

# UNITY COOKBOOK





# VEGAN BUFFALO CAULIFLOWER DIP

Kraemer Clayton, RVII

This is a tedious recipe, but well worth it, non-vegan approved by family and friends alike! I usually use the full bottle of Franks because I like it spicy!

## Ingredients

1 head cauliflower, medium sized  
½ cup buffalo cayenne pepper hot sauce  
1 medium cooked potato  
1 cup raw cashews  
½ cup cooked white beans , drained and rinsed ( I use canned)  
¼ cup non-dairy milk  
¼ cup veggie broth  
¼ cup buffalo cayenne pepper hot sauce  
¼ of a medium white onion  
2 cloves garlic  
Vegan Cheddar Cheese (Optional)

## Instructions

Prep ahead: Soak cashews if not using a high speed blender.

Use veggie broth without a tomato base

1. Preheat oven to 450° Fahrenheit.
2. Chop cauliflower into pieces the easily fit on dip/cracker and mix with ½ cup hot sauce until fully coated.
3. Spread out on a parchment lined cookie sheet.
4. Bake for 20 minutes until slightly crisp. Lower oven temp to 350° Fahrenheit
6. Boil potato and onion until soft and drain.
7. Place all sauce ingredients into a high speed blender and blend until smooth.
8. Pour into a large bowl and mix in baked cauliflower into the bowl with the sauce.
9. Pour into a square baking dish. (Optional: top with vegan cheddar cheese)
10. Bake at 350° Fahrenheit for 15-20 minutes. Check at 15 minutes and see if it has formed a nice firm layer on the top. Keep in mind it will cook a little more as it is cooling.
11. Enjoy nice and warm with your favorite tortilla chips, celery, veggies, or crackers!



## CHEESE & OLIVE DREAMS

Madeleine Aborn, RVII

## Ingredients

1 cup chopped black olives  
1 1/2 cups grated sharp cheddar cheese  
1/2 cup chopped white onion  
1/2 cup mayo  
1/2 tsp curry powder  
1/2 tsp salt,  
6 English muffins

## Instructions

1. Preheat oven to 400F
2. Put all ingredients except for the English muffins into a bowl and mix well
3. Split the muffins so you have 12 muffin halves and lay them on a lined baking sheet
4. Divide the mixture onto all of the muffin halves and spread evenly
5. Bake for 9-11 minutes or until lightly browned
6. Cut into quarters and serve hot



## PINEAPPLE STUFFING

Kaitlyn Dyleski, RVIII

### Ingredients

0.5 cup butter  
1 cup sugar  
5 slices of white bread, cut in 1 inch cubes  
4 eggs  
20 ounce can of crushed pineapple, drained

### Instructions

1. Pre-heat oven to 350 degrees F
2. Cream butter and sugar, beat eggs into mixture one at a time
3. Stir in drained pineapple
4. Fold in the cubed bread
5. Pour mixture into a 1.5 quart, greased casserole dish
6. Bake uncovered for 1 hour until knife comes out clean



## SPOONBREAD

Casey Coleman, RVII

## Ingredients

2 cans corn, drained  
2 cans creamed corn  
2 boxes of Jiffy cornbread mix  
4 eggs  
2 sticks of melted butter  
1 cup sugar  
16 ounces sour cream

## Instructions

Mix together and bake at 350° for an hour+ until the center is set (it will jiggle a little).

This is for a double batch that is baked in an aluminum 'half tray' pan.



# VEGAN CASHEW CHEESE

Kraemer Clayton, RVII

## Ingredients

I make this entire recipe to taste so bare with me on measurements!

1.5 Cup Boiled (or soaked overnight) Unsalted, Raw Cashews

1/2 Lemon (Just the Juice!)

1-2 Cloves of Garlic (or Garlic Powder to taste)

1/4 Cup Nutritional Yeast

1TBS Apple Cider Vinegar

## Instructions

1. Soak overnight or boil your cashews until swollen. This makes them creamier and easier to blend.

2. Drain your cashews, and reserve some of the water to assist in the blending.

3. Blend all ingredients until smooth, adjust ingredients based on your flavor preferences.

4. There are two directions you can go from here:

4A. Enjoy immediately consistency is close to a cheese spread and it is delicious.

4B. Scoop out blended mixture and put in a cheese cloth over a bowl in your fridge over night, this solidifies the texture to be more similar to a soft cheese.

Notes: I put this on everything, works wonderfully as a creamy substitute for cream cheese, ricotta cheese (in Lasagna, ravioli tortellini), on homemade pizza in dollops, on cheese boards, etc.

I have rolled this post refrigeration in herbs for a cheese board- people are always impressed by this. I have also tried this with other nuts. In my opinion it works the best/ comes out the creamiest with Cashews; however, also works with Almonds, walnuts, etc.



## SORULLITOS DE MAIZ (CORN STICKS)

Alexa Cantres, RVII

## Ingredients

PREP TIME 5 minutes COOK TIME 20 minutes

- 1 1/2 cup of cornmeal
- 2 tablespoons of butter
- 2 tablespoons of sugar
- 1 teaspoon of salt
- 2 cups of water
- 1 cup of shredded Queso de Papa (or cheddar cheese)
- 1/4 cup of Ketchup
- 1/2 cup of Mayonnaise
- 1 Garlic clove diced

