

Cuisinart®

INSTRUCTION AND RECIPE BOOKLET



Power Advantage® Deluxe 8-Speed Hand Mixer

HM-8 Series

For your safety and continued enjoyment of this product, always read the instruction book carefully before using.

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IMPORTANT SAFEGUARDS

When using an electrical appliance, basic safety precautions should always be taken, including the following:

1. **Read all instructions.**
2. **Turn the appliance OFF, then unplug from the outlet when not in use, before assembling or disassembling parts and before cleaning. To unplug, grasp the plug and pull from the outlet. Never pull from the power cord.**
3. To protect against risk of electric shock, do not put the hand mixer motor housing or cord in water or other liquids. If hand mixer motor housing or cord falls into liquid, unplug the cord from outlet immediately. **Do not reach into the liquid.**
4. This appliance is not intended for use by children or by persons with reduced physical, sensory, or mental capabilities, or lack of experience and knowledge. Close supervision is necessary when any appliance is used near children. Children

- should be supervised to ensure that they do not play with the appliance.
5. Avoid contact with moving parts. Keep hands, hair, clothing, as well as spatulas and other utensils away from beaters and other accessories/attachments during operation to reduce risk of injury to persons, and/or damage to the mixer.
 6. Remove all accessories/attachments from the mixer before washing.
 7. Do not operate any appliance with a damaged cord or plug or after the appliance malfunctions, or is dropped or damaged in any manner. Contact the manufacturer at their customer service telephone number for information on examination, repair, or adjustment.
 8. The use of attachments not recommended by Cuisinart may cause fire, electric shock, or risk of injury.
 9. Do not use outdoors or anywhere the cord or mixer might come into contact with water while in use.
 10. To avoid possibility of mixer being accidentally pulled off work area, which could result in damage to the mixer or in personal injury, do not let cord hang over edge of table or counter.
 11. To avoid damage to cord and possible fire or electrocution hazard, do not let cord contact hot surfaces, including the stove.
 12. **Blades are SHARP. Handle carefully when removing, inserting or cleaning. ALWAYS USE BLADE STORAGE COVER WHEN NOT IN USE.**

13. When mixing liquids, especially hot liquids, use a tall container or mix small quantities in separate batches to reduce spillage, splattering and possibility of injury from burning.
14. Use storage pouch to specifically store hand blender unit and attachments. Be sure blade storage cover is in place on detachable blending shaft before putting in storage pouch.

SAVE THESE INSTRUCTIONS FOR HOUSEHOLD USE ONLY

NOTICE

To reduce the risk of electric shock, this appliance has a polarized plug (one prong is wider than the other). As a safety feature, this plug will fit into a polarized outlet only one way. If the plug does not fit fully into the outlet, reverse the plug. If it still does not fit, contact a qualified electrician. Do not modify the plug in any way. The maximum rating is based on the HM-C Chopper/Grinder attachment (available separately), which draws the greatest load (power); other recommended attachments may draw significantly less power.

FEATURES AND BENEFITS

250 Watt DC Motor

Powerful enough to easily cut through a double batch of cookie dough or butter right out of the refrigerator.

Maximum Comfort

Balanced to do more work for you. The shape of the mixer allows for maximum possible power and balance. Stress-free grip provides unparalleled comfort and control, even during extended mixing.

Automatic Feedback

No need for a power boost. An electronic feedback mechanism automatically feeds in extra power when needed. It assures that the mixer will not bog down, even when mixing heavy loads.

SmoothStart®

When the mixer is turned on, the beaters start spinning very slowly to prevent ingredients from splattering.

Easy to Clean

The Power Advantage® Deluxe Hand Mixer has a smooth, sealed base; wipes clean instantly.

1. One-Step ON/OFF Button

One-step power button allows you to turn mixer on and off in a single operation.

2. Blending Mode

Activates hand blending mode.

3. LED Speed Display

Digital speed settings are easy to read.

4. One-Touch Speed Control

Allows you to change speeds quickly while you are mixing.

5. Rotating Cord

Unique center cord will freely rotate with comfort for right or left-handed use.

6. Soft-Grip Handle

For maximum comfort.

7. Beater Release Lever

Conveniently located for easy ejection of beaters, whisk, or dough hooks. Also activates hand blending mode.

8. Attachment Port

Compatible with included blending shaft attachment and optional Chopper/Grinder attachment, available for purchase (HM-C).

9. Heel Rest

Allows mixer to rest upright on countertop.

10. Easy Clean Beaters

Two extra-wide beaters for easy aerating, mixing, and creaming. Designed with no center post to prevent ingredients from clogging up beaters. Beaters are easy to clean and dishwasher safe.

11. Balloon Whisk

Great for whipping heavy cream or egg whites. May also be used for anything that you would normally whisk by hand, like crêpe batters or eggs for omelets.

12. Dough Hooks

For preparing and kneading yeast doughs such as pizza and bread doughs. Easy to clean and dishwasher safe.

13. Blending Shaft Attachment with Stainless Steel Blade

Attaches to hand mixer, allowing you to blend, mix, and purée all kinds of foods.

14. Blade Storage Cover (not shown)

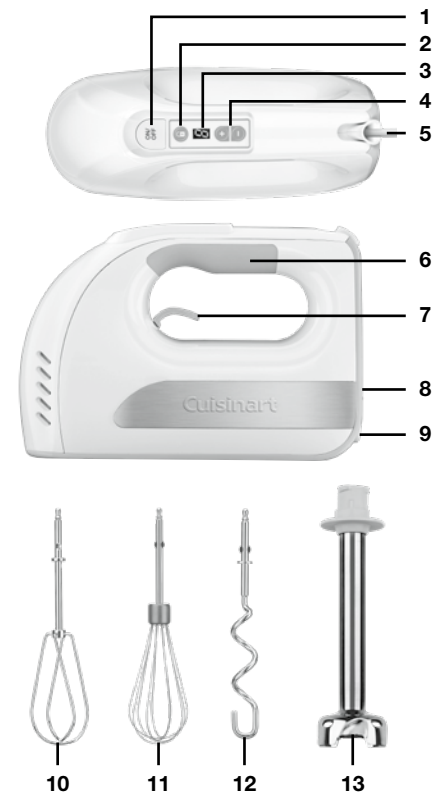
Ensures safety and extends life of blade.

15. Canvas Storage Pouch (not shown)

Safely store hand mixer, blending shaft, and accessories.

16. BPA Free (not shown)

All materials that come in contact with food are BPA free.

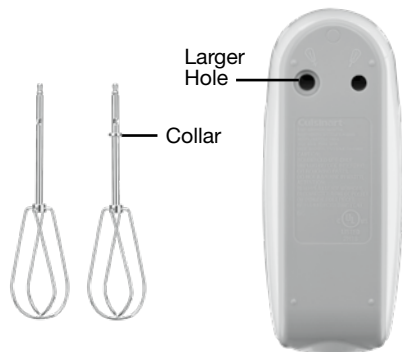


USE, CARE AND MAINTENANCE

USING THE MIXER

Inserting Beaters and Dough Hooks

With the mixer off and unplugged, insert beater with collar into the larger hole. Push beater or dough hook in until it clicks into place. Insert the beater or dough hook without collar into the smaller hole. Push beater or dough hook in until it clicks into place.



Inserting Balloon Whisk

With the mixer off and unplugged, hold balloon whisk at stem end, and insert into either hole. Push whisk in until it clicks into place. **DO NOT PUSH WHISK IN FROM WIRE END, AS YOU MAY DAMAGE WIRES.**

Turning Mixer ON/OFF

Plug mixer into outlet. Press ON/OFF button to turn mixer on. Mixer will immediately begin to mix on Speed 1. To turn mixer off, press ON/OFF button again.

Changing Speeds

Press the + button on the digital touchpad to increase the speed. Press the – button to decrease the speed.

Removing All Accessories

Press the OFF button and unplug from wall outlet. Lift the beater release lever and remove the accessories from the mixer.

HAND BLENDING MODE

The specially designed blade blends, mixes, and purées all kinds of foods, including salad dressings, smoothies, and protein shakes, soups and sauces.

This blade is designed to add only minimal air to your mixture. A gentle up-and-down motion lets you achieve the most flavorful, full-bodied results. Be careful never to remove the blending shaft from the liquid while in operation.

