages that Silicone pans have to offer, you are missing out on some wonderful tools that will improve your experience in the kitchen. Many people have already discovered what non-stick silicone can do for your baking and convenience in the kitchen.

It can be difficult for someone who has been baking for years with metal pans and glass bakeware to put those aside for the lightweight and colorful Silicone pan products, but these pieces are a technological advancement in cooking and baking that are designed to make everyone's life easier.

Silicone is very lightweight, which allows you to easily carry it with you when you want to do some baking outside of your own kitchen. Bring your tools with you when you plan to do some baking with friends or family and not worry about the difficulty of carrying your best pans and bakeware.

The pieces are also very flexible, which helps you pack them up or store them in a tight or cramped place in your kitchen. Packing up your silicone bakeware is also much easier than rigid metal or glass.

The pieces are non-stick and come in a variety of bright colors. They are durable and won't break, chip or dent when used. Toss the pieces in a cabinet without worrying that the Silicone pans will become damaged.

One of the main benefits of silicone bakeware for a serious baker is the even distribution of heat that the pieces have during baking. This means that your baked goods will not have uncooked spots or areas that become burned during the baking process.

Silicone bakeware cleans up easily and will never rust or stain. The pieces will remain vibrant and attractive for as long as you own them. That is why many silicone bakeware manufacturers offer a warranty with their products unlike metal or glass bakeware. These pieces are guaranteed to last as long as you need them.

Bake in your non-stick silicone bakeware and refrigerate or freeze the items right in the pan. You won't have to transfer your baked goods to another container to store in the freezer or refrigerator.

Non-stick bakeware does not have to be greased or floured to prevent baked goods from sticking. This saves you the extra calories you will have when you use shortening or butter on other bakeware pans.

USES FOR SILICONE PANS

Silicone pans are ingenious. It puts nearly all other bakeware to shame. You can bake just about anything and it will cook through perfectly, never stick, and be easy to remove. Of course, it will make delicious food! What can you use silicone bakeware for?

First, there is the silicone sheet. This can be used to line a cookie sheet and makes baking cookies ten times easier and better. You just put the cookie dough right on top, bake, and they slide right off. No more burnt edges that stick to the pan. You get perfect cookies every time, as long as you don't leave them in too long, of course.

You can also use them to bake cakes. You can get a square pan, round pan, or even cupcakes. They have a cupcake sheet pan or you can get individual cupcake wraps. You don't even have to remove them if you don't want. Just bake the cupcakes in the little cups, let them bake, ice them, and serve them. It will be super easy for everyone to remove them when ready. Or you could remove them yourself.

They also make silicone loaf pans, bunt cake pans, or cake pans of all shapes such as hearts, etc. Just about anything you can find as a metal cake pan, you can find in this amazing material. You could also get a rubber scraper made of silicone that makes getting every last bit of batter easy as ever.

EASY CLEANUP AND STORAGE WITH SILICONE PANS

If you have spent hours scrubbing your pans to remove baked on foods and stains, then you know how important the easy cleanup feature is with silicone bakeware. Cooks and bakers know that one of the least enjoyable aspects of baking and cooking is the cleanup. When foods stick to your metal pans, it can sometimes take a stick of dynamite to get the particles off the pan. With silicone bakeware, you never have to worry about that again.

Silicone pans has a nonstick surface that allows you to twist and slide your food items out without leaving behind a sticky mess. The materials are a technological wonder and advancement in bakeware and cooking surfaces. The surface allows you to cook without adding butter or grease to the surface, which is a great calorie and fat saver. Greasing pans can be very messy and adds an extra step to your baking.

Cleaning up is easy with the nonstick surface of silicone bakeware. The pieces will never rust or stain, which makes the pans much more durable than metal and glass baking pans. Wipe down your nonstick silicone bakeware without scrubbing. This cuts your cleanup time in half. Won't that make baking and cooking much more enjoyable?

Storage is a breeze with silicone bakeware. Unlike rigid metal and glass pans, the silicone pans can be bent and folded for storage to cut down on the space that you use to store your pans and bakeware. Instead of stacking your items in several cupboards in the kitchen, you can cram them into half the space and leave your cupboards free for other items. The flexibility of the bakeware is what makes them such a space saver in the kitchen.

Silicone pans are oven safe, dish washer safe and can be stored in the refrigerator or freezer. Take the item out of the oven allow it to cool and store it in the freezer right in the same pan. You won't have to find special storage containers for the freezer for your baked goods. Bake your holiday items in advance and store them away in the freezer until the holiday. This makes cooking in advance a much easier process. For those with time constraints, cooking in advance and storing your meals in the freezer is a great advantage.

HOW TO SUCCESSFULLY BAKE WITH SILICONE BAKEWARE

Many home chefs' have not embraced this newest line of bakeware products, some of us have been slightly cautious to let go of our traditional metal and glass baking pans that have stood the test of time, long enough to even test out a silicone pan.

The bright colors attract our attention, their general construction that raises a few skeptic bakers' eyebrows. However, manufacturers have been vary quick to open our eyes of folding pans and overflowing batter, by designing optional or companion racks or 'sleds' that provide the much-needed stability especially for the larger pans.

If you haven't yet tried one of these, you may be pleasantly surprised, I was. I started out slowly at first with a muffin pan which were very economical no big risk, and these quickly captured this baker's heart.

Goodbye medal bakeware -hello silicone bakeware. They can take the heat and they can take the fridged cold in a freezer. After a year and considerable mileage they still look like new.

Silicone pans are made of FDA-approved food grade silicone and should denote this on the packaging label. Each piece of silicone has its own limitation as to manufacturer recommended maximum oven temperature, and this is usually stamped on the product.



PREMIUM
QUALITY



-140° TO +450°F



OVEN SAFE



EASY TO CLEAN



NON-STICK



**HEAVY DUTY
240G**

RECIPES



Baking & Beyond

BREAKFAST

MINI FRITTATA'S

Ingredients

- 6 large eggs
- 1 diced tomato small or medium size
- 1 teaspoon garlic powder
- 1 teaspoon pepper
- 1/2 diced onion
- 1/4 cup Parmesan cheese
- 1/2 cup water
- 1 chopped zucchini



Nutritional information

Calories	Total Fat	Total Carbohydrates	Protein
324	23g	8g	25g

Preparation

Step 1

Preheat oven to about 400°F.

Step 2

Put the Parmesan cheese, garlic powder, pepper, and egg into big bowl and whisk everything together.

Step 3

Put the zucchini, water and onion in another bowl and microwave using high heat for about two minutes and then drain off the water.

Step 4

Combine the tomato, the zucchini and the onion with the egg mixture and stir carefully.

Step 5

Spray your 12 inch muffin pan with spray

Step 6

Scoop the mixture into the cups of the pan, until each cup is about three-quarter full.

Step 7

Put in the oven and bake for about 15 to 18 minutes.

MUFFIN TIN POP UP PANCAKES

Ingredients

- 6 eggs
- 1 cup milk
- A dash of salt
- 1 cup flour
- ¼ cup melted butter



Nutritional information

Calories	Total Fat	Total Carbohydrates	Protein
80	2g	15g	2g

Preparation

Step 1

Grease or spray your 12 inch pans with oil; then preheat oven to about 400°F

Step 2

Mix all the ingredients together in a blender so that the resulting mixture is very smooth.

Step 3

Pour the batter into the greased muffin pan

Step 4

Put in the oven and bake for 15 - 20 minutes.

Step 5

Slowly pop them out of the pan and allow them to cool for the addition of toppings.

PARMESAN HASH BROWN CUPS



Ingredients

- 20oz Shredded Hash Browns defrosted
- 3 chopped green onions
- 2 tablespoon of olive oil
- 1/2 cup grated Parmesan cheese
- 1 teaspoon kosher salt
- ½ teaspoon black pepper

Nutritional information

Calories	Total Fat	Total Carbohydrates	Protein
97	4g	7g	7g

Preparation

Step 1

Use cooking spray to coat your 12 cup pan and set aside.

Step 2

Mix salt, pepper, cheese, potatoes and onions inside a large bowl and then toss gently with a fork.

Step 3

Spray olive oil on the mixture and toss again with a fork until the ingredients are well mixed.

Step 4

Use a spoon to evenly distribute the batter into twelve muffin cups.

Step 5

Bake for 45 minutes in an oven that has been preheated to 400°F.

Step 6

Allow to cool for 5-7 minutes, and then use a spatula to check around the edge of each cup to be sure the edges are free which will make for easy removal.

Step 7

Gently lift each muffin cup out, invert it, and place on a serving plate with the bottom side up.

JAVA CHOCOLATE SMOOTHIE CUPS



Ingredients

- 1 banana
- 1/2 cup chocolate hemp protein
- 3 cups cooled strongly brewed coffee
- 1/2 cup almonds
- 1/3 cup chopped pitted dried dates
- 1 teaspoon cinnamon
- 2 teaspoon vanilla extract

Nutritional information

Calories	Total Fat	Total Carbohydrates	Protein
320	5g	53g	20g

Preparation

Step 1

Place all the ingredients in a blender and blend for 1-2 minutes.

Step 2

Divide the mixture among the 12 muffin cup pan. Put the cups in the freezer and freeze until they get solid.

Step 3

Unmold the coffee cups and use a zip-lock bag to store them in the freezer.

Note: To make a smoothie out of the chocolate cups, just put some of the frozen coffee cups in a blender together with $\frac{1}{2}$ a cup of water and a cup of milk and blend everything until the mixture is totally smooth.

GRANOLA CUPS



Ingredients

- 1 1/4 cups quick-cook rolled oats
- 1/3 cup wheat germ
- 1/2 cup chopped almonds
- 1/3 cup hemp hearts
- 1/2 cup dried cranberries
- 1/2 cup chopped dried apricots
- 1 teaspoon lemon zest
- 1/3 teaspoon cinnamon
- 1/4 teaspoon allspice
- 1/2 teaspoon salt
- 1 large egg
- 1/2 cup honey
- 1/4 cup melted coconut oil
- 1 cup plain yogurt
- 2 teaspoons vanilla extract

Nutritional information

Calories	Total Fat	Total Carbohydrates	Protein
262	10g	38g	12g

Preparation

Step 1

Preheat your oven to about 400°F.