## Instructions

1. Start off by shredding your cheese if you purchased a block like I do and set aside.
2. In a medium saucepan boil your water. Once the water has boiled add your salt, sugar, and butter. Stir until everything has melted down.
4. Turn down your heat to medium as you slowly add your cornmeal while you stir with a wooden spoon. Stir until the ingredients are combined and your dough forms into a ball.
5. Take your saucepan off the heat and stir in your cup of shredded cheese until combined.
6. Set your corn dough aside to cool off a bit. You're going to have to handle with your hands, so you want it to be cool enough, but still soft to mold.
7. This recipe is typically fried, which is delicious, but because I'm on a health kick we are baking these today! Believe me, they taste just as delicious! Preheat your oven to 400 degrees.
8. While your dough cools off, go ahead and create your dipping sauce. Simply combine your ketchup, mayonnaise, and garlic together. Stir until combined and set in the refrigerator until you're ready to serve.
9. To form the sorullitos, scoop up a spoonful and form a ball. Then using a table or cutting board roll your dough in the form of a stick.
10. Lay on a baking sheet and bake at 400 degrees for about 15-20 minutes or fry until golden brown



# ONE POT IRON SKILLET CHICKEN AND POTATOES

Antonio Talamo, RVII

Recipe inspired by Ahead of Thyme Blog - <https://www.aheadofthyme.com/skillet-chicken-thighs-and-potatoes/>

## Ingredients

2 lbs. chicken thighs, bone-in, skin on (about 4 large thighs)  
1 tablespoon Italian seasoning  
½ teaspoon paprika  
½ teaspoon smoked paprika (optional)  
½ teaspoon garlic powder  
1 tablespoon salt  
1 teaspoon ground black pepper  
1 + ½ tablespoons butter (or olive oil)  
½ medium onion, chopped  
2 cups baby potatoes, halved (about 20 baby potatoes)  
2 medium carrots, sliced

## Instructions

1. Preheat oven to 400 F. Pat dry each chicken thigh with a paper towel completely before adding seasoning. This helps create extra crispy skins when searing. In a medium bowl, add Italian seasoning, paprikas, garlic powder, salt, and pepper mix well to combine. Generously rub  $\frac{3}{4}$  of the seasoning mixture all over the chicken thighs, on both sides.
2. Melt the butter (or olive oil) in a cast-iron skillet over medium high heat for 1-2 minutes until hot. Place the chicken thighs with the skin side down on the skillet, and sear for 2-3 minutes until the skin turns brown and crispy. Flip the chicken over and cook on the other side for another 2 minutes. Remove the chicken thighs from the skillet and place them on a plate.
3. While the chicken is searing, in another bowl, add in sliced onions, potatoes, and carrots to the bowl with the remaining seasoning mixture. Toss to combine. (You may need to make more seasoning than listed depending how liberally you season)
4. In the same skillet, add the vegetables and stir well to combine. Cook for 3-4 minutes until onions are soft and start to slightly brown. Place chicken thighs on top of the vegetables, skin side up.
5. Transfer the skillet into the preheated oven and bake for 30-40 minutes, until the internal temperature for the chicken thighs reaches 165F. Remove the skillet from the oven and let it rest for 10 minutes before serving.



# SALMON IN ROASTED PEPPER SAUCE

Emmanuel Preval, RVII

## Ingredients

READY IN: 25mins SERVES: 2

2 salmon fillets skin on (about 1 lb.)  
Salt and pepper to season  
1 tbsp. olive oil  
1 tbsp. butter  
3 cloves garlic finely diced  
4 oz. roasted red peppers diced  
4 cups fresh baby spinach  
1/2 cup heavy cream or evaporated milk  
1/4 cup grated Parmesan cheese  
1/4 tsp. red pepper flakes or to taste  
1/4 cup chopped parsley  
Salt and pepper to taste

## Instructions

Season the salmon fillets with salt and pepper.

1. Heat the oil in a medium non-stick skillet over medium heat. Cook the salmon fillets flesh-side down first, for 5 minutes on each side, or until cooked to your liking. Once cooked, remove them from the pan and set aside.
2. To the same pan, add butter and garlic. Cook for 1 minute, add the roasted peppers, and cook for 2 more minutes.
3. Add the spinach and allow it to wilt.
4. Reduce the heat to low, and add Half & Half, Parmesan, red pepper flakes, parsley, salt, and pepper. Stir and bring to a simmer.
5. Return the salmon to the pan and spoon the sauce over each filet.
6. Serve over pasta, rice, or steamed vegetables.



# FAMOUS FRIED CHICKEN

Phillip Smith, RVII

## Ingredients

- 2 (2 to 3 pound) whole chickens, cut into pieces
- 3 cups all-purpose flour
- 5 tablespoons seasoned salt
- 3 tablespoons garlic powder
- salt and pepper to taste
- 4 eggs, beaten
- 1 quart vegetable oil for frying

## Instructions

1. In a shallow plate or bowl, mix the flour, seasoned salt, garlic powder, salt and pepper. Roll or shake the chicken pieces in the flour mixture and place on a platter. Then dip each chicken piece in the egg and roll again in flour mixture.
2. Heat oil in a deep-fryer or large skillet to 375 degrees F (190 degrees C)
3. Fry coated chicken pieces in hot oil for about 5 minutes on each side. Cover skillet and cook on lower heat for about 10 minutes. Remove cover, turn up heat and fry for 5 minutes on each side to make chicken crispy. Chicken is done when it is no longer pink inside and its juices run clear. Drain fried chicken on paper towels and keep warm in oven until ready to serve.



## CROCKPOT CHILI

Andrea Giachino, RVII

Makes a full crockpot, plan to eat this for the whole week or share with a big group

## Ingredients

3 tablespoons vegetable oil  
2 medium yellow onions, medium dice  
1 medium red bell pepper, medium dice  
1 medium green bell pepper, medium dice  
6 medium garlic cloves, finely chopped  
1/4 cup chili powder  
1 tablespoon ground cumin  
2 pounds lean ground beef  
1 1/2 teaspoons kosher salt, plus more as needed  
1 (28-ounce) can diced tomatoes (we prefer fire roasted)  
1 (14-ounce) can tomato sauce  
1 (15-ounce) cans kidney beans, drained and rinsed  
1 (15-ounce) cans black beans, drained and rinsed  
1 (15-ounce) can corn, drained  
1/4 cup coarsely chopped pickled jalapeños or green chiles, drained

## Instructions

1. Heat the oil in a large frying pan over medium heat until shimmering. Add the onions and bell pepper, season with salt, and cook, stirring occasionally, until softened, about 8 minutes.