Attaching Blending Shaft

NOTE: The blending shaft port will not open if beaters are inserted.

Slide open the door cover of blending shaft port.

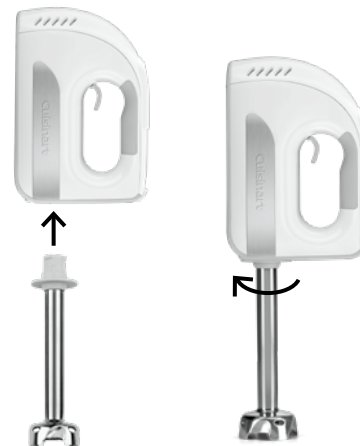


Port: Closed



Port: Open

Insert blending shaft attachment and turn clockwise to secure into locked position.



To remove, turn attachment counterclockwise and remove from port. Door cover will automatically spring back into closed position.

Operation

1. With the unit off and unplugged, connect the blending shaft to the blending shaft port.
2. Plug electric cord into a wall outlet.
3. Immerse the blade end of the blending shaft into mixture to be blended. You can blend in a tall cup, bowl, pot, saucepan or pitcher.
4. To turn on the blending shaft, press ON/OFF button. LED will show Speed 1.
5. To activate the hand blender, press the Unlock button. LED will show “U.”

6. Lift and hold the beater release lever for blending action to begin. To change the speed setting, press the “+/-” button. LED will show Speed 1, 2 or 3. The motor will adjust speeds accordingly.
7. To pulse, release the blender release lever, which will stop the blender action. Pull on the blender release lever to reactivate blender function.
8. Press the ON/OFF button to turn off the unit. Unplug immediately after use.

CLEANING

1. Wash beaters, dough hooks and whisk after each use in hot, soapy water or in a dishwasher.
2. **NEVER PUT THE MOTOR HOUSING IN WATER OR OTHER LIQUIDS TO CLEAN.** Wipe it with a damp cloth or sponge. Do not use abrasive cleansers, which could scratch the surface.
3. To clean blending shaft, wash by hand in hot water using mild detergent. The blending shaft is NOT dishwasher safe. Be mindful of the fixed-mount, razor-sharp blade edges.
4. When not in use, your hand mixer should be disconnected, wiped down and stored in a safe, dry location out of reach of children.

Use the storage pouch provided with hand mixer.

MAINTENANCE

Any other servicing should be performed by an authorized service representative.

NOTE: DO NOT USE THE CUISINART® POWER ADVANTAGE® DELUXE HAND MIXER WITH NONSTICK COOKWARE.

QUICK REFERENCE GUIDE

MIXING TECHNIQUES

For mixing attachments only.

NOTE: The balloon whisk attachment is used only for light whipping. For all other mixing tasks, use the beaters or dough hooks.

Speed 1

- Start mixing most ingredients together
- Start whipping cream
- Start whipping egg whites
- Fold delicate creams and egg whites into batters
- Mix muffin and pancake batters

Speed 2

- Add nuts, chips, and dried fruit to doughs and batters
- Sift and aerate dry ingredients
- Add dry ingredients to batters/doughs
- Mix heavy cookie doughs
- Start kneading yeast doughs

Speed 3

- Cut cold butter into dry ingredients (for pie doughs, biscuits, and pastries)
- Mix cake batters
- Whip potatoes/squash
- Finish kneading yeast doughs

Speed 4

- Mix cookie dough
- Cream butter and sugar until light and fluffy
- Add eggs to batters/doughs

Speed 5

- Finish mixing frostings
- Beat whole eggs/yolks

Speed 6

- Whip egg whites

Speed 7

- Finish whipping cream

Speed 8

- Finish whipping meringues and egg whites

BLENDING TIPS & HINTS

1. Liquid should not come closer than 1 inch from where the shaft attaches to the blending shaft port.
2. Always start blending on Speed 1. Gradually increase to Speeds 2 and 3 as mixture gets smoother.
3. Do not immerse motor body housing in water or any other liquids.
4. Cut solid foods into ½-inch pieces for easier blending.
5. To avoid splatter, be sure the protective blade guard on the blending shaft remains submerged in the liquid while blending. Never remove it from the liquid while the motor is running.
6. Do not let hand blender stand in a hot pot on stove while not in use.
7. Do not put fruit pits, bones, or other hard material into the blending mixture, as these are liable to damage the blades.

-
8. Do not fill mixing containers too full.
The level of mixture will rise when blending, and can overflow.
 9. With the hand blender, using a gentle up-and-down motion is the best way to blend and incorporate ingredients uniformly.
 10. To whip air into a mixture, always hold the blending blade just under the surface.

WARRANTY

Limited Three-Year Warranty

This warranty is available to U.S. consumers only. You are a consumer if you own a Cuisinart® Power Advantage® Deluxe 8-Speed Hand Mixer with Storage Case that was purchased at retail for personal, family or household use. Except as otherwise required under applicable law, this warranty is not available to retailers or other commercial purchasers or owners. We warrant that your Cuisinart® Power Advantage® Deluxe 8-Speed Hand Mixer with Storage Case will be free of defects in materials and workmanship under normal home use for 3 years from the date of original purchase.

We recommend that you visit our website, **www.cuisinart.com** for a fast, efficient way to complete your product registration. However, product registration does not eliminate the need for the consumer to maintain the original proof of purchase in order to obtain the warranty benefits. In the event that you do not have proof of purchase date, the purchase date for purposes of this warranty will be the date of manufacture.

CALIFORNIA RESIDENTS ONLY

California law provides that for In-Warranty Service, California residents have the option of returning a nonconforming product (A) to the store where it was purchased or (B) to another retail store that sells Cuisinart products of the same type. The retail store shall then, according to its preference, either

repair the product, refer the consumer to an independent repair facility, replace the product, or refund the purchase price less the amount directly attributable to the consumer's prior usage of the product. If neither of the above two options results in the appropriate relief to the consumer, the consumer may then take the product to an independent repair facility, if service or repair can be economically accomplished. Cuisinart and not the consumer will be responsible for the reasonable cost of such service, repair, replacement, or refund for nonconforming products under warranty. California residents may also, according to their preference, return nonconforming products directly to Cuisinart for repair or, if necessary, replacement by calling our Consumer Service Center toll-free at 800-726-0190. Cuisinart will be responsible for the cost of the repair, replacement, and shipping and handling for such nonconforming products under warranty.

HASSLE-FREE REPLACEMENT WARRANTY

Your ultimate satisfaction in Cuisinart products is our goal, so if your Cuisinart® Power Advantage® Deluxe 8-Speed Hand Mixer with Storage Case should fail within the generous warranty period, we will repair it or, if necessary, replace it at no cost to you. To obtain a return shipping label, email us at **<https://www.cuisinart.com/customer-care/product-return>**. Or call our toll-free customer service department at 1-800-726-0190 to speak with a representative.

Your Cuisinart® Power Advantage® Deluxe 8-Speed Hand Mixer with Storage Case has been manufactured to the strictest specifications and has been designed for use only in 120-volt outlets and only with authorized accessories and replacement parts. This warranty expressly excludes any defects or damages caused by attempted use of this unit with a converter, as well as use with accessories, replacement parts or repair service other than those authorized by Cuisinart. This warranty does not cover any damage caused by accident, misuse, shipment or other than ordinary household use. This warranty excludes all incidental or consequential damages. Some states do not allow the exclusion or limitation of these damages, so these exclusions may not apply to you. You may also have other rights, which vary from state to state.

Important: If the nonconforming product is to be serviced by someone other than Cuisinart's Authorized Service Center, please remind the servicer to call our Consumer Service Center at 1-800-726-0190 to ensure that the problem is properly diagnosed, the product is serviced with the correct parts, and to ensure that the product is still under warranty.

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Crêpes with Lemon Cream and Fresh Fruit

The lemon cream is delicious for either breakfast or dessert, but the crêpes can also be filled with savory items, such as scrambled eggs and vegetables.

