Table of Contents

1. Pumpkin Pie Pancakes
2. Cocoa Almond Bark
3. Mixed Berry Cheesecake
4. Cast-Iron Skillet Cinnamon Rolls with Maple Pumpkin Cream Cheese Frosting
5. Edible Chocolate Candles
6. Texas Style Hot Dogs by Kevin Roberts
7. Pumpkin Spice Scones with Maple Glaze
8. Poor Man’s Carbonara Linguine
9. Donut Pancakes with Maple Bacon Sauce
10. Pamela Salzman - Chipotle Turkey Chili with Sweet Potatoes
Pumpkin Pie Pancakes

Ingredients:

For Pancakes:

- 2 eggs
- 1/4 cup pumpkin puree
- 3/4 cup low-fat cottage cheese
- 1/2 medium really ripe banana (freckle stage or beyond)
- 1 cup dry quick one-minute oats
- 1/2 teaspoon baking powder
- 1 1/4 teaspoon pumpkin pie spice
- 1/2 teaspoon ground cinnamon

For Pumpkin Pie Crumble:

- 1/4 cup oats
- 1/4 cup chopped pecans
- 1/4 teaspoon ground cinnamon
Pumpkin Pie Pancakes

- 4 dates, chopped
- 1 teaspoon coconut oil

For Pumpkin Pie Syrup:

- 1/2 cup 100% pure maple syrup
- 2-3 tablespoons pumpkin puree
- 1/2 teaspoon pumpkin pie spice

Directions:

1. In a food processor or blender, add eggs and pulse to beat. Next, add pumpkin, cottage cheese and banana, processing until cottage cheese is smooth. Then, add the oats, baking powder, pumpkin spice, and cinnamon. Process until well-combined.

2. Heat a flat skillet or griddle over medium heat. Coat skillet with non-stick cooking spray, or with a teaspoon coconut oil.

3. Using a large spoon, ladle, or cookie scoop, pour in about 1/4 cup of batter for one pancake. (You may need to help the little pancake spread out a bit). Cook each pancake about 2-3 minutes per side. You’ll know it’s ready to flip when the bubbles start to reach the center of the pancake. Flip and cook 2-3 minutes on the other side.

4. While pancakes are cooking, make topping: place 1/4 cup oats, pecans, and cinnamon on a baking sheet. Bake at 425° for 5 minutes, until light brown. Remove and sprinkle dates and coconut oil on baking sheet, mixing all ingredients around with a fork.

5. To make pumpkin pie syrup, warm maple syrup in a saucepan or microwave. Stir in pumpkin and spice. Pour into a serving vessel. (Such as a hollowed-out sugar pumpkin with a ladle to pour!)

6. Serve pancakes with topping and syrup beside. Enjoy your fall breakfast!
Pumpkin Pie Pancakes

NOTES:

*These can be eaten by themselves or spread with a nut butter and sprinkle with unsweetened coconut, granola, sliced bananas or sunflower seeds for a power snack.

*To freeze, let pancakes completely cool, then stack into a zip-top freezer bag. To reheat, microwave one pancake for 10 – 30 seconds (depending on your microwave) or toast them in the oven on a low-broil. Can be frozen for 3 months.
Cocoa Almond Bark

Ingredients:

- 4 ounces 60% cacao bittersweet chocolate
- 4 ounces white chocolate
- ¼ cup Almonds, (salted or plain) chopped
- ¼ cup miniature marshmallows
- ½ packet instant hot chocolate mix

Directions:

1. Melt chocolate on stovetop by filling small pot a third of the way full with water, and place a heat proof bowl that fits tightly on top of pot.

2. Place dark chocolate in bowl and heat over medium low until melted thoroughly, stirring often.
Cocoa Almond Bark

3. Line baking sheet with parchment paper and pour dark chocolate on parchment, spreading chocolate out evenly into thin layer.

4. In clean heat proof bowl, repeat process to melt white chocolate.

5. Scoop white melted white chocolate out of bowl and pour on top of dark chocolate. Run spatula through chocolate to make a marbled look with white and dark chocolate.