2 Add the garlic, chili powder, and cumin, stir to coat the vegetables, and cook until fragrant, about 1 minute. Add the ground beef and measured salt and cook, breaking the meat into small pieces with a wooden spoon, until the beef is no longer pink, about 7 minutes.

3. Transfer the mixture to the slow cooker, add the diced tomatoes and their juices, tomato sauce, corn, and beans, and stir to combine. Cover and cook until the chili thickens and the flavors meld, about 8 hours on low or 6 hours on high.

4. Stir in the jalapeños or green chiles. Taste and season with salt as needed, and serve with the cheese, scallions, and sour cream.

We love to eat with tortilla chips!



# INCREDIBLE CARRIBEAN CURRY CHICKEN WITH POTATO

Sheila Philbert, RVII

## Ingredients

3-4 lbs chicken  
3/4 tablespoon salt (adjust)  
1/2 teaspoon black pepper  
3 tablespoon Caribbean Green Seasoning (divided)  
3 tablespoon olive oil  
1 medium onion (sliced)  
5-8 cloves garlic (smashed)  
1/2 scotch bonnet pepper  
5 1/2 cups water (divided)  
2 heaping tablespoon curry powder  
1 teaspoon roasted geera (cumin)  
1 teaspoon anchar masala  
5 medium potatoes (cut into 1/4's)  
3 tablespoon chopped cilantro

## Instructions

### Step 1

Season the chicken with the salt, black pepper and 2 tablespoon of the Caribbean Green Seasoning. Stir well and allow to marinate for a couple hours in the fridge.

### Step 2

Heat your deep pot on a medium flame and add the oil. Followed by the onion, garlic and scotch bonnet pepper. Turn the heat down to low and gently cook for 2-3 minutes.

### Step 3

Add the remaining Caribbean Green Seasoning and stir. 30 seconds later add the curry powder and mix well.. heat still on low please. This step will toast the curry powder and bloom the spices which makes up the curry powder.

### Step 4

4 Minutes later, crank the heat to high and add 1/2 cup water, stir and then add the Geera and anchar masala (you can get this on amazon or your local Caribbean market – or double up on the roasted geera aka cumin). The goal here is to do two things. 1 Cook out the rawness of the curry and 2. to burn off the water we added to intensify the flavor of the curry base. It will go dark, thick and perfume the kitchen with all the curry niceness. As soon as all the liquid is gone and you can see the oil we started with, add the seasoned chicken and stir well to coat each piece.

#### Step 5

Bring to a boil (about 3-4 minutes), turn the heat down to medium and cover the pot. In the same bowl you marinated the chicken swish around the 5 cups of water and set aside for now. After 4 minutes with that lid on, you'll notice a lot of liquid sprouted. Turn the heat back up to high and burn off that liquid to intensify the overall flavor of the curry. (lid off). 3-4 minutes on high and the liquid should be gone. Add the potato, stir and add the 5 cups of water to fully cook the chicken and get the potatoes tender and falling apart.

#### Step 6

As soon as it comes to a boil, turn the heat down to a rolling boil, lid on (slightly ajar) and allow it to cook for about 20 minutes or until the potatoes are tender. This is where I floated the Habanero pepper (not mentioned in the ingredient list) .. if you do, you can break it later on as I did, to release the fury or don't break to get the flavor of the oil on the outside of the pepper and not the raw heat.

Allow the pot to go for 4 minutes with the lid off and then it was time to turn off the stove, toss in the cilantro (better if you have shado beni) and get ready for an incredible curry dish. IMPORTANT! If it looks runny, please note that it will thicken up as it cools down.



## STRESS SALAD

Casey Coleman, RVII

## Ingredients

### Dressing

½ cup sugar (I use ¼ cup of Splenda®)  
¾ cup Canola oil (for best flavor)  
1/3 cup balsamic vinegar  
1 teaspoon salt

Salad 8 cups mixed greens

2 cups raisins

8 oz. strawberries sliced

1 mango peeled, cut and cubed or a drained can of mandarin oranges or 1 or 2 peeled and chopped ripe peaches or nectarines

½ cup chopped red onion

1 cup slivered almonds or walnuts (I've never added nuts)

## Instructions

Clean greens, add all other ingredients.

Let each person dress their own salad; do not add dressing to salad prior to serving.



## MAC AND CHEESE

Sabrina Selvaggio, RVII

## Ingredients

1 lb pasta of your choice (I prefer Cavatappi)  
1/2 cup butter  
1/2 cup flour  
4 cups milk  
6 cups freshly shredded sharp or white cheddar (I prefer to use the Stop & Shop bags of mac n' cheese blend!)  
1/2 TBS kosher or sea salt  
1/2 TBS Pepper  
2 TBS butter  
1/2 cup panko breadcrumbs

## Instructions

1. Boil pasta in salted water according to package directions.
2. Melt butter in large saucepan over medium heat. Sprinkle in flour and whisk and cook 2-3 minutes. Add in salt and pepper.
3. Slowly pour in 4 c. milk whisking until smooth and heating to a low boil until thickened. Do not stop whisking and cooking until thick. Remove from heat.
4. Drain pasta and add 6 c. of cheese, the thickened cream sauce, and stir until cheese melts.
5. Grease a 9x13" baking dish and add pasta/cheese mixture to the dish.
6. Melt 2 T. butter over medium heat. Add in panko bread crumbs, stirring constantly 3-5 minutes or until golden brown.
7. Sprinkle the breadcrumbs over the mac and cheese.
8. Bake in a preheated 325 degree oven 12-15 minutes.

To make me feel better about eating all that cheese, I sometimes substitute with whole grain flour and pasta!