Makes about 18 filled crêpes

Crêpe Batter:

- ¼ cup unsalted butter, cut into tablespoons**
- 1 cup reduced-fat milk, room temperature**
- ¾ cup unbleached, all-purpose flour**
- ½ teaspoon kosher salt**
- 1 tablespoon granulated sugar**
- 3 large eggs, room temperature**
- 1 teaspoon pure vanilla extract**
- 1 teaspoon unsalted butter, room temperature**

Lemon Cream Filling:

- ½ cup heavy cream, cold**
- 1½ teaspoons pure vanilla extract**
- ¼ cup real maple syrup**
- Pinch fine sea salt**
- ½ cup plain, whole milk yogurt**
- 1 teaspoon grated lemon zest**
- 1 teaspoon fresh lemon juice**
- 2 medium bananas, thinly sliced**
- 1 pound fresh strawberries, hulled and thinly sliced**

Confectioners' sugar, for serving (optional)

1. Prepare the crêpes: Put the butter with the milk in a small saucepan over low heat. When the butter is melted, remove from heat and cool slightly.
2. While butter/milk is heating, put the flour, salt, and sugar in a medium bowl. Using the beaters, mix on Speeds 1 to 2 to combine, about 30 seconds. Add the eggs and vanilla extract and beat until mixture resembles a thick and sticky batter. While mixing on Speed 2, mix in the milk and butter mixture until the batter is smooth. Rest the batter in the refrigerator for a minimum of 30 minutes, or up to overnight.
3. While batter is resting, just before cooking crêpes, prepare the filling. Put the heavy cream into a medium mixing bowl. Starting on Speed 1 and very gradually increasing to Speed 8, whip cream to medium-stiff peaks, about 1 minute. Add the vanilla extract, maple syrup, and salt and mix on Speeds 1 to 3 until fully combined. Add the remaining ingredients, except for the fruit, and mix on Speed 1 until combined. Reserve.
4. Cook the crêpes. Mix the crêpe batter briefly using the beaters on Speed 2 to remove any lumps that may have formed. If lumps remain, pour through a fine strainer. Set an 8- to 10-inch crêpe pan or nonstick skillet over medium/medium-high heat. Once pan is hot, add the 1 teaspoon of butter. Tilt pan to evenly distribute the butter; let pan rest on heat for an additional 30 seconds. Add a small

amount of batter, a scant ¼ cup, and with the pan in hand, quickly and evenly rotate it so the crêpe batter thinly coats the entire bottom surface. Allow to cook until set, about 2 minutes (traditionally the crêpe should not brown). Flip and cook on the second side for no more than 30 seconds. Remove and repeat with remaining batter.

5. To serve, put 2 tablespoons of the lemon cream in the center of each crêpe and then top with a portion of the bananas and strawberries. Fold sides of crêpes over. Dust with powdered sugar, if using, and serve.

Nutritional information per filled crêpe:

Calories 156 (46% from fat) • carb. 17g • pro. 4g
fat 8g • sat. fat 5g • chol. 68mg • sod. 131mg
calc. 52mg • fiber 1g

Lemon Ginger Scones

Not too sweet, these scones are a perfect match for a steamy cup of tea in the morning.

Makes 8 scones

- 2½ cups cake flour, plus more for shaping**
- 2 tablespoons granulated sugar**
- 1½ teaspoons baking powder**
- ¼ teaspoon baking soda**
- 1 teaspoon kosher salt**
- Grated zest of 1 lemon (about 1 tablespoon)**
- 6 tablespoons unsalted butter, cut into ½-inch cubes, room temperature**

(for about 5 to 10 minutes, be sure the butter is not soft)

1 cup buttermilk

1 large egg

¼ cup chopped candied ginger

Egg wash (1 large egg plus
1 teaspoon water, whisked well)
Turbinado sugar, for sprinkling

1. Put the flour, sugar, baking powder, baking soda, salt, and zest in a large mixing bowl. Using the beaters, mix the dry ingredients on Speed 1 to fully combine. Reserve.
2. Put the buttermilk and egg in a small bowl. Mix on Speed 1 to combine. Add the butter to the dry ingredients and mix on Speed 3 until mixture is shaggy. Reduce the speed to 1. With the mixer running, slowly add the liquid ingredients, and then the ginger, until just combined; do not over-mix.
3. Pour the mixture onto a clean counter/ large cutting board. Form the dough into a 10-inch cylinder. Using a sharp knife, cut into 8 even rounds. Place on a parchment-lined baking sheet. Cover lightly and transfer to a refrigerator to chill for a minimum of 1 hour, or up to overnight.
4. Once chilled, preheat oven to 400°F with the rack in the middle position. Brush each scone with egg wash and sprinkle with the turbinado sugar.
5. Bake in preheated oven for about 25 to 30 minutes, or until golden brown. Allow to cool before serving.

Nutritional information per scone:

Calories 264 (35% from fat) • carb. 40g • pro. 5g
fat 9g • sat. fat 6g • chol. 47g • sod. 440g
calc. 99 mg • fiber 1g

Blueberry Muffins

*Everyone has a favorite muffin,
and this is quickly becoming ours.
The orange zest should not be overlooked – it
pairs so perfectly with the bright blueberry
flavor.*

Makes 12 muffins

- Nonstick cooking spray**
- 2 cups unbleached, all-purpose flour
- ⅓ cup granulated sugar
- ⅓ cup packed light brown sugar
- 1 teaspoon baking powder
- ¼ teaspoon baking soda
- ½ teaspoon kosher salt
- ½ teaspoon ground cinnamon
- ½ teaspoon grated orange zest
- ¾ cup buttermilk, room temperature
- ½ cup vegetable oil
- 1 large egg, room temperature
- 1 teaspoon pure vanilla extract
- 1 cup fresh or frozen, thawed, blueberries
- ½ teaspoon turbinado sugar

1. Preheat oven to 400°F with the rack in the middle position. Lightly coat a regular 12-cup muffin pan with nonstick cooking spray; reserve.

2. Put the flour, sugars, baking powder and soda, salt, cinnamon, and zest in a large mixing bowl. Using the beaters, mix on Speed 1 until well combined, about 40 seconds. Reserve.
3. In a small bowl, mix the buttermilk, oil, egg, and vanilla extract on Speed 1. Using Speed 1, gradually add the liquid ingredients to the bowl of dry ingredients. Once almost fully mixed in, add the blueberries and gently mix until just combined. Spoon evenly into prepared muffin cups. Sprinkle the turbinado sugar on the top of each muffin.
4. Bake in the preheated oven for about 18 to 20 minutes, or until a cake tester comes out clean.

Nutritional information per muffin:

Calories 209 (41% from fat) • carb. 28g • pro. 3g
fat 10g • sat. fat 1g • chol. 16g • sod. 178g
calc. 45mg • fiber 1g

Pumpkin Spice Muffins

*An obvious choice for the fall months, the
warm spices and toasted nuts complement
the pumpkin in these moist and tasty muffins.*

Makes 12 muffins

- Nonstick cooking spray**
- 2 cups unbleached, all-purpose flour
- ½ teaspoon kosher salt
- 1 teaspoon baking powder
- ¼ teaspoon baking soda
- ½ teaspoon ground cinnamon
- ¼ teaspoon ground nutmeg

- ¼ **teaspoon ground allspice**
- ½ **cup vegetable oil**
- 1¾ **cups granulated sugar**
- ¼ **cup packed light brown sugar**
- 1 **cup pumpkin purée**
- 1 **teaspoon pure vanilla extract**
- 2 **large eggs, room temperature**
- ½ **cup toasted, chopped walnuts**

1. Preheat oven to 375°F with the rack in the middle position. Lightly coat a regular 12-cup muffin pan with nonstick cooking spray; reserve.
2. Put the flour, salt, baking powder and soda, cinnamon, nutmeg, and allspice in a medium mixing bowl. Using the beaters, mix on Speed 1 until well combined, about 40 seconds. Reserve.
3. In a large bowl, mix the oil, sugars, pumpkin, and vanilla extract using Speeds 1 to 3. Gradually add the eggs, using Speed 2, until well incorporated.
4. While mixing on Speed 1, gradually add the dry ingredients to the sugar/oil/pumpkin mixture. Once almost fully mixed in, add the walnuts and gently mix until just combined. Spoon evenly into prepared muffin cups.
5. Bake in the preheated oven for about 18 to 20 minutes, or until a cake tester comes out clean.