6. Top chocolate with almonds and marshmallows.

7. Using a fine mesh sieve, sprinkle hot chocolate on top of bark.

8. Allow to cool in refrigerator until chocolate hardens.

Mixed Berry Cheesecake

Ingredients:

For Crust:

- 6 ounces graham crackers, finely ground
- 2 tablespoons algae oil, preferably Thrive
- 2 tablespoons ground pistachios

For Cheesecake:

- 6 ounces mixed berries, strawberries, raspberries, blueberries, and blackberries
- 1 cup sugar
- 1/3 cup cornstarch
- 13 ounces reduced fat cream cheese
- 1 cup reduced fat Greek yogurt, preferably Fage
- 1 cup reduced fat cottage cheese
- 1 whole egg
- 2 large egg whites
Mixed Berry Cheesecake

For the Toppings:

- 6 ounces mixed berries
- 2 limes
- 10 mint leaves

Directions:

1. Preheat the oven to 325°F with a rack in the center position. Lightly grease a 9-inch springform pan, set aside.

2. To prepare the crust, place the graham crackers in a food processor and grind into fine crumbs. Place the pistachios in the food processor and finely grind. Add in the algae oil. Press the crust into the bottom of the pan. Bake in the oven for about 10 minutes.

3. Meanwhile, puree the first portion of berries and strain through a sieve to remove all the seeds. Discard the seeds. Stir together the sugar and cornstarch.

4. In a food processor, puree the cottage cheese until smooth. Add the berries, sugar and cornstarch mixture, and cream cheese. Puree until smooth. Add the yogurt, egg, and egg whites. Pulse just until combined.

5. Do not over mix. Transfer the batter to the prepared pan, and carefully pour the mixture on top of the crust.

6. Bake the cheesecake for about 50 minutes, or until the cheesecake is set and no longer liquid-y.

7. Remove the cheesecake from the oven and allow the cheesecake to completely cool in the pan. Once cool, cover and refrigerate for at least 6 hours, before serving.
Mixed Berry Cheesecake

8. Just before serving, toss the second portion of berries into a bowl. Zest one of the limes. Toss the lime zest into the bowl with the berries, add 5 mint leaves cut into thin strips and one tablespoon of fresh lime juice. Stir gently to combine. Be careful when stirring, you don’t want to the berries to break down and start to release their juices, you just want to spread the lime zest and mint around.

9. Carefully place the berries on top of the cheesecake. Cut the second lime into wedges. Place the lime wedges and remaining mint on top of the cheesecake. Serve.

Secrets:

1. Add cottage cheese for a rich and dense New York style cheesecake that is low in fat and rich in protein.

2. Use reduced fat Greek yogurt instead of sour cream or crème fraiche.

3. Replace the butter in the crust with omega rich algae oil, which is high in good for you monounsaturated fats.
Cast-Iron Skillet Cinnamon Rolls with Maple Pumpkin Cream Cheese Frosting

Ingredients:

For Sweet Roll Dough:

- 3 1/2 cups (437 g) unbleached all-purpose flour
- 1/2 cup (120 ml) whole milk
- 1/2 cup (115 g) sour cream
- 6 tbsp (85 g) unsalted butter, cut into cubes
- 1/2 cup (60 g) granulated sugar
- 2 tsp (12 g) salt
- 1 large egg, lightly beaten
- 1/4-oz (7 g) package active dry yeast

For Filling:

- 1/4 cup (150 g) light brown sugar, firmly packed
- 2 tbsp (16 g) ground cinnamon
- 1/2 cup (114 g) unsalted butter, melted
Cast-Iron Skillet Cinnamon Rolls
with Maple Pumpkin Cream Cheese Frosting

For Frosting:

- 12 oz (340 g) cream cheese, at room temperature
- ½ cup (114 g) unsalted butter, at room temperature
- ½ cup (82 g) unsweetened pumpkin puree (not pie filling)
- 1-2 cups (125-250 g) powdered sugar, sifted (sweeten to taste)
- ¼ cup (80 g) pure maple syrup
- 1 tsp pumpkin pie spice
- 1/2 cup (65g) toasted walnuts or pecans, optional

Directions:

1. To make the dough, combine the flour and yeast in the bowl of a stand mixer. Heat the milk, sour cream, butter, granulated sugar and salt in a medium saucepan over medium heat. Stir occasionally, until just warm, 3 minutes; you do not want it to simmer or boil. Add the milk mixture to the mixer bowl with the flour. Beat with the paddle attachment. Add the egg and beat until a dough forms. Beat for a few minutes until the dough pulls away from the edges of the bowl.

2. Remove the dough from the mixer bowl with lightly floured hands and place in a large oiled bowl to rise. Cover and let rise in a warm room until the dough has a chance to double in size. This will take about 90 minutes, depending on the temperature of the room. It may take a bit longer if the room is not so warm.

3. To make the filling, whisk together the brown sugar and cinnamon in a bowl. Coat a 10-inch (25-cm) cast-iron skillet with vegetable oil or cooking spray. Preheat the oven to 350°F (180°C) with the rack in the middle.