Step 2

In a big bowl, mix the dry ingredients of cranberries, cinnamon, almonds, oats, lemon zest, wheat germ, apricots, hemp seeds, allspice, and salt together.

Step 3

Get another bowl, gently beat the egg in it and then stir in oil and honey.

Step 4

Combine the wet and dry ingredients together and mix well until the whole mixture becomes moist.

Step 5

Distribute the mixture evenly among 12 or 24 greased muffin cups.

Step 6

Get your fingers moist and use them to press into the center of each muffin cup before taking it to the edges to form a granola bowl.

Step 7

Bake for about 20-25 minutes. Allow to cool for 5 minutes before unmolding.

Step 8

In a bowl, mix the yogurt and vanilla extract. Then add this to the granola bowls when you are ready to serve.

GREEN SMOOTHIE CUPS



Ingredients

- 1 cup water
- 1 avocado
- 5 or 6 large kale leaves
- 2 chopped celery stalks
- 1/2 cup flat-leaf parsley
- 1 large banana
- 3 tablespoon ground flaxseed
- 2 tablespoon honey
- Squeeze of lemon juice

Nutritional information

Calories	Total Fat	Total Carbohydrates	Protein
243	2g	4g	7g

Preparation

Step 1

Put all the ingredients in a blender and blend until it becomes very smooth.

Step 2

Distribute the mixture into your 12 cup muffin pan.

Step 3

Put the muffin cups containing the mixture in the freezer and freeze until it turns solid. This should not take more than four hours.

Step 4

Unmold the smoothie cups, place them in an airtight container, and keep in the freezer until you're ready to use them.

Step 5

To make the smoothie, take two green smoothie cups and put in the blender together with 1 cup water or coconut water and blend until smooth. Then serve and drink.

SNICKERDOODLE MUFFINS

Ingredients

- 2 ½ cups flour
- 3 large eggs
- 1 cup sour cream
- 1 teaspoon vanilla
- 1 teaspoon tsp baking powder
- 1 ½ teaspoon cinnamon
- 1/2 teaspoon salt
- 1 cup sugar
- 1 ½ sticks softened butter
- 1 tablespoon cinnamon
- 1 cup chopped pecans
- 1 teaspoon salt



Nutritional information

Calories	Total Fat	Total Carbohydrates	Protein
266	99g	18g	2g

Preparation

Make cinnamon crumble:

Step 1

Mix sugar, pecans and 1 tsp cinnamon together in a bowl and then mash in a ½ stick of softened butter. This should be done thoroughly to get the required texture.

Step 2

Preheat your oven to 350°F

Step 3

Spray your pan with cooking spray.

Step 4

Get a bowl; mix the flour, baking powder, salt, baking soda, and the remaining 1/2tsp of cinnamon together in the bowl.

Step 5

In another bowl, whisk the eggs, 1 cup melted butter, vanilla, sugar, and sour cream together.

Step 6

Combine the dry and wet ingredients together by folding the wet into the dry.

Step 7

Add ½ cup cinnamon crumble into the batter

Step 8

Distribute the mixture among 12 muffin cups or 24 mini cups and use the remaining cinnamon crumble as topping.

Step 9

Bake for about 20 minutes.

GINGERBREAD MUFFINS



Ingredients

- 2 cups flour
- 2 large eggs
- 1 tablespoon ground ginger
- 1 teaspoon baking soda
- 2 tablespoon cocoa powder
- ½ cup sugar
- ¼ cup milk
- ½ cup molasses
- ½ teaspoon salt
- 1 stick melted butter

Nutritional information

Calories	Total Fat	Total Carbohydrates	Protein
190	3g	14g	1g

Preparation

Step 1

Preheat your oven to 350°F

Step 2

Spray your pan with cooking spray

Step 3

Get a large bowl and mix the flour, cocoa powder, ground ginger, baking soda and salt together.

Step 4

In another bowl, whisk together eggs, melted butter, sugar, molasses, and milk.

Step 5

Combine the liquid and flour mixture and prepare for baking.

Step 6

Divide the mixture among 12 muffin cups and bake for about 20-25 minutes.

BANANA NUT MUFFINS

Ingredients

- ½ cup chopped nuts
- 1/2 teaspoon salt
- 1/4 teaspoon baking soda
- 1 cup mashed banana
- ½ cup brown sugar
- 2 cups flour
- 1 teaspoon baking powder
- 2 large eggs
- 1/2 cup melted butter



Nutritional information

Calories	Total Fat	Total Carbohydrates	Protein
208	12g	24g	3g

Preparation

Step 1

Preheat your oven to 350°F

Step 2

Spray your silicone pan with cooking spray

Step 3

Mix the flour, chopped nuts, baking powder, salt and baking soda together until you have a firm mixture.

Step 4

Whisk the eggs, melted butter, brown sugar, mashed banana in a different bowl.

Step 5

Combine both the wet and dry ingredients together and then distribute evenly into twelve muffin cups

Step 6

Bake 35-40 minutes.

DOUBLE CHOCOLATE CHIP MUFFINS

Ingredients

- 1 cup all-purpose flour
- ½ cup whole wheat flour
- 3 tablespoons best-quality unsweetened cocoa
- ¾ cup brown sugar
- ½ teaspoon kosher salt
- 1½ teaspoons baking powder
- ½ teaspoon baking soda
- ⅓ cup vegetable oil or coconut oil
- 1 large egg
- ½ cup reduced fat (2 %) milk
- 2 teaspoon vanilla extract
- ¾ cup Greek Yogurt
- ½ cup mini chocolate chips



Nutritional information

Calories	Total Fat	Total Carbohydrates	Protein
220	9g	32g	7g

Preparation

1. Heat oven to 400 degrees F. Grease 9 muffin cups with cooking spray.
2. Combine flours, cocoa, sugar, salt, baking powder, and baking soda in a large bowl and mix gently with a whisk. Whisk at least 10 times to make sure everything has mixed well. Set aside.
3. In a mixing bowl, whisk oil, egg, milk, vanilla and yogurt until combined.
4. Pour wet mixture into flour mixture then use a fork to combine. Do not over mix. Add chocolate chips and use a spatula or spoon to gently fold the chocolate into the muffin batter.

5. Divide batter between 9 muffin cups.

6. Bake muffins 15 to 20 minutes or until tops are no longer wet and a toothpick inserted into the middle of a muffin comes out clean. Transfer muffins to a cooling rack and cool completely.

BACON AND EGG MUFFINS



Ingredients

- 12 slices bacon
- 6 medium eggs
- 3 slices bread (any kind)
- ½ cup sauteed mushrooms -OR- 6 slices tomato (thin slices)
- salt & pepper
- thyme, oregano or parsley (optional)

Nutritional information

Calories	Total Fat	Total Carbohydrates	Protein
134	9g	15g	10g

Preparation

Step 1

Spray 6 muffin cups.

Step 2

Partially cook bacon—it should NOT be cooked to crisp. This will just render a lot of the fat out of it. The bacon should be pliable. Drain on paper towels and cool slightly.

Step 3

Using a cookie cutter or a glass, cut circles roughly the size of the base of the muffin cup.

Step 4

If you choose to use mushrooms, drain all but 1 tbs of the bacon fat out of the frying pan. Saute mushrooms for about 5 minutes over medium heat. Set aside.

Step 5

Preheat oven to 400 degrees F.

Step 6

Place a bread circle at the bottom of each muffin cup. Now fit 2 slices of bacon loosely around the sides in each cup, overlapping as necessary, lining the sides of the muffin cup, forming a bacon “cup”.

Step 7

Place about 1 tbs of the mushrooms on top of the bread circle -OR- place sliced tomato on top of the bread circle.

Step 8

Finally, break egg and add to the bacon-lined cup on top of the mushrooms/tomato. Sprinkle top of each egg with salt, pepper, and a pinch of any of the herbs (or a combo of all of them) on top of each egg.

Step 9

Bake at 400 degrees F for 15-20 minutes, or until bacon is cooked to crisp—don't overcook or the bacon will burn!

MAPLE BACON CUPCAKES

Ingredients

- 2 1/2 cups plus 3 tablespoons all-purpose flour
- 1 cup maple sugar (or 1 cup granulated sugar in place of maple sugar)
- 1 1/8 cup granulated sugar
- 1/2 teaspoon baking soda
- 1 1/2 teaspoons baking powder
- 1 teaspoon salt
- 2/3 cup shortening, packed
- 1/4 cup unsalted butter, at room temperature
- 1 cup full-fat sour cream
- 1/2 cup milk (I used half & half)
- 3 large eggs
- 3 1/2 teaspoons imitation maple extract/flavoring
- 2 teaspoons vanilla extract
- 1/2 tablespoon pure maple syrup



For the Maple Frosting

- 18 tablespoons (that's 1 cup plus 2 tablespoons) unsalted butter, at room temperature
- 5 cups powdered confectioners' sugar
- 2 teaspoons imitation maple extract flavoring
- 1/2 teaspoon salt
- 12 ounces cream cheese, soft
- 1 cup shortening, packed

- ⦿ 2 pounds bacon, finely chopped
- ⦿ maple syrup, to garnish

Nutritional information

Calories	Total Fat	Total Carbohydrates	Protein
239	12g	28g	4g

Preparation

1. Preheat oven to 325 degrees F. **Spray** a muffin pan, set aside.
2. In a bowl fit with paddle attachment, whisk together flour, sugars, baking soda, baking powder, and salt.
3. With the mixer on low, slowly beat in chunks of shortening and butter. Turn mixer to medium and beat until mixture has small crumbs.
4. In a medium bowl, whisk together sour cream, milk, eggs, maple flavoring, vanilla extract, and maple syrup.
5. With the mixer on low, slowly pour mixture into dry ingredients. Turn mixer to medium and beat until incorporated; about 1 minute. Whip down sides of bowl with a spatula and stir to mix.
6. Spoon 2 1/2 tablespoons cake batter into each cupcake. Bake in oven for 27 minutes or until a toothpick inserted in the center comes out clean. Allow cupcakes to cool.