Nutritional information per muffin:

Calories 342 (34% from fat) • carb. 54g • pro. 5g
fat 13g • sat. fat 2g • chol. 31g • sod. 197g
calc. 13mg • fiber 2g

Gluten-Free Banana Muffins

The all-purpose gluten-free flour mixes make gluten-free baking easy and convenient. There are a number of different brands on the market to choose from, so taste a few and find your favorite.

Makes 12 muffins

- Nonstick cooking spray**
- 2 **cups gluten-free, all-purpose flour**
- ½ **cup rolled oats, not quick cooking**
- ⅓ **cup granulated sugar**
- ⅓ **cup packed light brown sugar**
- 1½ **teaspoons baking powder**
- ¼ **teaspoon baking soda**
- ½ **teaspoon kosher salt**
- ½ **teaspoon xanthan gum**
(optional – only if flour blend does not have it in list of ingredients)
- ½ **teaspoon ground cinnamon**
- ½ **cup vegetable oil**
- 2 **large eggs, room temperature**
- ½ **teaspoon pure vanilla extract**
- 1½ **cups mashed, very ripe bananas**
(about 3 medium bananas)

1. Preheat oven to 375°F with the rack in the middle position. Lightly coat a regular 12-cup muffin pan with nonstick cooking spray; reserve.
2. Put the flour, oats, sugars, baking powder and soda, salt, xanthan gum (if using), and cinnamon into a mixing bowl. Using

the beaters, mix on Speeds 1 to 2 until fully combined, about 30 seconds.

3. In a separate, large mixing bowl, mix the remaining ingredients on Speed 3 until smooth and creamy, about 1 to 2 minutes. Add the dry ingredients and mix on Speed 2 until fully combined.
4. Spoon evenly into prepared muffin cups. Bake in the preheated oven for about 16 to 18 minutes, or until a cake tester comes out clean.

Nutritional information per muffin:

Calories 248 (38% from fat) • carb. 37g • pro. 3g
fat 11g • sat. fat 1g • chol. 31g • sod. 223g
calc. 92mg • fiber 3g

Apple Cider Doughnuts

Be sure to use the best quality cider that you can find, not juice, for a true apple flavor.

Makes 12 doughnuts

- Nonstick cooking spray,**
or softened butter
- 2 **cups unbleached, all-purpose flour**
- 1 **teaspoon ground cinnamon**
- ¼ **teaspoon ground nutmeg**
- 1½ **teaspoons baking powder**
- ½ **teaspoon kosher salt**
- 6 **tablespoons unsalted butter,**
cut into four pieces, room temperature
- ⅔ **cup packed light brown sugar**
- ¼ **cup granulated sugar**
- 2 **tablespoons maple syrup**

- 2 large eggs, room temperature**
- 1 teaspoon pure vanilla extract**
- ¾ cup apple cider**
- ¼ cup buttermilk, room temperature**
- 6 tablespoons unsalted butter, melted and warm**
- ⅔ cup granulated sugar**
- 1 teaspoon ground cinnamon**
- Pinch kosher salt**

1. Coat a standard doughnut pan with nonstick cooking spray or softened butter; reserve. Preheat oven to 350°F with the rack in the middle position.
2. Put the flour, 1 teaspoon of cinnamon, nutmeg, baking powder, and ½ teaspoon of salt into a medium mixing bowl. Using the beaters, mix on Speed 2 to thoroughly combine, a minimum of 30 seconds; reserve.
3. Put the room temperature butter, brown sugar, ¼ cup of granulated sugar, and maple syrup in a large mixing bowl. Starting on Speed 2, increase to Speed 4 until light and creamy, about 1 minute. Gradually add the eggs, one at a time, using Speed 2, and then the vanilla extract.
4. Combine the apple cider and buttermilk in a liquid measuring cup. Add the dry ingredients to the batter, in three additions, alternating with the cider/ buttermilk. Be sure to mix gently, but thoroughly, using Speed 2.
5. Transfer batter to the prepared doughnut molds.

6. Put in the preheated oven and bake until browned and set, about 15 to 20 minutes (this will depend on the oven and pan being used).
7. While doughnuts are baking, keep the 6 tablespoons of melted butter warm and then combine with the ⅔ cup granulated sugar, 1 teaspoon of cinnamon, and salt together in a shallow bowl. Using the hand mixer on Speed 1, whisk until combined; reserve.
8. Remove pan from the oven and allow doughnuts to rest in the pan for 5 to 6 minutes. Once they have rested, carefully remove, brush with melted butter, then gently toss in the cinnamon sugar. These are best served and consumed immediately!

Nutritional information per doughnut:
*Calories 299 (35% from fat) • carb. 45g • pro. 3g
 fat 12g • sat. fat 7g • chol. 61mg • sod. 146mg
 calc. 18mg • fiber 1g*

Cinnamon Swirl Coffee Cake

This coffee cake is rich, buttery, and chock-full of cinnamon. It is best made and served the same day.

Makes one 9-inch round cake; 12 servings

Filling/Topping:

- unsalted butter, softened**
- ½ cup toasted walnuts, chopped**
- ¼ cup granulated sugar**
- 1 tablespoon ground cinnamon**
- Pinch kosher salt**

Cake:

- 1¾ cups unbleached, all-purpose flour**
- ½ teaspoon kosher salt**
- ½ teaspoon baking powder**
- ¼ teaspoon baking soda**
- 8 tablespoons (1 stick) unsalted butter, cut into 4 pieces, room temperature, plus more for pan**
- ½ cup granulated sugar**
- ¼ cup packed light brown sugar**
- 2 large eggs, room temperature**
- 1 teaspoon pure vanilla extract**
- 1 cup plain Greek yogurt, preferably full fat**

1. Coat 9-inch round pan with softened butter; reserve. Preheat oven to 350°F with the rack in the middle position.
2. Put the filling/topping ingredients into a small mixing bowl. Using the beaters, mix on Speed 1 until combined. Reserve.
3. Put the flour, salt, baking powder and soda into a medium mixing bowl. Mix on Speed 2 to thoroughly combine, a minimum of 30 seconds; reserve.
4. Put the butter and sugars into a large mixing bowl. Mix, starting on Speed 2 and increasing to Speed 4, until light and creamy, about 2 minutes. Gradually add the eggs, one at a time, using Speed 3, and then the vanilla extract and the yogurt. Add the dry ingredients in two additions and be sure to mix gently, but thoroughly, using Speed 2.

5. Transfer half of the batter to the prepared cake pan. Top with half of the nut filling/ topping, and then add the remaining batter. Smooth to the edges of the pan, and then top with the remaining nut mixture.
6. Put in the preheated oven and bake until browned and set, about 45 minutes.

Nutritional information per serving:

Calories 245 (41% from fat) • carb. 31g
 pro. 5g • fat 11g • sat. fat 5g • chol. 51mg
 sod. 161mg • calc. 50mg • fiber 1g

Lemon Pound Cake

*A traditional, moist pound cake with
 a lemon twist.*

Makes one 9-inch loaf cake; 16 servings

Cake:

**Unsalted butter, softened,
 or nonstick cooking spray**

- 2 cups unbleached, all-purpose flour**
- 1 teaspoon baking powder**
- 1 teaspoon kosher salt**
- 14 tablespoons unsalted butter,
 cut into 1-inch pieces, room
 temperature**
- 1½ cups granulated sugar**
- 3 tablespoons grated lemon zest**
- 4 tablespoons vegetable oil**
- 4 teaspoons fresh lemon juice**
- 2 large eggs, room temperature**
- 1 large egg yolk, room temperature**

$\frac{2}{3}$ cup sour cream, room temperature

Icing:

- 1 cup confectioners' sugar, sifted**
- 3 tablespoons heavy cream**
- 2 tablespoons fresh lemon juice**
- Pinch fine sea salt**

1. Preheat oven to 350°F with the rack in the lower third position. Lightly coat a 9 x 5 x 3-inch loaf pan with softened butter or nonstick cooking spray; reserve.
2. Put the flour, baking powder, and salt together in a small mixing bowl. Using the beaters, mix on Speed 1 until well sifted, about 30 seconds. Reserve.
3. Put the butter into a large mixing bowl and using Speeds 2 to 4, cream butter until softened. Add the sugar and lemon zest. Mix well, using Speeds 2 to 5, until very light in color, about 2 minutes.
4. Combine the oil, lemon juice, eggs, egg yolk, and sour cream in a small bowl. Mix on Speed 1 to combine.
5. While mixing on Speeds 1 to 2, gradually add one-third of the dry ingredients to the butter/sugar mixture, and then half of the wet ingredients, alternating until all of the ingredients are added and well mixed.
6. Transfer the batter to the prepared cake pan and then place in the preheated oven. Bake until cake is set in the middle and a cake tester comes out clean, about 1 hour and 10 minutes.
7. Allow cake to cool in pan on a cooling rack for about 10 to 15 minutes, and then

remove from the pan and immediately wrap in plastic wrap to cool a bit further.