## DONNA'S CHILI

Donna Bost-White, RVII

### Ingredients

Ground beef, tomato sauce, veggies, canned beans/corn, and rice

### Instructions

Prep: Cut up veggies: onions, bell peppers, carrots and anything else you want to add

Season ground beef: salt, pepper, garlic powder or adobo, add any and all types of hot pepper, if desired –

Brown ground beef, add small portion of the veggies add a little garlic  
\*if beef creates more than a teaspoon of grease- remove it.

Add remaining veggies and stir less than 1 min

Add 2 small cans of tomato sauce, stir and simmer for 5-10 mins

Add 2 cans of beans: 1 can- kidney, 1 can-chick peas –

Add 1 can of corn then add lots of chili powder

Stir and simmer for 10-15 mins.

Serve with any type of rice (brown, white, jasmine)

Add a little shredded cheddar to your bowl for fun :)



# EASY CREAMY TUSCAN SHRIMP RECIPE

Kerrin Lyles, RVII

## Ingredients

1 pound shrimp (I used 31-40 count size) thawed & peeled  
2 tablespoons butter  
1 teaspoon flour  
4-5 cloves garlic minced  
1 cup heavy/whipping cream  
1/2 teaspoon lemon juice  
2 dashes Italian seasoning  
1/4 cup sun-dried tomatoes chopped or julienned  
1 cup (packed) fresh baby spinach  
Handful fresh basil cut into thin strips  
Salt & pepper to taste

## Instructions

1. Melt the butter over medium-high heat in a large skillet. Add the flour and cook for about a minute, stirring until smooth.
2. Add the garlic and cook for about 30 seconds or until fragrant.
3. Stir in the cream, lemon juice, Italian seasoning, and sun-dried tomatoes. Simmer for 2 minutes. Reduce heat if it's bubbling too much.
4. Add the shrimp and cook for around 5 minutes or until they're cooked through and the sauce is slightly thickened, taking care not to overcook them.
5. Add the spinach and basil and cook for another 2 minutes. Season with salt & pepper as needed. Serve immediately. I like to squeeze extra lemon juice over top when serving (up to you). You could also grate some fresh parmesan over top if you wish.



## SAUSAGE PATTIES

Alicia Q. Ferguson, RVII

### Ingredients

1 lb of breakfast sausage  
5 eggs  
1/3 Cup of Almond Flour (Or Coconut Flour)  
4 1/2 TBsp Butter  
1/2 TBsp Baking Powder  
1/3 cup of heavy cream  
2 TBsp Full fat Sour Cream  
2 Cups of cheese (any kind; pepper jack, Colby jack, Monterey jack)  
Seasonings (Your choice; Seasoning Salt, Cayenne Pepper, Onion powder, Garlic Powder)  
1/2 Cup of Veggies (Your Choice; Spinach, Broccoli, Peppers, Onions)

### Instructions

1. Preheat oven to 375 and grease a 9 X 13 casserole dish or use parchment paper.  
Melt butter in pan while preheating to save time.
2. Whisk all together except for butter. After combined, THEN add in melted butter.
3. Stir in drained browned sausage, veggies and 1 cup shredded cheese.
4. Stir until combined then pour batter in the greased casserole dish. Spread evenly.
5. Bake for 20 minutes until it starts to brown a little around the edges.
6. Add remaining 1 cup of cheese on top. Bake 5 more minutes to finish



# SOUTHERN BAKED MACARONI AND CHEESE

Phillip Smith, RVII

## Ingredients

3 cups elbow macaroni uncooked  
1 ½ cups milk  
1/2 cup heavy whipping cream  
1 cup Colby & Monterey Jack shredded (cheese blend)  
6-8 oz Velveeta cheese shredded (feel free to cut back on the Velveeta if you don't want it to be super creamy)  
1 cup sharp cheddar shredded (can use less if you don't like a sharp taste in your mac n cheese)  
salt & pepper to taste  
2 eggs  
1 cup smoked cheddar cheese shredded (a must)  
paprika optional

## Instructions

1. Preheat oven to 350 F.
2. Cook macaroni until just al dente or a little under al dente. (Look on the back of the box to see how long you need to cook your pasta for it to reach al dente.) Be careful not to overcook.
3. Drain pasta and set aside.
4. In a large bowl, add milk, heavy cream & cheeses (except for the smoked cheddar).
5. Stir to combine.
6. Taste the milk mixture and add salt & pepper until it has a good taste. (You can also add in other seasonings like onion powder, paprika, etc. Tasting will help avoid having a plain, bland baked macaroni & cheese.)
7. When you are content with the taste, add the eggs.
8. Stir well until combined.
9. Butter a 9 x 9-inch baking dish.
10. Add macaroni to the baking dish.
11. Pour cheese mixture over macaroni.
12. Make sure the cheese is distributed well.

13. Top with the smoked cheddar cheese. (I add a little more Colby jack as well.)

Sprinkle with paprika and/or black pepper, if desired.

14. Bake for 35-45 minutes. Do not overbake. It may be a bit jiggly when you take it out of the oven. It will firm up as it cool.

15. Let cool for about 10-15 minutes or until fully set.  
Enjoy!



# THE EASIEST VEGAN PENNE VODKA PASTA

Kraemer Clayton, RVII

## Ingredients

1 Bag Rigatoni Pasta  
1 Jar Dairy Free Tomato Basil Marinara Sauce (Victoria's is my personal preferred- it really does make a difference)  
1 Can Coconut Milk  
2 Shots of Vodka  
Chopped Fresh Basil to taste (dried Basil from the spice cabinet works well too!)  
Garlic Powder to taste  
Nutritional Yeast to taste  
Spinach (Optional)

## Instructions

1. Combine 1 jar of Marinara Sauce, 1 can Coconut Milk in a saucepan over medium heat and stir until you get a beautiful orange/ pink.
2. Add in your Basil, Garlic Powder and Nutritional Yeast to taste.
3. Stir in your 2 shots of Vodka and allow to simmer for about 20 minutes.
3. Boil your pasta according to package instructions.
4. Drain your pasta and once your sauce has simmered, combine pasta and sauce in a large bowl or pot (your choice). At this point if you are interested in spinach stir in a few handfuls of spinach and cover to allow it to wilt (the heat from everything will wilt it nicely).  
Enjoy!