To make the frosting

1. Meanwhile, make the frosting. In a bowl fit with a mixer, beat butter, powdered confectioner's sugar, salt, and maple flavoring. Once smooth, turn mixer up to medium and beat in chunks of cream cheese and shortening. Mix frosting until smooth.
2. Fill pastry bag with a cupcake tip and frost each cupcake. Frosting may need to be chilled in pastry bag first.
3. To make bacon, cook according to package directions or to make in the oven heat to 400F. Line two rimmed baking sheets with parchment paper and spread bacon

evenly on sheets without them touching. Bake for about 20 minutes or until bacon is golden brown. Transfer bacon to paper towel then finely chop.

4. Add chopped bacon to the top of the cupcakes. Drizzle maple syrup over each cupcake if desired.

5. Cupcakes need to be chilled until 30 minutes before serving.

QUINOA SPINACH CAKES

Ingredients

- ½ cup quinoa
- 4 eggs
- 3 ounces stemmed and chopped spinach
- 1 leek, white and some of the green part, thinly sliced
- 2 tablespoons fresh oregano
- 5 ounces packaged soft goat cheese
- Salt and pepper to taste



Nutritional information

Calories	Total Fat	Total Carbohydrates	Protein
106	15g	7g	3g

Preparation

Step 1

In a small saucepan, combine quinoa with 1 cup of water; cover, and boil.

Step 2

Reduce the heat and simmer until all the water is absorbed.

Step 3

This is where you preheat oven to about 350°F.

Step 4

In a large bowl, lightly beat eggs and then mix in spinach, leek, oregano, goat cheese, salt and pepper.

Step 5

Add the cooked quinoa and distribute mixture among ten greased muffin cups

Step 6

Bake for 15- 20 minutes, and be watchful so that the spinach and leeks on top don't burn.

APPETIZERS

SWEET BUTTER MINI BISQUITS

Ingredients

- 2 cups flour
- 1 teaspoon baking powder
- 1/2 teaspoon salt
- 1/3 cup milk
- 1 teaspoon vanilla
- 1 1/2 sticks softened butter
- 2 eggs
- 2/3 cup sugar



Nutritional information

Calories	Total Fat	Total Carbohydrates	Protein
179	3.5g	30g	6g

Preparation

Step 1

Preheat oven to 350°F and use nonstick spray to spray a 12 cup muffin pan.

Step 2

In a large bowl, mix the flour, baking powder and teaspoon salt.

Step 3

Beat the softened butter and sugar until the mixture gets fluffy; then add the eggs and vanilla and keep beating.

Step 4

Gradually add the flour mixture and milk in alternating batches to the egg mixture and beat.

Step 5

Distribute among muffin cups and bake for about 25 to 30 minutes.

MINI CORN DOGS



Ingredients

- 3-4 hot dogs
- 1/3 cup milk
- One large egg
- One box of Jiffy Corn Muffin Mix

Nutritional information

Calories	Total Fat	Total Carbohydrates	Protein
50	2g	6g	2g

Preparation

Step 1

Preheat your oven to about 400°F.

Step 2

Spray 12 cup pan with nonstick cooking spray.

Step 3

Mix the milk, eggs, and Jiffy Corn Muffin Mix together in a bowl.

Step 4

Scoop the mixture into each cup until it is about two thirds of the way full.

Step 5

Cut the hot dogs to the height of each cup of the pan so that they fit in well.

Step 6

Put each of the hot dogs right in the middle of the corn muffin batter.

Step 7

Bake for about 20-25 minutes until your muffins are golden brown.

MUFFIN PAN TOMATO TARTS

Ingredients

- ⦿ One pack frozen puff pastry sheets partially thawed
- ⦿ 1/2 cup mayonnaise
- ⦿ 2 teaspoons kosher salt
- ⦿ 1 teaspoon black pepper
- ⦿ 10 ounces sharp finely shredded Cheddar cheese
- ⦿ 11 ounces multicolored cherry tomatoes
- ⦿ 2 tablespoons torn fresh basil



Nutritional information

Calories	Total Fat	Total Carbohydrates	Protein
70	5g	5g	1g

Preparation

Step 1

Preheat oven to 400°F and carefully unfold both pastry sheets.

Step 2

Spread the mayonnaise on each pastry sheet; sprinkle each with 1 teaspoon of salt and ½ teaspoon of pepper.

Step 3

Cut each pastry sheet into 9 (3-inch) squares. Gently press the squares into two lightly sprayed muffin pans.

Step 4

Divide the cheese and tomatoes among tarts.

Step 5

Bake for about 25 minutes until pastry is golden brown.

Step 6

Allow to cool in pans on a wire rack for 5 minutes and top with fresh basil before serving.

CROUTON CUPS WITH CAESAR SALAD

Ingredients

- 12 very thin slices firm white bread
- 3 tablespoons of unsalted melted butter
- 2 teaspoons of garlic powder
- 1 tablespoon of dried thyme
- 1 tablespoon of dried parsley leaves
- Freshly cracked black pepper
- 3 cups of diced chilled Romaine lettuce
- ¼ cup chilled Caesar salad dressing
- ¼ cup grated Parmesan cheese



Nutritional information

Calories	Total Fat	Total Carbohydrates	Protein
130	10g	8g	3g

Preparation

Step 1

Preheat your oven to 350° F

Step 2

Cut the bread slices into 4 inch squares and remove crusts; use butter to brush both sides of the bread squares gently.

Step 3

Combine the garlic with thyme, parsley leaves, and black pepper, then spray over the two sides of the bread squares.

Step 4

Press one bread slice into each cup in a twelve-cup muffin pan, so there is a slight overlapping of the slices.

Step 5

Bake for 15 to 20 minutes, until the color turns light brown and the texture becomes crisp; ensure to monitor closely so that it doesn't burn. Remove from oven and let cool.

Step 6

Remove from the oven and allow to cool for 10 minutes. Afterwards, mix the lettuce with Caesar salad dressing and scoop into bread cups.

Step 7

Sprinkle Parmesan cheese on top and serve..

KALE RICOTTA CAKES

Ingredients

- 1 diced medium-sized onion
- 1 tablespoon dried oregano
- ½ teaspoon nutmeg
- 4 cups kale with the stems removed and chopped
- 3 large eggs
- Salt and pepper to taste
- 2 minced garlic cloves
- 16 ounces ricotta cheese
- 1 cup sliced cherry tomatoes which is optional



Nutrient information

Calories	Total Fat	Total Carbohydrates	Protein
165	7g	20g	3g

Preparation

Step 1

Preheated your oven to 400°F.

Step 2

Heat 1 tablespoon oil in a skillet over medium heat.

Step 3

Add onions and sauté for five minutes.

Step 4

Add kale and garlic and continue cooking for about 3 to 5 minutes.

Step 5

In a large bowl, whisk together the eggs, nutmeg, salt, pepper, ricotta, and oregano. Add the cherry tomatoes and the kale mixture and stir very well.

Step 6

Distribute the mixture within 12 muffin cups and bake for 30 minutes. Allow to cool for 5 minutes before unmolding.

PEPPERONI BALLS

Ingredients

- ⦿ 1 pound pizza dough, store bought or homemade
- ⦿ Mozzarella cheese, shredded (about 1 cup)
- ⦿ 24 pepperoni slices, quartered
- ⦿ 6 tablespoons unsalted butter
- ⦿ 3 cloves garlic, minced
- ⦿ 1/4 teaspoon dried basil
- ⦿ 1/4 teaspoon dried oregano
- ⦿ 1/2 teaspoon dried parsley
- ⦿ Pinch of salt
- ⦿ 4 tablespoons grated Parmesan Romano cheese (in the green can)
- ⦿ Pizza sauce or marinara sauce, for serving



Nutritional information

Calories	Total Fat	Total Carbohydrates	Protein
190	4g	30g	6g

Preparation

Step 1

Preheat oven to 400 degrees F. Grease 12 cup muffin pan with cooking spray and set aside.

Step 2

On a lightly floured surface, roll the pizza dough out into a large rectangle. Use a pizza cutter or sharp knife to cut the pizza dough into 12 equal rectangles. Place about 2 teaspoons of shredded mozzarella cheese on each rectangle. Top with pepperoni pieces.

Step 3

Carefully take the ends of the rectangles and roll them up around the toppings, pinching the ends to make a ball. Place the balls in the prepared pan.

Step 4

In a small saucepan, melt the butter and cook the garlic for 1-2 minutes over medium-low heat. Remove from heat and stir in dried basil, oregano, parsley, and a pinch of salt. Brush the pizza rolls with the garlic butter, reserving half of the mixture for later.

Step 5

Bake for 20 minutes or until the tops are golden. Remove pan from oven and brush with more garlic butter. Sprinkle rolls with Parmesan cheese.

Step 6 Serve the pizza rolls warm with pizza sauce or marinara sauce.

MINI CRAB CAKES



Ingredients

- 1 Large egg
- 1 cup shredded Parmesan cheese divided
- ¼ cup sour cream
- 1 teaspoon orange zest
- ½ teaspoon lemon zest
- ½ cup melted butter
- 8 ounces cream cheese at room temperature
- 4 tablespoons and 4 teaspoons chopped fresh chives divided
- A quarter teaspoon of coarse kosher salt
- 2 cups Panko breadcrumbs
- A pinch of cayenne pepper
- 6 ounces fresh lump crab meat that is picked, patted dry, and coarsely shredded

Nutritional information

Calories	Total Fat	Total Carbohydrates	Protein
36	2g	2g	4g

Preparation

Step 1

Beat the cream cheese in a medium-sized bowl with an electric mixer until it becomes smooth.

Step 2

Add a $\frac{1}{4}$ cup of the Parmesan cheese and the egg; then blend it with the cream cheese.

Step 3

Beat in the citrus zest, sour cream, coarse salt, 4 teaspoons of chopped chives, and cayenne pepper. Afterwards, fold in crabmeat. (steps 1-3 could be executed a day ahead).

Step 4

Spray the 12 cup baking pan with nonstick spray.

Step 5

Make a mixture of the remaining parmesan cheese, the panko, and 4 tablespoons of chopped chives in a bowl.

Step 6

Spray melted butter all over the panko mixture, turning and mixing with a fork until evenly moistened.