8. While the cake is cooling, prepare the lemon icing. Put all of the icing ingredients into a small to medium mixing bowl and using the whisk, mix on Speeds 1 to 3 until completely smooth, adding more sifted sugar or cream to achieve desired consistency.
9. Once the cake is mostly cool, place on the cooling rack atop a baking pan (or foil or parchment, something that will catch excess icing). Drizzle or spread over cake as desired. Allow icing to set and cake to cool completely before cutting and serving.

Nutritional information per serving:

Calories 275 (44% from fat) • carb. 36g • pro. 3g
 fat 14g • sat. fat 8g • chol. 71mg • sod. 164mg
 calc. 13mg • fiber 2g

Quick Berry Jam

*For those who have a fear of pressure
 canning, or those who are trying to get
 through a small batch of seasonal berries,
 this is the recipe for you. It takes less than
 40 minutes from start to finish, and can be
 spread warm on some toast, or refrigerated
 for up to 3 weeks.*

Makes 1 cup

- 1½ pounds mixed berries**
- $\frac{2}{3}$ to $\frac{3}{4}$ cup granulated sugar, depending
 on ripeness and sweetness of fruit
 and preference**

1 teaspoon fresh lemon juice
Pinch kosher salt

1. Prepare berries. If using strawberries, hull and cut into pieces no larger than 1 inch in size. Put all ingredients into a small to medium saucepan and set over medium heat. Stirring occasionally, bring the mixture to a boil. Reduce to a simmer and cook until mixture is thickened. The jam should fully coat the back of a spoon without dripping off to determine if it is thick enough. Depending on the pot being used, and the stove, this could take anywhere from 30 to 40 minutes.
2. Remove from heat and allow to cool for about 10 minutes. Using the hand blender attachment, blend on Speed 1 until smooth. Transfer to a jar for storage and cool to room temperature. Cover and refrigerate until ready to use. Refrigerator jam is good up to 3 weeks (it must stay chilled).

Nutritional information per tablespoon:
Calories 59 (3% from fat) • carb. 14g • pro. 1g
fat 0g • sat. fat 0g • chol. 0mg • sod. 11mg
calc. 12mg • fiber 2g

Maple Butter

Serve on top of waffles and pancakes, or even on top of toast, this delicious butter should be served at room temperature.

Makes ½ cup

- ½ cup unsalted butter, room temperature and cut into 4 pieces**
2½ tablespoons pure maple syrup

Pinch fine sea salt

Put the butter in a medium mixing bowl. Using the beaters, mix on Speeds 2 to 3 until creamy, about 30 to 40 seconds. Add remaining ingredients and mix until completely combined, another 40 to 50 seconds.

Nutritional information per teaspoon:
Calories 39 (86% from fat) • carb. 1g • pro. 0g
fat 4g • sat. fat 2g • chol. 10mg • sod. 6mg
calc. 2mg • fiber 0g

Simple Fruit Smoothie

This recipe works great with any type of fruit or juice.

Makes 1 serving (about 12 ounces)

- 1 cup mixed fruit, fresh or frozen**
½ cup juice (use your favorite)

1. Put ingredients into a tall cup.
2. Using the hand blender attachment, start blending on Speed 1, gradually increasing to Speed 3 until smooth, about 30 to 45 seconds.
3. Serve immediately.

Nutritional information per serving:
Calories 144 (4% from fat) • carb. 48g • pro. 3g
fat 1g • sat. fat 0g • chol. 0mg • sod. 3mg
calc. 27mg • fiber 5g

Berries and Greens Smoothie

The fat from both the avocado and coconut oil will be sure to keep you from reaching for those mid-morning snacks.

Makes 2 servings (about 16 ounces)

- 1 cup mixed frozen berries**
½ avocado, cut into 4 pieces
½ cup baby spinach or kale
1 tablespoon coconut oil
1 cup water

1. Put all ingredients, in the order listed, into a tall cup.
2. Using the hand blender attachment, start blending on Speed 1, gradually increasing to Speed 3 until smooth, about 1 minute.
3. Serve immediately.

Nutritional information per serving (8 ounces):
Calories 149 (4% from fat) • carb. 11g • pro. 1g
fat 12g • sat. fat 7g • chol. 0mg • sod. 5mg
calc. 16mg • fiber 5g

Mango-Lime Smoothie

For a creamier smoothie, increase the amount of yogurt to ½ cup.

Makes 1 serving (about 8 ounces)

- 1 cup mango, fresh or frozen, cut into 1-inch chunks**
- ⅓ cup plain yogurt**
- 1½ teaspoons fresh lime juice**
- ½ teaspoon grated lime zest**
- ¼ cup cold water (or coconut water)**

1. Put all ingredients, in the order listed, into a tall cup.
2. Using the hand blender attachment, start blending on Speed 1, gradually increasing to Speed 3 until smooth, about 30 to 45 seconds.
3. Serve immediately.

***Nutritional information per serving
(when made with full-fat yogurt and water):***

*Calories 195 (15% from fat) • carb. 39g
pro. 5g • fat 3g • sat. fat 2g • chol. 10mg
sod. 53mg • calc. 156mg • fiber 3g*

Sweet Protein Smoothie

Nut butter, banana and sweet dates — what's not to like? Plus, the combo is packed with protein that is sure to fill you up.

Makes 1 serving (about 12 ounces)

- 1 banana, cut into 1-inch pieces**
- 1 to 2 fresh dates, pitted**
- 1 tablespoon nut butter**

- 1 scoop (¼ cup) protein powder**
- 1 teaspoon unsweetened cocoa powder**
- ¾ cup unsweetened almond milk**

1. Put all ingredients, in the order listed, into a tall cup.
2. Using the hand blender attachment, start blending on Speed 1, gradually increasing to Speed 3 until smooth, about 30 to 45 seconds.
3. Serve immediately.

Nutritional information per serving:

*Calories 240 (52% from fat) • carb. 27g
pro. 23g • fat 6g • sat. fat 1g • chol. 0mg
sod. 232mg • calc. 95mg • fiber 5g*

Matcha Latte

No need to bother your barista when you can prepare this coffee shop favorite at home.

Makes 2 servings

- 2 cups milk (any type, or alternative milk)**
- 2 teaspoons matcha powder**
- 1 teaspoon honey or agave, optional**

1. Put the milk into a small saucepan. Set over medium heat and bring to a simmer.
2. Once simmering, remove from heat and add the matcha and sweetener, if using. Using the hand blender attachment, blend on Speed 1, keeping the blade end of the blending blade just under the surface of the mixture to produce the best froth.

3. Divide between 2 glasses and serve immediately.

***Nutritional information per serving
(using nonfat milk):***

*Calories 90 (0% from fat) • carb. 13g • pro. 0g
fat 0g • sat. fat 0g • chol. 5mg • sod. 135mg
calc. 300mg • fiber 0g*

Cold Brew Latte

Lattes need not be hot. Cool down with this popular cold brew version. If cold brew is not available, strong black coffee, chilled, can be used.

Makes 1 serving

- ½ cup milk**
- 1 cup cold brew**
- Ice, optional**

1. Put ingredients into a tall cup.
2. Using the hand blender attachment, blend on Speed 1, keeping the blade of the blending shaft just under the surface of the mixture to produce the best froth.
3. Add ice, if desired, and enjoy immediately.

Nutritional information per serving:

*Calories 59 (35% from fat) • carb. 5g
pro. 4g • fat 2g • sat. fat 1g • chol. 9mg
sod. 58mg • calc. 141mg • fiber 0g*

Deviled Eggs

This timeless hors d'oeuvre is welcome at any party or brunch table.