4. Once the dough has risen, on a lightly floured surface, roll the dough out to a roughly 14 x 10-inch (35.5 x 25-cm) rectangle. Brush the dough with some of the melted butter. Make sure to coat the entire rectangle. Sprinkle the cinnamon sugar mixture evenly over the top.
Cast-Iron Skillet Cinnamon Rolls with Maple Pumpkin Cream Cheese Frosting

5. Start to roll the dough from the long edge away from you. Continue to roll until you have a log. Seal the edge with some melted butter. Cut the log until you have about ten 1-inch (2.5-cm)-tall slices. Place the slices into the prepared skillet. Drizzle any remaining butter over the top of the rolls.

6. Bake for 30 minutes uncovered, until the cinnamon rolls are golden brown. Remove from the oven and let cool before adding the frosting.

7. While the rolls are baking, make the frosting. With the paddle attachment, beat the cream cheese, butter and pumpkin together on medium speed until smooth. Add the powdered sugar, maple syrup and pumpkin pie spice, and beat on low until just combined; increase to medium speed until you have a smooth consistency.

8. Slather the frosting on top of the cooled cinnamon rolls and serve. Top with nuts, if desired.
Edible Chocolate Candles

Ingredients:

- White Chocolate (Melted)
- Chocolate Mousse (recipe below)
- Raspberries

For Chocolate Mousse:

- 2 ½ cups cream
- 1 Tbsp. gelatin
- 4 large egg yolks
- 1/5 cup baker’s sugar
- 1/3 pound dark chocolate
Edible Chocolate Candles

Materials:

- Piping Bags
- Acetate Baking Sheet
- Tape
- Ring Cutter
- Palette Knife
- Birthday Cake Candle

Directions:

For Chocolate Mousse:

1. Heat 1 cup of cream in a saucepan until it starts to steam. Remove from the heat and set aside.

2. Put the gelatin and 2 Tbsp. water in a small bowl and leave for a few minutes to swell.

3. Beat the egg yolks until thick and light in color. Add the sugar and beat well.

4. Add a little of the hot cream to the egg mixture and beat well. Add the remaining hot cream gradually.

5. Return the mixture to the saucepan and stir over medium heat for 2-3 minutes until thickened slightly.

6. Add the chocolate and stir until melted.

7. Stir in the gelatin and remove from heat. Set aside to cool.

8. Refrigerate the chocolate mixture until cold, but not yet setting.

9. Beat the remaining cream until stiff and fold the whipped cream in the chocolate mixture. Then fold the chocolate mixture into remaining whipped cream.
Edible Chocolate Candles

For Candles:

1. Wrap ring cutter with an acetate baking sheet. Tape the sheet in place and remove ring cutter. This will be the shape of the candle.

2. Apply melted chocolate to inside of acetate cylinder. Allow to completely harden.

3. Once chocolate is hardened, remove tape and remove acetate sheet.

4. Pour melted white chocolate down on parchment paper. Allow to harden a little bit then use ring cutter to cut out base of candle.

5. Heat the bottom of cylinder candle on pan and attach to base.

6. Use a piping bag full of melted chocolate to make “wax drips” around the candle.

7. Use a piping bag full of your favorite chocolate or chocolate mousse and fill the candle halfway, add raspberries, finish off with more mousse.

8. Pipe remaining chocolate on top and pop in birthday cake candle.

9. Light candles just before serving and serve immediately!
Texas Style Hot Dogs
by Kevin Roberts

Ingredients:

For the Pickleslaw:

- Shredded cabbage
- Celery seed
- Dill pickles, chopped
- Mustard
- Apple-cider vinegar
- Salt & pepper
- Barbecue sauce

For the Hot Dogs:

- 8 Kosher All Beef hot dogs or brats
- 8 good quality hot dog buns
Texas Style Hot Dogs by Kevin Roberts

For the Grilled Fruit Sangria:

- 3 peaches, sliced
- 1 pineapple, chopped
- 5 lemons, sliced
- 5 limes, sliced
- 5 oranges, sliced
- 5 jalapenos, whole
- 2-4 bottles, white wine
- 1 bottle, sprite or 7up
- Ice

Directions:

These are easier than most people think. Soak or boil brats or different style hot dogs in your favorite craft beer. Stone is good, PBR if you want to go really rugged or a dark beer of you like a more smoky robust flavor. Simply cook or soak the hot dogs, and then grill!