Step 7

Press one rounded tablespoon of panko mixture into the bottom of each muffin cup in order to form crust.

Step 8

Scoop 1 tablespoon of crab mixture into each cup and then sprinkle more panko mixture over the mixture in each cup.

Step 9

Put the mixture in an oven that has already been heated to 350 °F and bake for around twenty minutes until the top turns golden.

Step 10

Using a fork, carefully remove each crab cake from the pan and place on a serving platter.

Step 11

After placing them on a serving platter, then sprinkle with the chopped fresh chives.

GLAZED BACON ROLLUPS



Ingredients

- ½ cup Concord grape jelly
- ¾ cup packed brown sugar
- 2 tablespoons Dijon mustard
- 12 slices packaged precooked bacon
- 1 can refrigerated original breadsticks
- 2 tablespoons thinly sliced green onion tops (3 medium)

Nutritional information

Calories	Total Fat	Total Carbohydrates	Protein
229	15g	30g	7g

Preparation

1. Heat oven to 375°F. Lightly spray 12 regular-size muffin cups and top of pan with No-Stick Cooking Spray.
2. In 2-cup microwavable measuring cup, stir jelly, brown sugar and mustard until well blended. Microwave on High 1 minute. Stir until smooth. Microwave 15 seconds longer or until syrupy. Pour into shallow microwavable dish.

3. Unroll dough; carefully separate into breadsticks. Press breadsticks to length of bacon slices. For each rollup, dip 1 bacon slice in syrup mixture, turning to coat both sides; shake off excess. Place on breadstick. Starting at one short end, roll up; place in muffin cup, flat side up. Repeat with remaining breadsticks and bacon slices. If syrup mixture thickens, microwave on High 10 seconds; stir.

4. Bake 15 to 20 minutes or until rollups are puffed and light golden brown. Invert muffin pan onto heatproof platter, allowing syrup to drip down sides of rollups. Sprinkle with sliced green onions. Serve warm.

YEAST ROLLS

Ingredients

- 4 cups all-purpose flour
- ½ cup warm water
- One envelope active dry yeast
- 1 teaspoon granulated sugar
- 1 cup warm milk
- 1/4 cup honey
- 1 large egg
- 4 ounces melted salted butter divided
- 1 teaspoon kosher salt



Nutritional information

Calories	Total Fat	Total Carbohydrates	Protein
110	2g	22g	3g

Preparation

Step 1

In a small bowl combine warm water, yeast, and sugar; let stand until mixture bubbles, which should be about five minutes.

Step 2

Beat warm milk, honey, egg, and ½ cup of the melted butter using a mixer on medium speed until well blended.

Step 3

Add yeast mixture and salt; then beat until combined. With the mixer running, slowly add flour until everything is well combined.

Step 4

Transfer dough into a bowl coated with cooking spray. Cover with plastic wrap, and chill for 8 hours or overnight.

Step 5

Lightly grease 12-cup muffin pan.

Step 6

Place chilled dough on a lightly floured surface; punch down dough into an 8-inch circle. Cut dough into quarters. Cut each quarter into 4 wedges; roll each wedge into an 8-inch-long rope. Starting at end, roll each rope into a spiral shape, and place in the prepared muffin cups. Cover pans with plastic wrap; place in a warm place for 45 minutes and allow it to rise.

Step 7

Preheat oven to 400°F.

Step 8

Brush rolls with two tablespoons of the melted butter; bake in the preheated oven until the dough turns golden brown which should take between 15 and 18 minutes.

Step 9

Cool on a wire rack and brush with the remaining one tablespoon of melted butter.

DINNER

BARBECUE SHRIMP CUPS

Ingredients

- 24 medium sized deveined shrimp
- 2 tablespoons vegetable oil
- 1 bag of coleslaw mix
- 1/3 cup olive oil mayonnaise
- 24 wonton wrappers
- ½ teaspoon garlic powder
- 1 tablespoon and 1 teaspoon BBQ seasoning
- ¼ teaspoon pepper
- Sliced green onions, for topping



Nutritional information

Calories	Total Fat	Total Carbohydrates	Protein
285	19g	4g	27g

Preparation

Step 1

Preheat your oven to 350°F.

Step 2

Use 1 tablespoon of oil to brush the wonton wrappers and place in a mini muffin pan.

Step 3

Put in the oven and bake for 15 minutes, or until they turn golden brown.

Step 4

During the process of baking, sprinkle 1 tablespoon of BBQ seasoning on the shrimp.

Step 5

Combine mayonnaise, garlic powder, coleslaw mix, 1 teaspoon of BBQ seasoning, and pepper until the mixture is well combined.

Step 6

Heat 1 tablespoon of oil in a large skillet over medium heat.

Step 7

Use the heated oil to sauté the shrimp until it is cooked through; then transfer to a plate.

Step 8

Once the wrappers have cooled, fill each with 2 tablespoons of slaw and 1 shrimp. Top with sliced green onions and serve.

MINI FROSTED MEATLOAF



Ingredients

Meatloaf Cupcakes

- 1 lb ground beef
- 1 onion , *grated (brown, white or yellow)*
- 2 small carrots , *grated*
- 2 eggs
- 1/2 cup grated parmesan cheese
- 1/4 cup tomato ketchup (*or tomato sauce*)
- 1 cup panko (*or breadcrumbs*)
- 1 teaspoon garlic powder
- 1 teaspoon dried oregano
- 1 teaspoon dried thyme
- 1 teaspoon salt
- Pepper

Mashed Potato

- 2 large or 3 medium potatoes
- 1 tablespoon butter (*optional*)
- 1/2 - 1 cup milk

Garnish

- Tomato ketchup or sauce
- Parsley , *finely chopped (optional)*

Nutritional information

Calories	Total Fat	Total Carbohydrates	Protein
381	15g	30g	28g

Preparation

Meatloaf Cupcakes

1. Preheat oven to 350F.
2. Spray 8 holes of your muffin pan.
3. Grate the onion and carrot straight into a large bowl.
4. Add remaining meatloaf ingredients and use your hands to mix and combine well.
5. Scoop up 1/2 cup of mince and use your hands to form a rough ball shape. Press into the muffin tin. The surface should be a slight dome shape.
6. Repeat with remaining mince. It should make about 8.
7. Bake for 25- 35 minutes until browned on top. Remove from oven.

Mashed Potato

1. Peel and dice the potato. Steam or boil until soft but not water logged.
2. Drain, then add butter and 1/2 cup of milk. Mash using a potato masher until smooth or to your liking. Add extra milk if you need it. The mash needs to be

creamy but stiff enough to hold its shape when piped or piled onto the Meatloaf Cupcakes.

Assemble

1. Smear a dollop of tomato ketchup on the Meatloaf Cupcakes.
2. Top with mashed potato, either by piping it or just dolloping it on with a spoon.
3. Serve with a sprinkle of parsley, if using.

PARMESAN CHICKEN MINI PIES



Ingredients

- 1 can (8 oz) refrigerated seamless dough sheet or 1 can (8 oz) refrigerated crescent rolls
- 12 frozen popcorn chicken pieces
- 1 ½ cups tomato pasta sauce
- 1 cup shredded Parmesan cheese

Nutritional information

Calories	Total Fat	Total Carbohydrates	Protein
240	11g	21g	12g

Preparation

1. Heat oven to 375F. Grease 12 regular size muffin cups with cooking spray.
2. Remove dough from can; press to 8x18 inch rectangle. Cut dough evenly into 12 squares. Press dough squares into muffin cups.
3. Microwave chicken pieces on microwavable plate 1 minute on High. Place chicken pieces in muffin cups; top each with 2 tablespoons sauce. Sprinkle with cheese. Bake 15 to 18 minutes or until golden brown.

MINI LASAGNAS



Ingredients

- 12 ounces ground turkey or beef
- 1 chopped medium onion
- 1/2 cup chopped mushrooms
- 1/4 teaspoon salt
- 1/4 teaspoon of pepper
- 1 can tomato sauce
- 2 minced garlic cloves
- 2 teaspoons divided dried oregano
- Pinch red pepper flakes
- 1 1/2 cups ricotta cheese
- 1 teaspoon dried basil
- 24 wonton wrappers
- 2 cups shredded mozzarella cheese

Nutritional information

Calories	Total Fat	Total Carbohydrates	Protein
257	14g	12g	18g

Preparation

Step 1

Preheat oven to 375°F and then use a nonstick spray on your twelve-cup muffin pan.

Step 2

Add the ground turkey or beef, onions, mushrooms, salt, and pepper to a large skillet set over medium heat.

Step 3

Break the turkey/beef into small crumbles and cook for about ten minutes just until the turkey/beef has browned.

Step 4

Stir in the garlic and cook for 30 seconds to 1 minute, just until fragrant.

Step 5

Add the tomato sauce, the oregano, and the red pepper flakes. Stir all ingredients together.

Step 6

Gently boil the sauce and then reduce the heat and simmer for 10 minutes. Remove from the heat and set aside.

Step 7

In a medium bowl, stir together the ricotta, the remaining oregano, the basil, and a pinch each of salt and pepper.

Step 8

Press one wonton wrapper into each well of the muffin pan – ensure that you press them into the bottom and sides of the pan.

Step 9

Working with half of the ricotta mixture, divide it among the wells of the pan evenly, pressing the ricotta into an even layer.

Step 10

Using half of the tomato sauce, divide it among the wells of the pan, spreading in an even layer

Step 11

Sprinkle 2 teaspoons of the mozzarella over the top of each mini lasagna.

Step 12

Press a second wonton wrapper onto each mini lasagna then repeat the process of layering using the second half of the ricotta mixture, the remaining half of the tomato sauce and finally two more teaspoons of the mozzarella per cup.

Step 13

Bake the mini lasagnas for 15-20 minutes, just till the cheese is melted and bubbly.

Step 14

Place the muffin pan on a wire rack so that the mini lasagnas can cool for a few minutes before removing them.