Makes 24 servings

- 12 large, hard-boiled eggs**
- ½ cup mayonnaise**
- 1½ teaspoons Dijon-style mustard**
- 1½ teaspoons fresh lemon juice**
- 1 teaspoon Worcestershire sauce**
- 1 tablespoon capers, drained**
- ½ teaspoon kosher salt**
- ¼ teaspoon freshly ground black pepper**
- Paprika for garnish**

1. Peel the cooked eggs and carefully slice in half. Place the egg white halves on a clean work surface. Remove yolks and put them into a medium mixing bowl. Using the hand blender attachment, blend on Speed 1 until yolks are broken up into small pieces, about 45 seconds. Add the remaining ingredients and blend, on Speed 1, until completely smooth. Taste and adjust seasoning as desired.
2. Using either a small spoon, or a piping bag fitted with a star tip, scoop or pipe the yolk mixture into the center of each white. Sprinkle with paprika before serving.

Nutritional information per serving:

Calories 54 (70% from fat) • carb. 1g • pro. 3g
fat 4g • sat. fat 1g • chol. 108mg • sod. 144mg
calc. 15mg • fiber 0g

Bacon and Swiss Quiche

An American take on the classic French Quiche Lorraine, we substitute bacon for the traditional lardons.

Makes 12 servings

- ½ recipe Pâte Brisée (page 38)**
- 8 ounces thick-cut bacon, diced**
- 1 small shallot, finely chopped**
- 1 cup half & half**
- 4 large eggs**
- Pinch kosher salt**
- Pinch freshly ground black pepper**
- 1 cup finely shredded Gruyère cheese (or another similar Swiss cheese)**
- 1 tablespoon thinly sliced chives**

1. Preheat oven to 350°F with one rack in the lower position and one rack in the middle position.
2. Roll out the rested pâte brisée dough and fit into a 9-inch tart pan with removable bottom. Prick the bottom and sides of the dough with the tines of a fork, being sure to not pierce all the way through. Chill until firm, 15 minutes in the freezer, or 30 minutes in the refrigerator. Once chilled, line the dough with foil, and then weigh it down with pie weights (dried beans or rice work just as well). Place the tart pan in the lower position of the preheated oven and bake for 25 minutes, or until the dough no longer looks wet. Carefully remove the foil with weights and then move the shell to the middle rack for an additional 5 minutes, or until lightly browned.

3. Remove and allow to cool completely before filling.
4. In a medium to large skillet, cook the diced bacon until browned and crispy. Remove and transfer to a paper towel-lined plate to drain excess oil. Remove all but about 1 tablespoon of the bacon grease and then return the skillet to the stove. Set over medium-low heat and then add the shallot. Sauté until softened. Remove and allow to cool slightly.
5. Put the half & half, eggs, salt, and pepper into a medium mixing bowl. Using the beaters, mix on Speeds 2 to 3 until completely combined, about 1 minute; you want to be sure there are no flecks of egg yolk.
6. Place the cooled tart pan onto a rimmed baking sheet (this will make it easier to transfer to the oven). Sprinkle the bacon and shallot evenly on the bottom of the blind-baked tart shell. Pour the half & half/egg batter over the bacon and shallot, and then top with the shredded cheese. Sprinkle the chives on top of the cheese.
7. Carefully place the filled shell on the pan onto the middle rack of the preheated oven. Bake until it is just set around the edges, but still a little jiggly in the center, about 20 to 22 minutes.
8. Remove and allow to cool slightly before slicing and serving.

Nutritional information per serving:

Calories 283 (72% from fat) • carb. 8g • pro. 11g
fat 23g • sat. fat 12g • chol. 120mg • sod. 571mg
calc. 76mg • fiber 0g

Ricotta-Thyme Tart

A very simple tart with only a handful (or two) of ingredients. We keep it simple with just ricotta, herbs and spices, but you can top it with other items, such as microgreens, grilled or sautéed vegetables, etc. If you need a quick appetizer, skip the pastry dough and just make the filling to serve as a dip for veggies or as a spread on toasted baguette slices.

Makes 12 servings

1/2 recipe Pâte Brisée (page 38)

15 to 16 ounces ricotta, strained

3/4 ounce grated Pecorino Romano

1 teaspoon olive oil

1 teaspoon fresh thyme leaves

1/2 teaspoon fresh lemon juice

Pinch kosher salt

Pinch freshly ground black pepper

1. Preheat oven to 350°F with one rack in the lower position and one rack in the middle position.
2. Roll out the rested pâte brisée dough and fit it into a 9-inch tart pan with removable bottom. Prick the bottom and sides of the dough with the tines of a fork, being sure to not pierce all the way through. Chill until firm, 15 minutes in the freezer, or 30 minutes in the refrigerator. Once chilled, line the dough with foil, and then weigh it down with pie weights (dried beans or rice work just as well). Place the tart pan in the lower position of the preheated oven and bake for 25 minutes, or until

the dough no longer looks wet. Carefully remove the foil with weights and then move the shell to the middle rack for an additional 10 to 15 minutes, or until nicely browned.

3. Remove and allow to cool completely before filling.
4. Put the filling ingredients into a medium mixing bowl. Using the beaters, mix on Speeds 2 to 3 until completely combined, about 40 seconds.
5. Once the tart shell is completely cool, fill with the ricotta filling. Serve at room temperature.

Nutritional information per serving:

Calories 173 (67% from fat) • carb. 8g • pro. 6g
fat 13g • sat. fat 8g • chol. 36mg • sod. 170mg
calc. 112mg • fiber 0g

Spinach Artichoke Dip

A bit of a twist on the standard spinach artichoke dip, for the more grown-up palate. The combination of Gruyère and Parmesan gives the dip a pleasant nuttiness. No special pan required – we found that using a pie plate was the best and quickest way to warm this dish.

Makes 2 cups

Olive oil or nonstick cooking spray

- 12 ounces cream cheese, cut into 1-inch pieces, room temperature**
- 2 ounces Gruyère cheese, finely grated**
- 1 ounce Parmesan cheese, finely grated**

- 1 garlic clove, finely chopped**
- 1/2 small shallot, finely chopped**
- 8 ounces frozen chopped spinach, thawed and drained well**
- 1 can (15 ounces) quartered artichoke hearts, drained**
- 2 tablespoons heavy cream**
- 1/2 teaspoon crushed red pepper**

1. Preheat oven to 350°F with the rack in the middle position. Lightly coat a 9-inch pie or cake pan with olive oil or nonstick cooking spray; reserve.
2. Put the cream cheese in a large mixing bowl. Using the beaters, mix on Speed 3 until softened, about 30 seconds. Add remaining ingredients and mix on Speed 1 to fully combine, about 20 seconds.
3. Transfer mixture to the prepared pie/cake pan and transfer to the oven. Bake 20 minutes, and then broil for an additional 6 to 8 minutes, or until top is nicely browned.
4. Serve immediately with pita chips, crusty bread, and crisp vegetables.

Nutritional information per serving (2 tablespoons):

Calories 115 (76% from fat) • carb. 3g • pro. 4g
fat 10g • sat. fat 6g • chol. 30mg • sod. 218mg
calc. 71mg • fiber 1g

Buffalo Chicken Dip

For the big game or the next holiday gathering, this dip is sure to please a hungry crowd. The hand mixer makes quick work of shredding cooked chicken. Use this trick for weekly meal prep; shredded chicken can be the foundation for countless meals.

Makes about 6 cups

- Olive oil or nonstick cooking spray**
- 1 whole roasted chicken, warm, about 3½ pounds**
- 1 celery stalk, cut into small dice**
- 16 ounces (2 standard packages) cream cheese, each package cut into 4 pieces, room temperature**
- 1 teaspoon kosher salt**
- ½ teaspoon freshly ground black pepper**
- 6 to 8 tablespoons hot sauce***
- 1 cup crumbled blue cheese**

1. Preheat oven to 375°F with the rack in the middle position. Lightly coat the inside of a 1½-quart baking dish with cooking spray. Reserve.
2. Remove all meat from the roasted chicken (discard skin and bones) and put into a large mixing bowl. Using the beaters, mix on Speed 2 to shred the chicken, about 30 seconds. Once shredded, add the celery, cream cheese, salt, pepper, and hot sauce. Continue to mix on Speed 2 until ingredients are well combined, about 1 minute.