For Hot Dogs:

1. Add shredded cabbage to a large mixing bowl.

2. Add celery seed, pickles, mayonnaise, vinegar, salt and pepper. Mix well and put aside.


For Grilled Fruit Sangria:

1. Grill all the fruit and jalapeño getting nice grill marks on the fruit.

2. Pour white wine into pitchers.

3. Add fruit to the pitchers.

4. In separate cups, add ice and a jalapeño garnish. Pour wine into cups and serve
Pumpkin Spice Scones with Maple Glaze

**Ingredients:**

**For Scones:**

- 1½ cup all-purpose flour (I like using half whole wheat and half all-purpose as well)
- 1 cup uncooked oatmeal; old fashioned or quick cooking, see note below***
- ½ cup brown sugar, or turbinado sugar
- 2 teaspoons baking powder
- ½ teaspoon salt
- ½ teaspoons pumpkin pie spice (recipe for Homemade Pumpkin Pie Spice Below)
- ½ cup COLD unsalted butter; cut into cubes
- ¼ cup fresh or canned pumpkin puree (not canned pumpkin pie)
- ¼ cup cold half and half (or whole milk works too)
- 1 teaspoon vanilla extract
Pumpkin Spice Scones with Maple Glaze

For Frosting:

- 1 3/4 cup powdered sugar
- 1/2 cup coconut oil
- 1 teaspoon vanilla extract
- 1 tablespoon real maple syrup
- 1/2 teaspoon pumpkin pie spice
- 1-2 tablespoons half and half or milk

For Homemade Pumpkin Pie Spice:

- 3 tablespoons ground cinnamon
- 2 1/2 teaspoons ground ginger
- 1 teaspoon ground nutmeg
- 1 teaspoon ground cloves
- 1 teaspoon ground allspice
- 1/4 teaspoon cardamom; optional
- *Measure all of these out into a bowl and whisk together
- *Transfer to a sealed container and store at room temperature
- *If you are starting with fresh spices it will stay good for up to a year

Directions:

1. Place the flour, oatmeal, sugar, baking powder, salt, and pumpkin pie spice in bowl of a food processor; this can also be done with a pastry cutter or stand mixer (see note in "ingredients")

2. Pulse to combine

3. Place the butter in the mixer

4. Pulse to combine; mixture will like a bit like sand, don’t over-mix, it’s good to have the butter in about pea-sized pieces

5. In a separate bowl (I like using a measuring cup for wet ingredients) combine the half and half, vanilla, and pumpkin puree

6. With the processor running, pour in the wet ingredients
Pumpkin Spice Scones with Maple Glaze

7. Combine until JUST mixed in

8. Remove the dough from the processor and place on a lightly floured surface

9. Use your hands to form a large flat disk with the dough about a half inch to an inch thick

10. Use a knife to cut the dough in half one way and the opposite way, this will make four large pieces

11. THEN cut each of the pieces in half... this will look like a pizza!

12. Place the scones on a baking sheet lined with parchment paper

13. Place the baking sheet in the fridge for about 15 minutes

14. If you plan in freezing these place them in the freezer for a half hour then remove and place in a freezer friendly bag, label, and place back in the freezer

15. Preheat your oven to 375 degrees

16. Place the scones on a room temperature baking sheet, lined with parchment paper, into the oven and bake for 15-20 minutes

17. If they are coming straight out of the freezer it may take about 5-7 minutes longer

18. Allow to cool on a cooling rack

19. Meanwhile make the icing
Pumpkin Spice Scones with Maple Glaze

20. Measure the powdered sugar, and pumpkin pie spice into a bowl

21. Pour in the vanilla, maple syrup and milk while whisking to combine

22. Once thoroughly mixed, it can be drizzled over the scones; if you want more precise lines, pour the icing into the corner of a small ziplock bag

23. Cut the tip of the corner of the bag and drizzle the icing over the cooled scones

24. You can also simply use a spoon to drizzle the icing over the scones

25. Scones are best fresh out of the oven, but will stay good for a couple days in a sealed container
Poor Man’s Carbonara Linguine

Ingredients:

- 1 pound dried linguine
- 1 tablespoon vinegar
- 2 tablespoons butter
- 1 cup dice guanciale (or pancetta)
- 2 garlic cloves, chopped
- 2 shallots, slice thin
- 1 cup chicken stock
- 4 eggs
- 1/2 cup of heavy cream
- 1/2 cup grated Grana Padano cheese
- Salt and Pepper
Poor Man’s Carbonara Linguine

Directions:

1. Bring a pot of salted boiling water to a boil and drop in pasta. Cook the pasta about 7-9 minutes, while bringing a small pot of water with 1 tablespoon of vinegar inside to a simmer for the eggs.