CHICKEN POT PIE FILLED WITH PEAS AND CARROTS



Ingredients

Chicken Mixture

- 1 tablespoon vegetable oil
- 1 lb boneless skinless chicken breasts,
- 1 chopped medium onion
- ½ cup chicken broth
- 1 ½ cups frozen peas and carrots
- ½ teaspoon salt
- 1/2 teaspoon pepper
- ½ teaspoon ground thyme
- 1 1/2 cup shredded Cheddar cheese

Baking Mixture

- ½ cup Bisquick mix
- ½ cup milk
- 2 eggs

Nutritional information

Calories	Total Fat	Total Carbohydrates	Protein
290	15g	12g	26g

Preparation

Step 1

Preheated Your oven to 375°F and spray your twelve muffin cups with cooking spray.

Step 2

Heat oil in a ten-inch nonstick skillet over medium-high heat.

Step 3

Cook chicken in the oil for five to seven minutes, while ensuring to stir intermittently until the chicken is no longer pink in center.

Step 4

Add onion and chicken broth; heat until it's simmering.

Step 5

Add frozen vegetables and seasonings; heat until hot, stirring occasionally until all the liquid is virtually absorbed.

Step 6

Allow to cool for 5 minutes and stir in cheese.

Step 7

In medium bowl, whisk baking ingredients to form a blended mixture.

Step 8

Scoop 1 tablespoon of baking mixture into each muffin cup and top with about a $\frac{1}{4}$ cup of chicken mixture.

Step 9

Scoop 1 tablespoon of baking mixture into the chicken mixture in each muffin cup.

Step 10

Bake for twenty-five to thirty minutes and then allow to cool for several minutes before serving.

LASAGNA ROLLS



Ingredients

- 4 ounces sun-dried tomatoes
- 1 cup sliced roasted red pepper
- 1/4 cup extra virgin olive oil
- 2 tablespoons red wine vinegar
- 9 whole wheat lasagna noodles
- 1 ½ cups reduced fat ricotta cheese
- 1 ½ cup shredded mozzarella cheese
- Parmesan for garnish (optional)
- 2 teaspoon dried thyme or oregano
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 4 cups chopped kale
- 2 teaspoons of minced canned chipotle pepper in adobo sauce (optional)

Nutritional information

Calories	Total Fat	Total Carbohydrates	Protein
324	23g	8g	25g

Preparation

Step 1

Place sun-dried tomatoes in a bowl and cover with warm water until they become soft.

Step 2

Put the sun-dried tomatoes, along with thyme, olive oil, red wine vinegar, a ½ cup of the soaking liquid, roasted red pepper, chipotle, salt and black pepper in a blender and blend until smooth.

Step 3

Preheat your oven to 375°F and steam kale until it becomes tender, but not too soft.

Step 4

Distribute half of the red pepper sauce among your 12 cup muffin pan that have been sprayed with oil.

Step 5

In a large pot of boiling water, prepare the noodles according to package directions, ensuring that they are well cooked.

Step 6

Place cooked noodles on a flat work surface and spread ricotta cheese over the surface of each evenly.

Step 7

Top the ricotta with kale and roll the noodles firmly.

Step 8

Slice each roll in half along its width and stuff three halves into each muffin cup with the cut sides up.

Step 9

Use the remaining sauce and mozzarella as toppings.

Step 10

Bake for 20 to 25 minutes and allow to cool for 5 minutes before unmolding. Serve with grated parmesan.

TOSTADITAS

Ingredients

- 2 cups chopped iceberg lettuce
- 1 can refried beans
- 1 can tomatoes which should be diced
- 1 cup grated Mexican cheese blend
- 6 mini tortillas (could be either corn or flour)



Nutritional information

Calories	Total Fat	Total Carbohydrates	Protein
223	10g	26g	9g

Preparation

Step 1

Preheat the oven to 400°F.

Step 2

Heat tortillas until warm. Coat each side of 4 tortillas with cooking spray.

Step 3

Turn a 12-cup muffin pan upside down. Nestle a tortilla in the space between 4 cups to form a "bowl." Repeat with 3 more tortillas, making 4 bowls total.

Step 4

Bake until firm and beginning to brown, about 15 minutes. Transfer to a wire rack to cool. Repeat with the remaining 4 tortillas.

Step 5

Add about two tablespoons of refried beans into each tortilla cup

Step 6

Fill with lettuce. Top with mexican cheese and diced tomatoes, and then serve!

DEEP DISH PIZZA CUPCAKES

Ingredients

- 1 can refrigerated crescent rolls (I used the seamless sheet)
- 1/2 cup pizza sauce
- 1 1/2 cup shredded mozzarella cheese
- 1/2 tsp garlic powder
- pizza toppings - pepperoni, ham, sausage, peppers, onions, mushrooms



Nutritional information

Calories	Total Fat	Total Carbohydrates	Protein
210	9g	26g	7g

Preparation

Step 1

Mold each crescent roll against the cup of the baking pan so the dough is able to form a cup.

Step 2

Add about 1 tablespoon of pizza sauce to each cup and a sprinkle of garlic powder and then top each with 1 tablespoon of grated mozzarella. Layer on Toppings

Step 3

Bake for about 12- 15 minutes in an oven that has been heated to about 400°F.

Step 4

Allow the rolls to cool, and then serve.

BBQ CHICKEN CUPCAKES

Ingredients

- 2 cups cooked chicken, chopped (can use leftover turkey)
- 2 cups shredded cheddar cheese
- 1 cup BBQ sauce
- 1 can refrigerated pizza dough
- 1/2 cup French fried onions



Nutritional information

Calories	Total Fat	Total Carbohydrates	Protein
218	13g	7g	15g

Preparation

Step 1

Preheat oven to 375. Spray 12 regular size muffin cups with cooking spray. Set aside.

Step 2

Remove dough from can; press into an 8x18 inch rectangle. Cut dough into 12 squares. Press squares into muffin pan cups.

Step 3

Combine chopped chicken, cheddar cheese and BBQ sauce. Divide mixture between muffin pan cups. Top with French fried onions.

Step 4

Bake 15 to 18 minutes, or until golden brown.

JUMBO BURGER CUPS



Ingredients

- 1 ½ lbs ground beef
- 1/2 cup ketchup
- 1/3 cup dill pickle relish
- 2 tablespoons yellow mustard
- 4 ounces cream cheese
- 2 teaspoon onion powder
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- 1 can refrigerated biscuits
- 1 large egg
- 1 teaspoon water
- 2 tablespoons sesame seed

Nutritional information

Calories	Total Fat	Total Carbohydrates	Protein
290	15g	12g	26g

Preparation

Step 1

Preheat your oven to 350°F

Step 2

Cook the beef in a 12-inch skillet over medium heat for 8 to 10 minutes, stirring occasionally, until thoroughly cooked and then drain.

Step 3

Add relish, mustard, ketchup, cream cheese, onion powder, salt and pepper. Cook for about 5 minutes, stirring intermittently, until the cheese becomes melted and mixture is creamy.

Step 4

Horizontally divide each of the 8 biscuits dough in half; press one biscuit half into about 4-inch round.

Step 5

In an ungreased muffin pan, press round in bottom and 1/2 to 3/4 of the way up side of muffin cup. Do the same for the remaining biscuit halves.

Step 6

Evenly distribute beef mixture among biscuits in cups. Top with the remaining biscuit halves, stretching slightly to cover beef mixture and gently pressing edges to bottom biscuits to seal.

Step 7

Whisk egg and water in a small bowl until thoroughly blended; use to brush the top of the biscuits and sprinkle with sesame seed.

Step 8

Bake for 15 to 20 minutes and allow to cool in the pan for 5 minutes before serving.

MINI MACARONI AND CHEESE



Ingredients

- 8 ounces macaroni pasta
- 8 ounces shredded cheddar cheese
- 1 tablespoon Dijon mustard
- ¼ teaspoon salt
- 2 large eggs
- 1/4 teaspoon cayenne pepper
- ¼ teaspoon ground nutmeg
- ½ teaspoon black pepper
- ¾ cup of low-fat milk
- 1/3 cup plain low-fat yogurt, preferably Greek-style
- ½ cup of chopped sun-dried tomatoes
- 2 tablespoons chopped chives
- 2 tablespoons unsalted butter
- ¾ cup of panko bread crumbs
- 2 ½ ounces grated Parmesan cheese which should be divided

Nutritional information

Calories	Total Fat	Total Carbohydrates	Protein
518	36g	35g	13g

Preparation

Step 1

Preheat your oven to 375°F.

Step 2

Cook the macaroni according to the package instructions until it is well cooked.

Step 3

Drain water from the pasta, return it to the pot, and stir in the cheddar cheese and 2 ounces of the Parmesan cheese.

Step 4

In a medium bowl, gently beat the eggs and add the milk and yogurt to stir.

Step 5

Combine the egg mixture and the pasta mixture along with the chives, nutmeg, sun-dried tomatoes, cayenne pepper, chives, mustard, salt and black pepper. Then mix everything together.

Step 6

Distribute the mixture evenly among twelve medium-sized muffin cups.

Step 7

Heat the butter in a medium skillet over medium heat.

Step 8

Stir in the bread crumbs and cook until they turn brown, taking care to stir frequently.

Step 9

Add the remaining Parmesan cheese to the toasted bread crumbs and sprinkle these over the pasta mixture

Step 10

Bake until it becomes set and this should not take more than 15 minutes. Allow it to cool for 5 minutes before unmolding.

CHEESEBURGER TATER TOT CUPS



Ingredients

Cheeseburger Tots

- 50 Tater Tots , frozen
- 1 lb Ground beef
- 1/2 cup Onion , finely diced
- Salt and Pepper to taste
- 2 tablespoon Mayonnaise
- 2 tablespoon Yellow mustard
- 2 tablespoon Ketchup
- 2 tablespoon Pickle relish
- 2 cups Cheddar cheese , shredded
- Note: You can use more or less of any of these condiments according to your taste!
- Mini Pickles for garnish

Special Sauce

- 1/2 cup Mayonnaise
- 4 tablespoon Pickle relish
- 2 tablespoon Yellow mustard
- 1 teaspoon White wine vinegar
- 1 teaspoon Paprika
- 1 teaspoon Onion powder
- 1 teaspoon Garlic powder

Nutritional information

Calories	Total Fat	Total Carbohydrates	Protein
134	10g	26g	6g

Preparation

Step 1

Preheat oven to 425°F.