3. Transfer the dip to the prepared baking dish and top with the crumbled blue cheese. Bake for about 40 minutes, until hot and bubbling.
4. Serve with cut veggies, bread pieces, or tortilla chips.

*We developed this recipe to be on the milder side, so either adjust the hot sauce accordingly or serve with some hot sauce on the side, for those who like it extra spicy.

Nutritional information per serving (½ cup):
Calories 213 (75% from fat) • carb. 2g • pro. 12g
fat 18g • sat. fat 10g • chol. 69mg • sod. 704mg
calc. 64mg • fiber 0g

Pimento Cheese Spread

This recipe stays pretty close to the beloved Southern dish. It can be spread on crackers or toasted bread, or made as a twist on a grilled cheese sandwich.

Makes about 2 cups

- 4 ounces cream cheese, cut into 1-inch pieces, room temperature**
- ¼ cup mayonnaise**
- 8 ounces sharp Cheddar, shredded**
- 1 jar (7 ounces) pimentos, drained**
- ½ teaspoon onion powder**
- ¼ teaspoon kosher salt**
- Pinch freshly ground black pepper**
- 2 dashes hot sauce**

1. Put the cream cheese in a medium mixing bowl. Using the beaters, mix on Speed 3 until softened, about 30 seconds.

- Add remaining ingredients and mix on Speed 2 to fully combine, about 20 seconds.
2. Use immediately.

Nutritional information per serving (2 tablespoons):

Calories 113 (83% from fat) • carb. 1g • pro. 4g
fat 10g • sat. fat 6g • chol. 25mg • sod. 174mg
calc. 101mg • fiber 0g

Guacamole

Our fresh guacamole is perfect for the Sunday game or served alongside quesadillas for a festive dinner.

Makes about 2 cups

- 1 garlic clove, peeled**
- ½ jalapeño, seeded and cut into 1-inch pieces**
- ½ small onion, cut into 1-inch pieces**
- 1 tablespoon fresh cilantro leaves**
- 3 ripe avocados, halved, pitted, flesh scooped from skin and roughly chopped**
- 1 tablespoon fresh lime juice**
- ½ to 1 teaspoon kosher salt**

1. Put all the ingredients, in the order listed, into a medium mixing bowl or a large, wide, measuring cup. Using the hand blender, press the blade of the blending shaft into the avocado pieces and blend on Speed 1 until mixture begins to soften, about 15 to 20 seconds. Continue blending with a gentle up-and-down motion until desired texture is reached, about 20 to 30 seconds longer.

2. Taste and adjust seasoning as desired. Serve immediately.

**Nutritional information per serving
(2 tablespoons):**

Calories 88 (74% from fat) • carb. 5g • pro. 1g
fat 8g • sat. fat 1g • chol. 0mg • sod. 147mg
calc. 9mg • fiber 4g

Hummus

This hummus is heavy on the sesame flavor, so if you prefer a milder hummus, start with 2 tablespoons of tahini and increase as desired.

Makes about 2 cups

- 1 can (15.5 ounces) chickpeas, rinsed and drained**
- 1/3 cup tahini**
- 1/2 cup cold water, plus more as needed**
- 2 tablespoons fresh lemon juice**
- 2 garlic cloves, peeled**
- 3/4 teaspoon kosher salt**
- 1/2 teaspoon ground cumin**
- Extra virgin olive oil, for finishing**
- Pinch za'atar (optional), for finishing**

1. Put all of the ingredients, in the order listed, into a small mixing bowl, or a large, wide, measuring cup. Using the hand blender attachment, press the blade of the blending shaft into chickpeas while blending on Speed 1. As the mixture starts to blend, increase to Speed 3 and

blend until fully smooth, about 40 to 60 seconds. If a thinner consistency is desired, add water as needed.

2. Taste and adjust seasoning as desired. To serve, drizzle with olive oil and sprinkle with za'atar (if using).

**Nutritional information per serving
(2 tablespoons):**

Calories 56 (47% from fat) • carb. 6g • pro. 2g
fat 3g • sat. fat 0g • chol. 0mg • sod. 80mg
calc. 32mg • fiber 2g

Creamy Mashed Potatoes

This recipe is a bit of a blank canvas. We keep it simple, but it can easily be changed by adding mix-ins or toppings, such as chopped chives or scallions, crispy bacon bits, or grated Cheddar.

Makes about 6 cups

- 2 1/2 pounds Yukon Gold potatoes, peeled and cut into 1-inch pieces**
- 1/2 cup whole milk, room temperature**
- 3 tablespoons unsalted butter, cut into 1-inch pieces, room temperature**
- 3/4 teaspoon kosher salt**
- 1/2 teaspoon freshly ground black pepper**
- 1/2 cup mascarpone cheese or crème fraîche, room temperature**

1. Put the potatoes into a medium to large stockpot; add cold water to cover potatoes by 2 inches. Set over medium-high heat to bring to a boil, and then

reduce to simmer until the potatoes are very soft.

2. Drain the potatoes and return to the pot. Using the beaters, mix on Speeds 1 to 2 to mash to desired consistency, about 30 seconds. Add the remaining ingredients and mix on Speed 2 until fully incorporated.
3. Taste and adjust seasoning according to preference.

Nutritional information per serving (1/2 cup):
Calories 117 (38% from fat) • carb. 16g • pro. 2g
fat 5g • sat. fat 3g • chol. 16mg • sod. 159mg
calc. 35mg • fiber 2g

Mashed Maple Sweet Potatoes

The perfect mix of fall flavors makes this dish a must-have for the holiday table.

Makes about 6 cups

- 3 pounds sweet potatoes or yams, peeled and cut into 1-inch pieces**
- 2 teaspoons kosher salt, divided**
- 4 tablespoons unsalted butter, cut into 1-inch pieces, room temperature**
- 1/4 cup orange juice**
- 1/4 cup maple syrup**
- 1/2 teaspoon ground cinnamon**
- 1/6 teaspoon freshly ground nutmeg**

1. Put potatoes into a medium to large stockpot and cover with water by 2 inches.

2. Add 1 teaspoon of the salt to the pot and place over medium-high heat. Bring water to a boil and allow potatoes to simmer until very tender. Drain water well and put potatoes back in stockpot.
3. Using the hand blender attachment on Speed 2, mash the potatoes directly in the pot to desired consistency.
4. Add the remaining ingredients and mix on Speed 2 until completely incorporated.
5. Taste and adjust seasoning as desired. Serve immediately.

Nutritional information serving (½ cup):

Calories 192 (18% from fat) • carb. 38g • pro. 2g
fat 4g • sat. fat 2g • chol. 10mg • sod. 189mg
calc. 26mg • fiber 5g

Cauliflower Mash

A great alternative to traditional mashed potatoes, plus this recipe is dairy free.

Makes about 4 cups

- 1½ pounds cauliflower, cut into florets, about 6 cups**
- ½ pound Yukon Gold potatoes, peeled and cut into 2-inch pieces**
- 3 tablespoons extra virgin olive oil**
- 1¼ teaspoons kosher salt**
- ½ teaspoon freshly ground black pepper**

1. Put the cauliflower and potatoes into a medium to large stockpot. Add cold water to cover cauliflower and potatoes by 2 inches. Set over medium-high heat

to bring to a boil, and then reduce to simmer until the vegetables are very soft, about 25 minutes, depending on the stovetop and cookware being used.

2. Once tender, drain the water, return to the pot and set over medium-low heat. Continue to cook until all water has evaporated. Using the hand blender attachment, mix on Speeds 1 to 2 to mash to desired consistency, about 30 seconds. Add the remaining ingredients and blend on Speed 2 until fully incorporated.
3. Taste and adjust seasoning according to preference.

Nutritional information per serving (½ cup):

Calories 170 (28% from fat) • carb. 28g • pro. 5g
fat 6g • sat. fat 1g • chol. 0mg • sod. 375mg
calc. 41mg • fiber 6g

Spinach and Feta Soufflé

Soufflés are quite impressive. They grow to a lofty, light, and airy dish that is surprisingly filling. Be sure to serve it right out of the oven for maximum height, and praise!