2. Meanwhile, heat the butter in a large pot on medium heat and add the guanciale. Render it until just crispy, about 7-8 minutes. Add the garlic and shallots and cook for another 2 minutes.

3. Add the chicken stock, bring to a boil, and reduce by half. Season with salt and pepper.

4. Swirl the vinegar water with a spoon or whisk. As you’re doing this, crack each egg and carefully drop it into the swirling water so that the whites wrap around the yolks. Cook for 4 minutes. Carefully remove and place on a plate that has been wrapped tightly with plastic wrap.

5. Add cream to the pasta sauce and reduce by half. Once reduced, add pasta to sauce. Toss the pasta, then incorporate the cheese. The pasta should be very creamy, but not too thick. Place in bowls and serve with an egg on top of each.

Credit: From Fabio’s 30-Minute Italian by Fabio Viviani; published by St. Martin’s Press. Copyright ©2017 by Fabio Viviani. All Rights Reserved. Used with Permission
Donut Pancakes with Maple Bacon Sauce

Ingredients:

For the Donut Pancakes:

- 4 glazed yeast donuts, day old if possible
- ¼ cup AP flour
- 2 ½ teaspoons baking powder
- 1 tablespoon sugar
- 1 teaspoon salt
- 1 egg
- 1 ¾ cup milk
- 5 tablespoons butter

For the Maple Bacon Sauce:

- 4 pieces bacon (about ¼ pound) minced
- 1 cup apple juice
- ½ cup maple syrup
- 1 tbs apple cider vinegar
Donut Pancakes with Maple Bacon Sauce

Directions:

For the Donut Pancakes:

1. In a 225 degree oven, bake donuts until all moisture has been released. Set aside and let chill to room temp.

2. Melt 3 tablespoons butter, reserve.

3. In a spice grinder or food processor pulse baked donuts until all that is left is a fine powder, or “flour”, reserve. Mix donut “flour” with AP flour and add remaining fry ingredients.

4. Beat egg, combine melted butter and remaining wet ingredients. Stir into dry ingredients.

5. Mix until barely together.

6. In a heavy bottom skillet over medium heat, add remaining butter and cook until bubbles form. Flip pancake and let cook additional 1-2 minutes or until done.

7. Serve with maple bacon sauce.

For the Maple Bacon Sauce:

1. Over medium heat in a heavy bottom pot, cook bacon until crisp.

2. Drain fat and deglaze with ACV, then apple juice. Add maple syrup.

3. Cook slowly until it comes together to nappè.
Pamela Salzman - Chipotle Turkey Chili with Sweet Potatoes

Serves 6 to 8

Ingredients:

- 2 Tablespoons unrefined, cold-pressed extra-virgin olive oil
- 1-pound ground dark turkey meat
- 1 medium onion, diced
- 1 jalapeno, diced
- 4 cloves garlic, minced
- 1 Tablespoon chili powder
- 2 teaspoons ground cumin
- 1/2 teaspoon chipotle chili powder
- pinch ground cloves
- 2 teaspoons sea salt
- 14-15 ounces diced tomatoes and their juice
- 3 cups cooked pinto beans, or 2 15-ounce cans, drained and rinsed (or use 1 can kidney beans and 1 can pinto)
Pamela Salzman - Chipotle Turkey Chili with Sweet Potatoes

- 2 small sweet potatoes, about 1 pound, peeled if desired and shredded (about 4 cups) or riced in a food processor
- 2 ½ cups water
- Topping suggestions: diced avocado, fresh cilantro, Greek yogurt or sour cream, tortilla chips

Directions:

1. Heat oil in a large pot over medium heat. Add turkey meat and brown, breaking up with a wooden spoon. When just cooked through remove from pan using a slotted spoon and set aside. If pot looks dry, add more oil.

2. Add onion, jalapeno, and garlic and sauté until onion is tender and translucent, about 6 minutes.

3. Add spices, salt, and pepper and stir until fragrant, about 1 minute.

4. Add tomatoes and their liquid and cook for another minute or two.

5. Add the turkey meat back to the pot, along with the beans, sweet potato, and water. Bring to a boil, lower to a simmer and cover. Cook until sweet potatoes are tender and everything is nice and thick, about 1 hour.

6. Taste for salt and pepper. Serve with desired toppings such as tortilla chips, diced avocado, chopped cilantro, and sour cream.
Home & Family

Get more recipes:
https://www.hallmarkchannel.com/home-and-family