Step 2

Brown ground beef in a skillet over medium high heat. Once meat has browned drain the grease then add beef and onions back to the skillet and cook until softened.

Step 3

Add mayonnaise, mustard, ketchup, and pickle relish to the ground beef and stir to combine. Salt and pepper to taste.

Step 4

Grease a mini muffin pan and place three tater tots in each cup. Bake for 10 minutes.

Step 5

After 10 minutes remove the muffin pan from the oven and use a tamper to press the tater tots down into each cup. This will create a tater tot cup.

Step 6

Fill the tater tots with the ground beef mixture and top with cheddar cheese.

Step 7

Place the tater tots back in the oven and cook for another 15 minutes.

Step 8

Remove the cheeseburger tots from the oven and let cool for 5 minutes before removing them from the muffin pan.

Step 9

While the cheeseburger tots cool mix together all of the special sauce ingredients

Step 10.

Drizzle the special sauce over the cheeseburger tots and top with mini pickle slices.

CHEESY POTATO GRATIN STACKS

Ingredients

- Oil spray
- 1 kg / 2 lb potatoes, large
- 4 tablespoon butter
- 2 garlic cloves, minced
- 1/2 cup cream, heavy / thickened (*Note 4*)
- 2 teaspoon dried thyme
- 1/2 teaspoon salt
- 1/2 teaspoon Black pepper
- 1 1/2 cup grated melting cheese (cheddar, gruyere, swiss, mozzarella)
- Fresh thyme leaves for garnish, optional



Instructions

Nutritional information

Calories	Total Fat	Total Carbohydrates	Protein
100	2g	19g	3g

Preparation

1. Preheat oven to 350F.
2. Spray a standard 12 cup muffin pan with oil.
3. Peel potatoes. Stand upright then cut into cylinder shapes, then slice potatoes into thin slices around 2mm/ 1/10" thick.
4. Place butter, garlic, cream, salt, pepper and dried thyme in a microwave proof cup or bowl, then melt in 30 second bursts.
5. Stir, then set aside.

6. Place potato slices into the muffin pan so they go halfway up the muffin holes. Try to match by size to make them into neat stacks.
7. Drizzle each potato stack with 1/2 tsp of cream mixture.
8. Sprinkle HALF the cheese over the potato stacks.
9. Top with remaining potato slices. Drizzle with remaining cream mixture and remaining thyme.
10. Cover loosely with foil and bake for 35 minutes.
11. Remove from oven, sprinkle with remaining cheese and bake without foil for 10 minutes or until golden and the potato is soft.
12. Let stand for 5 minutes before removing. Use a tablespoon or butter knife to help scope them out.

CHICKEN-RICE CABBAGE ROLLS



Ingredients

For the cabbage rolls:

- ¾ cup Wehani rice or other brown rice
- 1½ cups water
- 1 tablespoon grapeseed or canola oil
- 1 pound ground chicken or turkey breast
- 1 large onion, diced
- 1 medium carrot, peeled and shredded
- 3 garlic cloves, minced
- 1 teaspoon dried thyme or oregano
- ¼ teaspoon salt
- 1/2 teaspoon pepper
- 2 cups shredded mozzarella cheese
- For the sauce:
- 12 savoy cabbage leaves
- 6 plum (Roma) tomatoes

- 5 green onions, green and white parts, sliced
- 3 garlic cloves, minced
- 3 tablespoons red wine vinegar
- 1/3 cup tightly packed chopped fresh basil leaves
- 2 tablespoons fresh oregano or 1 teaspoon dried oregano
- ¼ teaspoon red pepper flakes
- salt and pepper

Nutritional information

Calories	Total Fat	Total Carbohydrates	Protein
450	13g	41g	5g

Preparation

1. For the Cabbage Rolls: Bring the rice and water to a boil in a medium saucepan over high heat. Reduce the heat to low and simmer, covered, until the rice is tender, about 30 minutes.
2. Meanwhile, heat the oil in a large skillet over medium heat. Add the chicken or turkey, onion, carrot, garlic, thyme, salt, and pepper. Cook until the chicken or turkey is browned throughout, then carefully drain away any excess liquid. Stir in the cooked rice and the mozzarella cheese.
3. Preheat the oven to 400°F. Bring a large pot of water to a boil and fill a large bowl with ice water. In batches, blanch the cabbage leaves in the hot water for 1 to 2 minutes to soften slightly and then plunge into the ice water. Drain, and slice off the tough lower spine of each cabbage leaf. Press the cabbage leaves into 12 medium muffin cups and fill each cup with the chicken or turkey mixture. Fold over the tops of the leaves to seal. Bake for about 20 minutes, being careful not to burn the leaves. While the rolls bake, prepare the sauce. When the rolls are done, let cool for about 5 minutes, and invert to unmold.
4. For the Sauce: Combine all the ingredients in a blender or food processor and pulse several times until well combined but still slightly chunky. Transfer the sauce to a medium saucepan over medium heat until hot. Serve over the cabbage rolls.

DESSERT

PEANUT BUTTER CUP COOKIES

Ingredients

- 2 cups flour
- ½ teaspoon salt
- 1 egg
- ½ cup sugar
- 3 tablespoons milk
- ½ cup brown sugar
- 1^{tsp} vanilla extract
- ½ cup butter
- 1^{tsp} baking soda
- ¾ cup peanut butter
- A bag of miniature peanut butter cups



Nutritional information

Calories	Total Fat	Total Carbohydrates	Protein
275	24g	45g	9g

Preparation

Step 1

Mix the flour, baking soda and salt in a large bowl.

Step 2

Mix the egg, brown sugar, butter, peanut butter, milk, sugar and vanilla extract with a mixer using medium speed. Combine wet ingredients with dry ingredients

Step 3

Place the batter in the mini muffin pans and bake for 10-15 minutes in an oven that has been heated to about 375°F.

Step 4

Place a miniature peanut butter cup in the center of each baked cookie.

Step 5

Then place back in the oven for another 1 or 2 minutes.

Step 6

Cool in pan for 5-10 minutes before serving

CHOCOLATE COOKIES AND CREAM CUPCAKES WITH CREAM CHEESE FROSTING



Ingredients

cupcakes:

- ¼ cup unsalted butter, softened
- ½ cup granulated sugar
- 1 large egg
- 1 tablespoon vanilla extract
- 1/4 teaspoon salt
- 1/2 teaspoon baking soda
- ¼ cup unsweetened cocoa powder
- ¼ cup milk
- 1oz semi-sweet or bittersweet chocolate
- ½ cup sour cream
- ¾ cup all purpose flour

frosting:

- 8oz cream cheese, softened
- ¼ cup unsalted butter, softened
- 1/2 teaspoon vanilla extract
- 4 cups powdered sugar
- 1/3 cups chocolate cookie crumbs
- 8 whole cookies, for topping

Nutritional information

Calories	Total Fat	Total Carbohydrates	Protein
295	12g	45g	4g

Preparation

1. Preheat oven to 350°F. Spray your 12 cup pan with oil.
2. In a glass measuring cup, heat milk until steaming. Add 1oz chocolate to warm milk, stirring until melted. Set aside.
3. In a large bowl or stand mixer, beat together butter and sugar until light and fluffy. Mix in egg and vanilla, scraping bowl as needed. Mix in salt, baking soda and cocoa powder, followed by flour. Mix in sour cream, followed by warm milk mixture. Mix until just combined and no streaks remain. Divide mixture between prepared liners using a large cookie scoop. Bake for 18-20 minutes or until a toothpick inserted comes out clean or with just a few moist crumbs. Cool in pan for several minutes, then transfer to a wire rack to cool completely.
4. When cupcakes are cool, prepare frosting. In a large bowl or stand mixer, beat together cream cheese and butter until smooth. Add vanilla. Mix in powdered sugar 1 cup at a time. Finally, stir in cookie crumbs by hand, mixing until just combined. Transfer to a large piping bag fit with desired tip. Frost cupcakes and immediately top off with a cookie.
5. Cupcakes can be stored in the refrigerator. Bring to room temperature prior to serving.

TRIPLE CHOCOLATE CUPCAKES

Ingredients

- 1 box chocolate cake mix
- 1 (3.9 oz) box instant chocolate pudding
- 1 cup buttermilk
- 1/2 cup oil
- 3 eggs
- 1 cup miniature chocolate chips



Chocolate Buttercream Frosting:

- 1 c. butter, softened
- 3/4 cups cocoa
- 3 cups powdered sugar
- 1 tablespoon vanilla extract
- 4 tablespoons milk

Nutritional information

Calories	Total Fat	Total Carbohydrates	Protein
280	15g	39g	2g

Preparation

1. Preheat oven to 350°F. Spray muffin cups.
2. Place cake mix in the bowl of an electric stand mixer. Add pudding, buttermilk, oil, and eggs. Mix to combine well.
3. Fill cupcake liners 2/3 full and bake for 15-17 minutes. Remove from oven and set cupcakes on cooling rack to cool.
4. Prepare frosting by blending butter with an electric hand mixer until smooth. Add 2 Tbsp milk, vanilla extract, and cocoa. Mix well.

5. Add powdered sugar $\frac{1}{2}$ cup at a time. Add remaining milk and blend well.
6. Frost cooled cupcakes and top with miniature chocolate chips.

NEW YORK STYLE CHEESECAKE CUPCAKES

Ingredients

- 1 1/4 cups graham cracker crumbs
- 5 tablespoons melted butter
- 3 tablespoons sugar
- 16 ounces cream cheese, softened
- 1/2 cup sour cream
- 3 tablespoons flour
- 1/2 cup sugar
- 1 tablespoon vanilla
- 2 eggs
- 3 or 4 graham crackers, crushed for sprinkling

Cream Cheese Frosting

- 2 1/3 cup confectioners' sugar, sifted
- 3 tablespoons unsalted butter, at room temperature
- 6 oz. cream cheese, cold

Nutritional information

Calories	Total Fat	Total Carbohydrates	Protein
250	15g	20g	11g

Preparation

1. Preheat oven to 325F degrees. Spray 12 count cupcake pans.
2. In a small bowl, mix together graham cracker crumbs, 3 Tablespoons sugar, and melted butter with a fork until moist and crumbly.
3. Spoon 1 tablespoon of the crust mixture into each cupcake liner. Using a small glass, tamp down crumbs to form a crust. Set aside.
4. In a large bowl, beat cream cheese, 1/2 cup sugar, flour and vanilla with mixer until well blended. Add sour cream; mix well. Add eggs, 1 at a time, mixing on low after each just until blended.