### Notes:

I often enjoy this with some toasted bread and/or store bought vegan meatball as well. I would also recommend Violife parmesan as a dairy free substitute to sprinkle on top!

I make this recipe for my partner (not vegan) and he loves it! From him: If you are not Vegan this recipe goes well with some grilled chicken strips and parmesan on top.



## APPLE CRUMBLE

Filip Pongratz, RVII

## Ingredients

2 lb. large tart apples such as Granny Smith  
1 Tbs. fresh lemon juice  
2 Tbs. granulated sugar  
3/4 cup old-fashioned rolled oats  
1/2 cup firmly packed light brown sugar  
1/3 cup all-purpose flour  
1 tsp. ground cinnamon  
Pinch of salt  
1/2 cup chopped walnuts (optional)  
6 Tbs. (3/4 stick) unsalted butter, melted  
Whipped cream or vanilla ice cream for serving (optional)

## Instructions

1. Position a rack in the middle of an oven and preheat to 375°F.
2. Butter a 10-inch pie dish or 9-inch square baking pan or dish.
3. Peel and core the apples and slice them into a bowl. The thinner you slice the apples the mushy the dish gets so adjust cooking time accordingly. We normally do 1/8" thick.
4. Add the lemon juice and granulated sugar and toss to coat.
5. Place the apples in the prepared dish and pat them so they are level.
6. Mix the topping in a bowl, stir together the oats, brown sugar, flour, cinnamon, salt and walnuts, if using.
7. Drizzle the melted butter over the oat mixture and toss with a fork until evenly moistened.
8. Cover the apples evenly with the topping.
9. Bake the crumble until the apples are tender when pierced with a knife and the topping is browned, 35 to 45 minutes.
10. Let cool slightly in the pan on a wire rack.

Spoon the crumble into bowls, top each with a dollop of whipped cream or a scoop of ice cream, if desired, and serve.

Serves 6.



# SANTA'S COOKIES IN A JAR

Filip Pongratz, RVII

## Ingredients

1 quart Mason Jar  
1 1/3 cup all-purpose flour, spooned into measuring cup & leveled  
1 teaspoon baking powder  
1 teaspoon baking soda  
1/4 teaspoon salt  
1 cup rolled oats  
3/4 cup M&Ms  
1/2 cup brown sugar, packed  
1/2 cup white granulated sugar  
1/4 – 3/4 cup semi-sweet chocolate chips

## Instructions

1. Mix the flour, baking powder, baking soda and salt together.
2. Layer all the ingredients in a 1 quart mason jar in the order listed. 3. Print this FREE DIY Printable PDF file [{Santa's Cookies in a Jar Tags}](#) on card stock and cut out.
4. Attach recipe tags to front and back of jar
5. The conversion of 350 degrees Fahrenheit to Celsius is 177 Celsius.

Enjoy!



## VEGAN MUG CAKE

Kraemer Clayton, RVII

## Ingredients

Flour,  $\frac{1}{4}$  Cup  
Baking Powder,  $\frac{1}{2}$  TSP  
Cinnamon,  $\frac{1}{2}$  TSP  
Non-Dairy Milk, 4 TBSP  
Nut Butter (Peanut recommended), 2 TSP  
Pure Maple Syrup, 1  $\frac{1}{2}$  TSP  
Sea Salt, to Taste  
Chocolate Chips, to Taste

## Instructions

1. Mix all ingredients in a mug of choice (must be microwave safe) and microwave for 1 minute
2. Allow to cool, it will be hot when it comes out!

Note: I make this recipe regularly! It is such a great after dinner quick dessert for a craving. Would also recommend topping it with Vegan ice-cream or whipped cream.



# VEGAN LEMON BULBERRY SCONES

Kraemer Clayton, RVII

The glaze on these scones  
MAKE the recipe, do not skip,  
you will thank me later.

I have also made this recipe  
subbing other berries and it still  
works! It is a very versatile  
recipe.

This is a crowd pleaser for non-  
vegans as well!

## Ingredients

|                             |                           |
|-----------------------------|---------------------------|
| Batter                      | 1 TSP Vanilla Extract     |
| 2 Cups All Purpose Flour    | 1/2 Cup Non-Dairy Milk    |
| 1 TBS Baking Powder         | 1 Cup Blueberries         |
| 2 TBS Cane Sugar            |                           |
| 1/2 TSP Salt                | Lemon Glaze               |
| 1/4 Cup Vegan Butter        | 1 Cup Confectioner Sugar  |
| 4 TBS Agave                 | 1/4 Cup Lemon Juice       |
| 3 TBS Lemon Juice           | 1 TBS Melted Vegan Butter |
| 2 TBS Lemon Zest (optional) |                           |

## Instructions

1. Preheat Oven to 400 degrees Fahrenheit.
2. In a medium mixing bowl combine: flour, baking powder, salt and cane sugar.
3. Add in cut butter until it is in tiny clumps evenly distributed throughout the dough.
4. Add agave, lemon juice, lemon zest (optional), vanilla extract, and non-dairy milk and mix. If the dough feels dry add non-dairy milk 1 TBS at a time until dough is stiff. You do NOT want a liquidly dough.
5. Fold in blueberries.
6. Add dough to a floured surface and use hands to form into a ball and flatten slightly.
7. Divide your dough into 8 even slices.
8. Transfer to parchment-lined baking sheet OR greased (with vegan butter) baking sheet (from experience either works).
9. Bake for 20 minutes, the bottoms may not be browned- so do not panic. If you prefer your baked goods a little bit browned leave it in a little bit longer. Let cool before adding the glaze!
10. Glaze: Whisk together all ingredients until it turns to a thick glaze. Drizzle over the top of the scones when they are cool.



# CHOCOLATE CHIP PUDDING COOKIES

Chrissie King, RVII

## Ingredients

1 cup salted butter, softened  
3/4 cup brown sugar  
1/4 cup sugar  
1 box (3.4oz) instant vanilla or chocolate pudding  
2 large eggs  
1 tsp. vanilla extract  
2 1/3 cups all-purpose flour  
1 tsp. baking soda  
1 package (11 oz) milk chocolate or peanut butter chips

\*I listed options for pudding and chips because you can mix and match. I typically make vanilla pudding with milk chocolate chips and then chocolate pudding with peanut butter chips.

## Instructions

1. Preheat oven to 375 degrees. In a large bowl, combine flour and baking soda. Set aside.
2. In large bowl or stand-mixer, add the butter, both sugars, pudding mix, eggs and vanilla. Beat on medium speed until creamy.
3. Gradually add in the flour and baking soda mixture, beating on low speed until just combined. Stir in the chips.
4. Drop batter by teaspoons on un-greased cookie sheets. Bake for only 8-10 minutes.
5. Remove from oven and let cookies rest and cool on cookie sheets or wire racks.
6. Enjoy!!



## BLACK BOTTOM CUPCAKES

Filip Pongratz, RVII

## Ingredients

1 (8 ounce) package cream cheese, softened  
1 egg  
 $\frac{1}{3}$  cup white sugar  
 $\frac{1}{8}$  teaspoon salt  
1 cup miniature semisweet chocolate chips  
1  $\frac{1}{2}$  cups all-purpose flour  
1 cup white sugar  
 $\frac{1}{4}$  cup unsweetened cocoa powder  
1 teaspoon baking soda  
 $\frac{1}{2}$  teaspoon salt  
1 cup water  
 $\frac{1}{3}$  cup vegetable oil  
1 tablespoon cider vinegar  
1 teaspoon vanilla extract

## Instructions

1. Preheat oven to 350 degrees F (175 degrees C). Line muffin tins with paper cups or lightly spray with non-stick cooking spray.
2. In a medium bowl, beat the cream cheese, egg,  $\frac{1}{3}$  cup sugar and  $\frac{1}{8}$  teaspoon salt until light and fluffy. Stir in the chocolate chips and set aside.
3. In a large bowl, mix together the flour, 1 cup sugar, cocoa, baking soda and  $\frac{1}{2}$  teaspoon salt. Make a well in the center and add the water, oil, vinegar, and vanilla. Stir together until well blended.
4. Fill muffin tins  $\frac{1}{3}$  full with the batter and top with a dollop of the cream cheese mixture.
5. Bake in preheated oven for 25 to 30 minutes.



# KETO LEMON CAKE WITH BLUBERRIES

Sabrina Selvaggio, RVII

## Ingredients

### CAKE

2 1/4 cups almond flour,  
packed, fine  
1/3 cup coconut flour  
1 1/4 tsp baking powder  
1/4 tsp baking soda  
6 large eggs  
3/4 cup erythritol or artificial  
sweetener  
2 TBL lemon zest  
1/3 cup lemon juice (room  
temp)  
1/2 cup coconut oil  
(lukewarm)  
1 tsp vanilla  
3/4 cup fresh or frozen blueberries

### FROSTING

3/4 cup unsalted butter  
(soft)  
12 oz cream cheese (soft)  
2 1/2 TBL lemon juice  
(room temp)  
2 TBL unsweetened  
almond milk  
2/3 cup sugar free  
powdered sweetener

## Instructions

### CAKE

1. Before you start, make sure ALL the ingredients are at room temperature including eggs, lemon juice, unsweetened almond milk, and flours.
2. Preheat oven to 180°C (350°F).
3. Grease two 9-inch round cake pans with coconut oil or butter. Set aside.
4. In a large mixing bowl, combine almond flour, coconut flour baking powder, and baking soda. Set aside.
5. In another mixing bowl, add eggs (at room temperature) with sugar-free crystal sweetener. Beat on high speed for 45 seconds until foamy and lighter in color.
6. Bring back the mixing bowl with the dry ingredients. Make a well in the center of the flour and add the lemon zest, lemon juice, melted coconut oil, vanilla, and beaten eggs.
7. Beat gently on low speed to incorporate all the ingredients together and form a consistent cake batter.
8. Stop the electric beater, and using a spatula, fold in the blueberries into the batter.

9. Transfer half of the cake batter into one cake pan and the other half of the batter into the second cake pan. You now have two cake pans filled with roughly the same amount of cake batter.

10. Bake each cake layer for 20-25 minutes or until a skewer inserted in the center of the cake comes out clean. If you have a convection mode on your oven you can easily bake the two cake layers at the same time. Otherwise, it is preferable to bake one cake layer at a time. You can keep the second layer at room temperature while the first cake layer is baking.

11. Let the cake cool down for 10 minutes in the pan then release it on a cooling rack.

12. Cool down for at least 3 hours or until the cakes are at room temperature before frosting. Don't cool down in the fridge, or the cakes will lose their moisture and become dense.

#### LEMON BUTTERCREAM

1. In a medium-size mixing bowl, add the soft butter, and using an electric beater, beat soft butter for 1 minute. Stop beater, then add softened cream cheese.

2. Beat on medium speed for about 1-2 minutes or until fluffy and light in color.

3. Stop the beater and add in lemon juice, unsweetened almond milk, and powdered sugar-free sweeteners.

4. Beat again, at low speed first, to prevent the powdered sugar from bursting outside of the mixing bowl, then on medium speed until the frosting is thick.