5. Pour 1/3 cup filling into each prepared liner. Bake 45-60 minutes or until cheese cake is set. Cool to room temperature then top each cheesecake with 1-2 tablespoons of cherry filling.
6. Refrigerate until chilled. Serve immediately. Store remaining cheesecakes in an airtight container for up to 5 days.
7. A skewer inserted in the center should come out clean.
8. Let the cupcakes cool slightly in the pan before turning out onto a wire rack to cool completely.
9. Roughly break up the graham crackers and put them in a food processor. Process until finely ground.
10. When the cupcakes are cold, spoon the cream cheese frosting on top and finish with a sprinkling of ground graham crackers.

Frosting

1. Beat the confectioners' sugar and butter together in a freestanding electric mixer with a paddle attachment (or use a handheld electric whisk) on medium-slow speed until the mixture comes together and is well mixed.
2. Add the cream cheese in one go and beat until it is completely incorporated.
3. Turn the mixer up to medium-high speed and continue beating until the frosting is light and fluffy — this should take at least 5 minutes. However, be careful not to overbeat as the frosting can quickly become runny.

PUMPKIN PIE CUPCAKES

Ingredients

For the cupcakes

- 1/2 cup unsalted butter softened
- 3/4 cup light brown sugar packed
- 1 cup [pumpkin puree](#)
- 2 large eggs
- 1 tablespoon vanilla extract
- 2 cups all-purpose flour
- 1 teaspoon baking soda
- 1 teaspoon baking powder
- 2 teaspoons cinnamon
- 1/2 teaspoon salt
- 1/2 teaspoon allspice
- 1/2 teaspoon ground ginger
- 1/2 cup milk

For the topping

- 1/2 recipe homemade pie crust (you can also use store-bought)
- 2 tablespoons milk
- 2 tablespoons coarse sugar

For the frosting

- whipped cream

Nutritional information



Calories	Total Fat	Total Carbohydrates	Protein
225	9g	23g	6g

Preparation

1. Heat the oven to 350°F. spray your 12-cup muffin pan oil spray and set aside.
2. In a large mixing bowl, beat the butter and sugar with an electric mixer on medium speed until light and fluffy. Beat in the pumpkin puree until well combined. Add the eggs, one at a time, mixing well after each addition. Beat in the vanilla.
3. In a separate mixing bowl, combine the flour, baking soda, baking powder, cinnamon, salt, allspice, and ginger. Whisk to combine. Add half the flour to the pumpkin mixture and mix just until barely incorporated. Add the milk and mix until incorporated. Add the remaining flour and mix just until moistened.
4. Fill the prepared muffin cups $\frac{2}{3}$ full with batter and bake for 17-19 minutes or when a toothpick inserted into the center comes out with only a few dry crumbs. Let the cupcakes cool in the pan for 5 minutes, then transfer to a wire rack to cool completely.

Make the topping

1. While the cupcakes are cooling, use a 1-inch leaf shaped cookie cutter to cut shaped from the pie crust. Place them in a single layer on a parchment-lined baking sheet. Brush the cutouts lightly with milk and sprinkle with coarse sugar. Bake for 10-15 minutes, until lightly golden brown. Cool completely.
2. Top each cupcake with the whipped cream and garnish with 1 pie crust leaf.

PINEAPPLE UPSIDE DOWN CUPCAKES



Ingredients

- 1/2 cup butter, melted
- 1 1/3 cups brown sugar
- 24 maraschino cherries
- 2 (20 ounce) cans crushed pineapple
- 1 box of yellow cake mix
- 3 eggs
- 1 1/3 cups pineapple juice
- 1/3 cup vegetable oil

Nutritional information

Calories	Total Fat	Total Carbohydrates	Protein
255	18g	30g	2g

Preparation

1. Move an oven rack into the middle of the oven. Preheat oven to 350 degrees F.
2. Grease 24 muffin cups.
3. Line a work surface with waxed paper

4. Spoon 1 teaspoon melted butter into the bottom of each muffin cup.
5. Spoon 1 tablespoon brown sugar in each muffin cup.
6. Press a maraschino cherry into the center of the brown sugar in each muffin cup.
7. Spoon a heaping tablespoon of crushed pineapple over the cherry and compact it with the back of a spoon into an even layer.
8. Mix yellow cake mix, eggs, pineapple juice and vegetable oil in a large bowl with an electric mixer on low speed until moistened, about 30 seconds. Turn mixer speed to medium and mix for 2 minutes.
9. Pour cake batter into the muffin cups, filling them to the top; do not overfill.
10. Bake in the preheated oven until a toothpick inserted into the center of a cupcake comes out clean, about 20 minutes.
11. Allow cupcakes to cool at least 5 minutes before inverting muffin cups onto the wax paper to release. Serve with pineapple and cherry sides up.

MINI CHERRY PIES

Ingredients

- 2 lbs pitted cherries
- ½ cup water
- Lemon juice
- 1/2 cup sugar plus an additional 2 tablespoons for sprinkling
- ½ cup cornstarch
- One packaged refrigerated pie crust
- 3 tablespoons milk



Nutritional information

Calories	Total Fat	Total Carbohydrates	Protein
132	5g	21g	1g

Preparation

Step 1

In a saucepan over medium heat, mix the cherries, water, lemon juice, ½ cup of sugar, and cornstarch. Gradually reduce the heat to low and cook, for 15 minutes while stirring intermittently.

Step 2

Spray your muffin pan with nonstick spray. Cut large circles into the pie crust that are large enough to line the entire part of the muffin cup.

Step 3

Press crust into muffin cups and up the sides.

Step 4

Spoon filling in each cup until each is full. Slice the leftover pie crust into lattice strips using a knife.

Step 5

Top with a brush of milk and sprinkle of sugar.

Step 6

Bake in a preheated oven set at 325°F for 35 to 45 minutes. Allow to cool for 15 minutes and serve after removing from the muffin pans.

CHOCOLATE CHIP LAVA COOKIES



Ingredients

- ½ cup softened butter
- ½ cup light brown sugar
- ½ cup granulated sugar
- 1 large egg
- 1 tablespoon vanilla extract
- 1 cup all-purpose flour
- 1/2 teaspoon salt
- ½ teaspoon baking soda
- One bag of milk chocolate chips

Nutritional information

Calories	Total Fat	Total Carbohydrates	Protein
275	15g	32g	4g

Preparation

Step 1

Preheat your oven to 350°F and use a cooking spray on your 12 cup muffin pan.

Step 2

Put half a cup of chocolate chips in a Ziploc bag, and seal shut.

Step 3

Lay the Ziploc bag flat in the microwave, spreading out the chocolate chips in a single layer.

Step 4

Microwave for 30 seconds. Remove bag and flip, then microwave for another 10 or 15 seconds until all the chips are softened. You can now set aside to cool.

Step 5

Use an electric mixer to cream the butter and sugars until they become light and fluffy; shouldn't take more than 3 to 5 minutes.

Step 6

Get a bowl to beat the egg and vanilla until they are thoroughly combined.

Step 7

In another bowl, whisk together the flour, salt, and baking soda.

Step 8

Add the wet ingredients and beat on low speed until they become mixed.

Step 9

Add the remaining chocolate chips (1 cup) and stir to combine.

Step 10

Using half the cookie dough, scoop 1-2 tablespoons of dough, flatten it out a bit, and place in the bottom of the muffin pan; repeat this for a total of 10 cookies.

Step 11

Cut a small tip in the corner of the Ziploc bag, and gently squeeze a layer of chocolate over the cookie.

Step 12

Scoop and flatten the remaining dough and place on top of the chocolate layer.

Step 13

Bake for 20 to 25 minutes, until the edges are just browned and allow to cool completely before removing from the muffin pan, and serving.

CANNOLI BITES

Ingredients

Cannoli cups

- 2-3 cup all-purpose flour
- 2 1/2 tablespoons granulated sugar
- 1 teaspoon cocoa powder
- 1 teaspoon cinnamon
- One pinch nutmeg
- 1/2 teaspoon salt
- 1/2 cup melted butter
- One large egg
- 6- 8 tablespoons apple juice or grape juice
- 2 tablespoons white wine vinegar (red wine vinegar or plain white vinegar will work too)



Cannoli Filling

- 12 ounces Ricotta cheese
- 8 ounces Mascarpone cheese
- 1/2 cup powdered sugar
- 1/2 cup mini semi-sweet chocolate chips
- Powdered sugar for dusting
- Optional toppings:
- Chopped pistachios, sprinkles, melted chocolate, toasted sweetened coconut

Nutritional information

Calories	Total Fat	Total Carbohydrates	Protein
78	4g	7g	1g

Preparation

For the cannoli cups:

Step 1

Add flour, cocoa powder, cinnamon, granulated sugar, nutmeg and salt to a food processor and pulse until the mixture is thoroughly blended.

Step 2

Pour in melted butter and pulse again until it's well blended and then add egg white and pulse again.

Step 3

In a bowl combine juice and vinegar; run the food processor at the lowest speed and gradually start pouring in the juice mixture and pulse till the whole mixture gets combined.

Step 4

Divide the dough into two pieces, shape into balls and transfer to a bag that can be sealed.

Step 5

Chill in the refrigerator for 30 minutes. Meanwhile, preheat your oven to 400°F

Preparing your cannoli filling

Step 6

Blend together Ricotta and Mascarpone cheese while running and pressing mixture along bottom of the bowl to remove any lumps.

Step 7

Fold in powdered sugar. Cover and chill 30 minutes (or until ready to use).

Step 8

Roll each chilled dough out on a lightly floured surface (dust top with flour too) into a 14-inch circle, to about 1/8-inch thickness.

Step 9

Cut the dough into circles using a 2 1/2-inch round biscuit cutter.