5. Use the frosting to assemble the 2-layer cake. Feel free to put some blueberries in between the layers for a sweet surprise!

6. You can make the frosting ahead of time and store it in the fridge in an airtight container while the cake layers are cooling down.

**STORAGE:** Store the lemon cake in the fridge in a cake box for up to 3 days.

You can freeze the cake too, but I recommend freezing unfrosted cake for better taste when defrosted.

**OPTIONAL:** I candied some Meyer lemons and decorated the top of the cake with fresh blueberries!



# SUPER MOIST CHOCOLATE CHIP BANANA BREAD

Emmanuel Preval, RVII

## Ingredients

READY IN: 1h 10mins SERVES: 7

1 stick unsalted butter, room temperature (1/2 cup)  
1 cup brown sugar, packed  
1 large egg  
3-4 very ripe bananas, mashed  
1 teaspoon vanilla  
2 cups all-purpose flour  
1 teaspoon baking powder  
1/2 teaspoon baking soda  
1/4 teaspoon salt  
1 cup dark chocolate chips

## Instructions

Preheat oven to 350 degrees F.

Line a 9x5 loaf pan with parchment paper, making sure the parchment is hanging over the sides of the loaf pan. This will help you easily remove the loaf after baking. Spray with nonstick spray and set aside.

1. In a large bowl, cream butter and sugar together for about 2 minutes until smooth. Whisk in the egg then add the mashed bananas and vanilla. Mix, scraping down the sides of the bowl, until well combined.
2. Add the flour, baking soda, baking powder, and salt. Mix until just combined. Careful not to over mix. Fold in the chocolate chips.
3. Pour the mixture into the loaf pan. Bake for 55-65 minutes until a knife inserted in the center of the loaf comes out clean. Let cool for at least 30 minutes before serving.



# KYLE'S COPY CAT FRENCH BAGUETTE VEGAN MUFFINS

Kraemer Clayton, RVII

"The name may be a mouthful  
and so are the muffins!"- Kyle

## Ingredients

Batter 1/4 Cup Rasins soaked in hot water for 10 minutes and drained  
1 Cup Flour  
1/2 Cup Brown Sugar (or more test the batter)  
1 TSP Baking Soda  
1 TSP Cinnamon  
1/4 TSP Ground Ginger  
1/4 TSP Salt  
1 Cup Peeled and Grated Carrots  
1 Medium tart Apple (peeled, cored and grated)  
1/4 Cup Shredded Coconut (sweetened or unsweetened your preference)  
1/4 Cup Chopped Walnuts  
1 1/2 TBS Ground Flax + 4 1/2 TBS Water- refrigerated for 20 minutes  
1/3 Cup Oil of your choosing  
1 TSP Vanilla Extract  
2 TBS Orange Juice (Optional)

Sugar Top  
2 TBS White Sugar  
2 TBS Brown Sugar

## Instructions

1. Preheat oven to 375 Degrees Farhenheit.
2. Prep ingredients, combine flax and water to refrigerate for 20 minutes, soak Rasins in hot water for 10 minutes, peel and grate carrots and peel, core and grate apple.
3. Line muffin tin with liners.
4. In a bowl combine flour, sugar, baking soda, spices and salt and mix with an electric mixer.
5. Add the carrots, apple, coconut and nuts.
6. In a small separate bowl, beat together the flax mixture, oil, vanilla and orange juice.
7. Add the wet to the dry mixture and stir until evenly moistened.
8. Drain the raisins and fold them in.
9. Taste the batter (important step because you can adjust the sweetness at this point if needed).

10. Divide the batter evenly amongst the muffin papers. (They can be close to full).

11. (Optional) Mix white and brown sugar and top each muffin with a spoonful.

12. Bake the muffins for 20-25 minutes.

13. Allow to cool and enjoy!

Notes: The sugary top is worth it! Adds a little sweet crunch on the top! This is a copy cat recipe (or as close as we can get) to a D.C., Maryland, Virginia local bakery that sells these all over the DMV area.

This is a tedious recipe and it is so delicious, well worth it!



# OLD FASHION PEACH COBBLER

Phillip Smith, RVII

## Ingredients

2½ cups all-purpose flour  
3 tablespoons white sugar  
1 teaspoon salt  
1 cup shortening  
1 egg  
¼ cup cold water  
3 pounds fresh peaches -  
peeled, pitted, and sliced  
¼ cup lemon juice  
¾ cup orange juice  
½ cup butter  
2 cups white sugar  
½ teaspoon ground nutmeg  
1 teaspoon ground  
cinnamon  
1 tablespoon cornstarch  
1 tablespoon white sugar  
1 tablespoon butter,  
melted

## Instructions

Step 1 In a medium bowl, sift together the flour, 3 tablespoons sugar, and salt. Work in the shortening with a pastry blender until the mixture resembles coarse crumbs. In a small bowl, whisk together the egg and cold water. Sprinkle over flour mixture, and work with hands to form dough into a ball. Chill 30 minutes

Step 2 Preheat oven to 350 degrees F (175 degrees C). Roll out half of dough to 1/8 inch thickness. Place in a 9x13 inch baking dish, covering bottom and halfway up sides. Bake for 20 minutes, or until golden brown.

Step 3 In a large saucepan, mix the peaches, lemon juice, and orange juice. Add 1/2 cup butter, and cook over medium-low heat until butter is melted. In a mixing bowl, stir together 2 cups sugar, nutmeg, cinnamon, and cornstarch; mix into peach mixture. Remove from heat, and pour into baked crust.

Step 4 Roll remaining dough to a thickness of 1/4 inch. Cut into half-inch wide strips. Weave strips into a lattice over peaches. Sprinkle with 1 tablespoon sugar, and drizzle with 1 tablespoon melted butter.

Step 5 Bake in preheated oven for 35 to 40 minutes, or until top crust is golden brown.