Step 10

Transfer the cut dough to an ungreased mini muffin pan, ensuring to press evenly into the sides and bottom of the muffin pan very well.

Step 11

Spray the tops of the dough cups evenly with vegetable oil spray.

Step 12

Bake for about 12-14 minutes until lightly golden.

Step 13

Remove from oven and put on a wire rack until cooled completely; afterwards, dip the tops in chocolate and allow it to set.

Step 14

Remove cannoli filling from refrigerator, transfer to a piping bag fitted with a tip.

Step 15

Put the filling into the cups and sprinkle with chocolate chips and dust with powdered sugar.

KEY LIME CUPCAKES



Ingredients

Cake:

- 1 box White Cake Mix +box ingredients
- 1/2 cup Lime Juice

Frosting:

- 1 cup Butter
- 6 cups Powdered Sugar
- 7 tablespoons Lime Juice
- 1 tablespoon Lime Zest
- 1 drop Green Food Colouring

Nutritional information

Calories	Total Fat	Total Carbohydrates	Protein
282	13g	33g	3g

Preparation

Step 1:

Make batter according to box EXCEPT replace 1/2 cup of water with 1/2 cup lime juice. Fill baking cups about 1/2 full.

Step 2:

Bake 16-18 minutes or until toothpick inserted in middle comes out clean.

Step 3:

Allow to cool completely on wire rack.

Frosting:

Step 1:

Cream butter in a large bowl.

Step 2:

Add lime juice and food colouring.

Step 3:

Add powdered sugar 1 cup at a time and beat until incorporated.

Step 4:

Add lime zest and whip until distributed.

Step 5:

Transfer to piping bag to frost cupcakes.

NEW YORK-STYLE COFFEE CAKE CRUMB MUFFINS

Ingredients

FOR THE CRUMB TOPPING

- 1/2 cup granulated sugar
- 1/3 cup dark brown sugar
- 2 teaspoon ground cinnamon
- 1/4 teaspoon salt
- 8 tablespoon unsalted butter, melted
- 1 3/4 cups cake flour



FOR THE MUFFIN

- 1 1/4 cup cake flour
- 1/2 cup granulated sugar
- 1/4 teaspoon baking soda
- 1/2 teaspoon salt
- 6 tablespoons unsalted butter, cut into 6 pieces, softened but still cool
- 1 large egg
- 1 egg yolk
- 1 tablespoon vanilla extract
- 1/3 cup buttermilk or 1/3 cup plain yogurt

Nutritional information'

Calories	Total Fat	Total Carbohydrates	Protein
261	13g	30g	3g

Preparation

1. Preheat oven to 325 degrees. Prepare muffin cups by spraying them lightly with cooking spray.
2. In a medium bowl, whisk together sugars, cinnamon, and salt. Pour the butter over top and using a wooden spoon, mix until incorporated. Then add the cake flour and mix until mixture resembles a thick and cohesive dough. Set aside.
3. In the bowl of a stand mixer fitted with the paddle attachment, mix flour, sugar, baking soda, and salt on low speed to combine. With mixer at low speed, add butter one piece at a time; continue beating until mixture resembles moist crumbs, with no visible butter chunks remaining, 1 to 2 minutes.
4. Add the egg, egg yolk, vanilla extract and buttermilk and mix until all has been incorporated and batter is light and fluffy.
5. Using a 1/4 cup measuring cup divide up batter into prepared muffin pan. Then, sprinkle a generous amount of the crumb topping on top, using your fingers to pinch the dough into a crumbly mixture, if not already. Do not press the crumb topping into the batter. Just let it sit on top.
6. Bake for 20 minutes or until crumbs are golden and a toothpick inserted into the middle comes out clean.
7. Let muffins cool for 5 minutes before transferring them to a wire rack to cool completely.

RED VELVET CUPCAKES W/ CHOCOLATE CREAM CHEESE FROSTING



Ingredients

- 2 1/2 cups flour
- 2 tablespoons cocoa powder
- 1 1/2 teaspoons baking soda
- 1/4 teaspoon salt
- 1/2 cup butter, soft, plus 5 tablespoons
- 1/4 cup room temp shortening
- 1 cup sugar
- 1 egg white
- 1 tablespoon vanilla
- 1 tablespoon Red Velvet extract
- 1 cup milk
- 1 tablespoon Red gel food color

Frosting Ingredients:

- 1 C soft unsalted butter
- 3 + C powder sugar
- 1 cup of cocoa
- 1/2 cup cream cheese, softened
- 5 tablespoons heavy whipping cream

Nutritional information

Calories	Total Fat	Total Carbohydrates	Protein
290	19g	48g	5g

Preparation

1. Preheat your oven to 350F degrees.
2. Spray your 12 cup muffin pan.
3. Sift your flour, cocoa, baking soda, in a small mixing bowl, set to the side
4. In a separate bowl using a stand mixer, cream the butter, shortening and sugar until it is creamy on medium high for 2 min.
5. Add the egg white, vanilla, red velvet extract, and red gel food coloring to the mixing bowl
6. Mix until well combined
7. Now add the flour and milk mix until completely combined.
8. Add batter into the cupcake pan until 2/3's filled.
9. Bake your cupcakes at 350F degrees for 20-22 minutes
10. Cool for 10 minutes in the pan
11. Remove to a wire rack and cool for 30 minutes

Frosting Directions:

12. Cream the butter, cocoa, cream cheese and powder sugar until it looks light and creamy.
13. Add more powder sugar if the frosting is not thick: add 1/4 cup at a time
14. Once frosting is made we can decorate cupcakes
15. Scoop the frosting into a pastry bag with a large tip.
16. Twist the open end of the pastry bag pushing the frosting to the tip.
17. Start by frosting on the outside edge of the cupcake working to the center of the cupcake.

APPLE CIDER DONUT HOLES



Ingredients

Donuts

- 1 1/4 cups apple cider
- 1 teaspoon baking powder
- 1 teaspoon ground cinnamon
- 1 large egg
- 1/4 teaspoon salt
- 2 tablespoons unsalted butter
- 2 cups all-purpose flour
- 1 teaspoon baking soda
- A quarter teaspoon ground cloves
- 1/2 cup packed light or dark brown sugar
- 1 teaspoon vanilla extract
- 1/2 cup buttermilk
- 1/2 cup granulated sugar

Topping

- 1/4 cup melted, unsalted butter
- 1 cup granulated sugar
- 2 teaspoon ground cinnamon

Nutritional information

Calories	Total Fat	Total Carbohydrates	Protein
145	12g	6g	1g

Preparation

Step 1

Simmer apple cider over low-medium heat in a small sauce pan for 15 to 20 minutes. Then add cinnamon sticks and spices for extra flavor.

Step 2

Preheat oven to 350°F and use a nonstick spray to spray a mini muffin pan.

Step 3

Mix the flour, baking soda, cinnamon, cloves, salt and baking powder together in a large bowl.

Step 4

In a medium bowl, beat the egg, brown sugar, melted butter, and granulated sugar until you have a smooth mixture. Add the vanilla, buttermilk and half cup of concentrated apple cider and beat as well.

Step 5

Combine the wet and dry ingredients together and whisk very carefully.

Step 6

Distribute the batter into the sprayed mini muffin pan and bake for 15 to 25 minutes.

Step 7

Make the topping by mixing the granulated sugar and cinnamon together in a small bowl.

Step 8

Put the top of the donut holes lightly into the melted butter and then dip everything in the cinnamon-sugar mixture so the donuts are entirely coated.

PEANUT BUTTER BROWNIE BITES

Ingredients

FOR THE BROWNIES:

- 1/2 cup unsalted butter
- 1 pkg (12oz) bittersweet chocolate chips (60% cacao)
- 1 1/8 cup granulated sugar
- 3/4 cup all-purpose flour
- 3 large eggs
- 1/2 teaspoon salt
- 1 pkg (10oz) peanut butter morsels



FOR THE FROSTING:

- 1/2 cup unsalted butter, softened
- 2 cups powdered sugar
- 4 Tablespoons milk
- 1/2 cup creamy peanut butter

Nutritional information

Calories	Total Fat	Total Carbohydrates	Protein
245	17g	19g	2g

Preparation

1. In a large microwave safe bowl, combine the butter with chocolate chips. Heat for one minute on high. Stir and microwave for another 30 seconds. You may need to stir and heat for one more round of 30 seconds until fully melted. Add sugar, flour, eggs and salt. Stirring until well blended. Fold in peanut butter morsels

2. Lightly grease mini muffin pan with baking spray. Drop dough by large tablespoons until evenly divided into pan.
3. Bake in a 375 F degree oven for 12-14 minutes. Remove and cool in pan 5 minutes, then cool completely on wire rack.
4. For the frosting, beat butter and powdered sugar for 3-4 minutes until smooth and fluffy. Beat in milk and peanut butter until creamy and desired consistency. Pipe frosting onto cooled brownies and top with a mini Reese's.

CONCLUSION

When it is time to replace the old dented pans in your kitchen, one option that you have is to pick up some of the technologically advanced silicone bakeware on the market. While you may have seen these colorful pieces on the market before, you may have had reservations about purchasing pans and bakeware that seem so lightweight and flexible. Well, these very unique pieces of cookware are as durable as they are effective with some key benefits that may make you wonder how you ever lived without them.

With all of these benefits, it is no wonder that serious cooks and bakers make sure to include these pieces in their well appointed kitchens. If you are serious about your baking and cooking, then you can surely recognize what these pans have to offer you. Start with one pan and explore all of the benefits that brightly colored silicone bakeware can bring to your kitchen. These pieces will never rust, dent, stain or chip for as long as you own them. You may never buy another pan again.

There are so many advantages to Silicone pans that you will wonder how you ever lived without these unique and colorful pans. Fill your kitchen cupboards with the only flexible bakeware that is designed to last a lifetime of baking and cooking. Traditional metal and glass pans become difficult to use after a few uses. With silicone bakeware, you can use the pans over and over again without worrying that the pans are becoming damaged. They will not rust or become stained allowing you to use them for years without replacement. Take advantage of the many benefits that you will gain with silicone bakeware. If you love to bake, these are the only pans you will ever need.

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