# GRANDMA LAZARCZYK'S FAMOUS PUMPKIN BARS

Kait Howarth, RVII

## Ingredients

4 large eggs  
1 2/3 cups white sugar  
1 cup vegetable oil  
1 (15 ounce) can pumpkin puree  
2 cups all-purpose flour  
2 teaspoons baking powder  
1 teaspoon salt  
1 teaspoon baking soda  
2 teaspoons ground cinnamon  
6 ounces cream cheese  
6 tablespoons butter (softened)  
3 cups confectioners sugar

## Instructions

1. Preheat oven to 350F
2. Grease and flour one 9x13in pan (for a cake size) OR two 9x13in pans (for bite size cakes). Our family opts for the bite size so we can cut them up and grab from the dessert table.
3. In a mixing bowl, beat together the eggs, sugar, oil, and pumpkin
4. In a separate bowl, sift together the flour, baking powder, baking soda, salt, and cinnamon
5. Add to wet ingredients and mix thoroughly
6. Spread into prepared pan(s)
7. Bake at 350F for 25-30 minutes, until a toothpick comes out clean
8. Remove from oven and let cool
9. Frosting - beat together the cream cheese, butter, and confectioners sugar
10. Spread evenly over the bars after they have cooled



# CHOCOLATE CHIP BANANA BREAD

Dan Hartman, RVII

## Ingredients

2 cups all-purpose flour  
1 teaspoon salt  
3 ripe bananas, mashed  
1 tablespoon milk  
1 teaspoon ground cinnamon, or to taste  
½ cup butter, softened  
1 cup white sugar  
1 teaspoon baking soda  
2 eggs  
1 cup semisweet chocolate chips

## Instructions

1. Preheat oven to 325 degrees F (165 degrees C).
2. Grease a 9x5-inch loaf pan, preferably glass.
3. Mix flour, baking powder, baking soda, and salt in a bowl. Stir bananas, milk, and cinnamon in another bowl.
4. Beat butter and sugar in a third bowl until light and fluffy.
5. Add eggs to butter mixture, one at a time, beating well after each addition.
6. Stir banana mixture into butter mixture. Stir in dry mixture until blended.
7. Fold in chocolate chips until just combined.
8. Pour batter into prepared loaf pan.
9. Bake in the preheated oven until a toothpick inserted into the center comes out clean, about 70 minutes.
10. Cool in the pan for 10 minutes before removing to cool completely on a wire rack before slicing.



# HOMEMADE CINNAMON ROLLS

Andrea Giachino, RVII

Tips for working with yeast

<https://www.tastesoflizzyt.com/homemade-cinnamon-rolls>

## Ingredients

### For the Dough:

- 1 cup warm milk (about 115 degrees F)
- 2 1/2 teaspoons instant dry yeast\* (I like Red Star Platinum Baking Yeast)
- 2 large eggs at room temperature
- 1/3 cup salted butter\*\* (Melted, but make sure it isn't over 110° Fahrenheit. Just softened is fine.)
- 1/2 cup granulated sugar
- 1 teaspoon salt
- 4 1/2 cups all-purpose flour (divided)

### For the Frosting:

- 6 ounces cream cheese (softened)
- 1/3 cup salted butter (softened)
- 2 cups powdered sugar
- 1/2 tablespoon maple extract (or vanilla)

### For the Filling:

- 1/2 cup salted butter (almost melted)
- 1 cup packed brown sugar
- 2 tablespoons cinnamon
- 1/2 cup heavy cream\*\*\* (for pouring over the risen rolls)

## Instructions

1. Pour the warm milk in the bowl of a stand mixer and sprinkle the yeast otop.
2. Add the eggs, butter and sugar. Mix until combined.
3. Add in salt and 4 cups (save the other 1/2 cup and add only if you need it) of flour and mix using the beater blade just until the ingredients are barely combined. Allow the mixture to rest for 5 minutes so the flour has time to soak up the liquids.
4. Scrape the dough off the beater blade and remove it. Attach the dough hook.
5. Beat the dough on medium speed, adding in up to 1/2 cup more flour if needed to form a dough. Knead for 5-7 minutes or until the dough is elastic and smooth. \*\*The dough should be tacky and will still be sticking to the sides of the bowl.
6. Spray a large bowl with cooking spray.
7. Use a rubber spatula to remove the dough from the mixer bowl and place it in the greased large bowl.

8. Cover the bowl with a towel or wax paper. Set the bowl in a warm place and allow the dough to rise until double. It normally takes about 30 minutes for the dough to rise. Do not allow the dough to rise too much or your cinnamon rolls will be airy.

**While the dough is rising, prepare the cinnamon filling.**

In a medium bowl, combine the soft butter, brown sugar and cinnamon, mixing until well combined. Set aside.

9. Sprinkle a pastry mat generously with flour. Turn out the dough onto the pastry mat and sprinkle the top of the dough with additional flour.

Flour a rolling pin and roll the dough to about a 24×15" rectangle. (

10. Use a rubber spatula to smooth the cinnamon filling over the whole dough rectangle.

11. Starting on the long end, roll the dough up tightly jelly roll style.

Cut into 12 slices and place in a greased 9×13 baking pan.

12. Cover the pan and allow the rolls to rise for 20 minutes or until nearly double.

**Preheat the oven to 375 degrees.**

13. Warm the heavy cream until the chill is off. It should be warm to the touch.

14. Once the rolls have risen, pour the heavy cream over the top of the rolls, allowing it to soak down in and around the rolls.

Bake at 375 degrees for 20-22 minutes, until the rolls are lightly golden brown and the center rolls are cooked through.

**While the rolls are cooling, prepare the cream cheese frosting.**

1. In a large bowl, combine the softened cream cheese and butter using a hand mixer. Blend well.

2. Add in your favorite extract and the powdered sugar. Beat until combined.

3. Spread the frosting over the cooled rolls.