Makes 8 servings

- 6 tablespoons unsalted butter, divided**
- ½ cup Parmesan, grated, divided**
- 5 large eggs**
- ½ cup unbleached, all-purpose flour**
- 1½ cups whole milk**
- 3 ounces feta, broken into pieces or crumbled**

- ¼ teaspoon plus one pinch sea salt**
- ¼ teaspoon freshly ground black pepper**
- ⅓ teaspoon freshly ground nutmeg**
- ¼ teaspoon grated lemon zest**
- 4 cups well-packed, fresh spinach**
- ¼ teaspoon cream of tartar**

1. Preheat oven to 325°F.
2. Generously butter a 2-quart soufflé dish thoroughly with 1 tablespoon of butter. Sprinkle ¼ cup of Parmesan in the dish so that the bottom and sides are coated. Shake out any excess. Wipe the rim of the dish with a paper towel to ensure that no butter or cheese is on it; reserve.
3. Separate eggs, placing each in separate large mixing bowls. Break up yolks with a fork. Reserve both.
4. Place remaining butter in a saucepan over medium-low heat. Once butter is melted, stir flour into pan for 2 to 3 minutes in order to cook off any raw flour taste. Using the beaters, mix the butter/flour mixture directly in the pan on Speeds 2 to 3, while slowly adding the milk. Once all the milk is added, continue mixing, increasing to Speed 6 until a smooth and homogenous consistency is achieved. Remove from heat and beat in remaining Parmesan and feta, ¼ teaspoon salt, pepper, nutmeg and lemon zest.
5. Spoon a small amount of the milk mixture into the yolks while simultaneously mixing on Speed 1. Continue mixing in the remaining mixture, one-third at a time. Stir in the spinach; reserve.

6. Replace the beaters in the hand mixer with the whisk. Starting on Speed 1, begin to whip the egg whites. After 1 to 2 minutes, once the whites begin to show some bubbles around the edges, gradually raise speed to 3. Once the whites begin to foam, add the remaining salt and the cream of tartar. Gradually increase to Speed 7, until medium-stiff peaks are achieved.
7. Mix ½ cup of the egg whites into the spinach mixture until evenly combined. Continue by carefully folding in egg whites with a large rubber spatula. Don't over-fold.
8. Pour mixture into prepared dish and gently smooth the top to ensure an even rise. Bake in the middle of preheated oven until golden and just set, about 45 to 50 minutes.
9. Serve immediately.

Nutritional information per serving:

Calories 208 (64% from fat) • carb. 9g • pro. 9g
fat 15g • sat. fat 8g • chol. 167mg • sod. 416mg
calc. 175mg • fiber 1g

Sweet Potato Biscuits

Sweet potato lends moisture for supremely light and tender biscuits.
We love these warm with butter and a simple drizzle of honey or maple syrup.

Makes 12 biscuits

- | | |
|-----------|---|
| 2 | cups unbleached, all-purpose flour |
| 2½ | teaspoons baking powder |
| ½ | teaspoon baking soda |

- | | |
|----------|--|
| 2 | teaspoons granulated sugar |
| 1 | teaspoon kosher salt |
| 6 | tablespoons cold, unsalted butter, cut into ½-inch cubes |
| ¾ | cup cooked mashed or puréed sweet potato (about 1 small sweet potato) |
| ½ | cup buttermilk, cold |
| | Nonstick cooking spray |
| | Heavy cream, for brushing biscuits |

1. Preheat oven to 400°F with the rack in the middle position.
2. Sift the flour, baking powder, baking soda, sugar, and salt into a large mixing bowl. Add the cold butter. Using the beaters, begin to mix on Speed 1, pressing the beaters into the cubes of butter to cut them into the flour. Gradually increase to Speed 3. Mix until only pea-sized pieces of butter remain.
3. Add the sweet potato and buttermilk. Continue to mix until just combined, 15 to 30 seconds. The dough will be shaggy.
4. Turn out the dough onto a lightly floured surface. Roll out the dough, or press with floured hands, into a rectangle. Fold the dough in half and roll/press out again, repeating this process 3 or 4 times (folding creates layers in the dough). At last, roll the dough into a rectangle of ¾-inch thickness. Use a 2½-inch round cutter to cut out 12 biscuits, pressing together scraps if necessary.
5. Arrange the biscuits tightly in 3 rows of 4 on a parchment-lined sheet pan. Brush the tops with heavy cream. Bake

biscuits until puffed and golden, 20 to 22 minutes.

6. Allow biscuits to rest for 5 minutes. Pull apart and serve warm.

Nutritional information per biscuit:

Calories 145 (36% from fat) • carb. 19g • pro. 3g
fat 6g • sat. fat 4g • chol. 15mg • sod. 197mg
calc. 470mg • fiber 1g

Popovers

Light and airy, these are best served hot out of the oven.

Makes 6 popovers

Softened butter for greasing the pan

- | | |
|----------|--|
| 3 | tablespoons unsalted butter |
| 1 | cup whole milk |
| 3 | large eggs, room temperature |
| 1 | cup unbleached, all-purpose flour, sifted |
| ½ | teaspoon kosher salt |

1. Preheat oven to 450°F with the rack in the lower third position. Heavily butter a popover pan with softened butter. Reserve.
2. Put the 3 tablespoons of butter and milk in a small saucepan set over medium-low heat. Warm until butter has melted; remove and cool to room temperature.
3. Put the eggs into a large mixing bowl. Add the cooled butter/milk mixture. Using the beaters, begin to mix on Speed 1, gradually increasing to Speed 3, until well combined. Add the flour and salt and mix,

gradually increasing to Speed 5. Mix for about a minute longer, or until the batter is completely smooth, with no visible lumps.

4. Evenly divide the batter among the 6 cups of the buttered popover pan (it will fill each to about ½ to ¾ full). Put pan directly on the oven rack and bake for 35 minutes, or until very deeply browned and puffed. Do not open oven door while popovers are baking or they may deflate.
5. Remove from oven and carefully unmold from pan. Serve immediately.

NOTE: Popovers are easily adaptable. You can make them cheesy (stir ¼ cup finely shredded cheese into the batter), herby (1½ teaspoons of herbes de Provence or 2 tablespoons of fresh chives), or sweet (once out of oven, brush with melted butter and sprinkle with cinnamon sugar).

Nutritional information per popover:

Calories 183 (46% from fat) • carb. 17g • pro. 7g
fat 9g • sat. fat 5g • chol. 128mg • sod. 146mg
calc. 60mg • fiber 1g

Cheese Calzones

We use our own pizza dough recipe, but if you want to save time, store-bought dough works just as well.

Makes 6 individual calzones

- 15–16 ounces whole-milk ricotta, drained well**
- 2 garlic cloves, finely chopped**
- 2 ounces (½ cup) grated Parmesan**

- ¼ teaspoon kosher salt**
- Pinch freshly ground black pepper**
- Pinch crushed red pepper flakes**
- 3 tablespoons fresh basil, thinly sliced or torn into small pieces**
- 2 ounces shredded mozzarella**
- 1 recipe (1½ pounds) Pizza/Focaccia Dough (page 37)**
- Unbleached, all-purpose flour (for dusting)**
- Cornmeal (for dusting)**
- Water, for sealing the dough**
- Olive oil, for brushing calzones**

1. Preheat oven to 500°F. If you have a pizza stone, place the stone on the oven rack and preheat. Once the oven comes to temperature, let stone heat for an additional 30 minutes. This will add an extra crispiness to your calzones.
2. In a large bowl, combine the ricotta, garlic, Parmesan, salt, pepper, and crushed red pepper. Using the beaters, mix on Speeds 2 to 3 to fully combine.
3. Lightly dust work surface with flour. Divide the dough into six equal pieces. Lightly cover with plastic wrap until using.
4. Roll one piece into a circle about 6 inches in diameter. Spread a generous ½ cup of filling onto the bottom half of the dough circle, leaving a 1-inch border. Top with a sprinkle of the basil and 2 tablespoons of the mozzarella. Using your fingers, or a small pastry brush, wet the outer edge of the dough with water. Fold top half over the filling and press the edges

of the dough together. Crimp the edges all around to fully seal. Using a sharp knife, cut 2 small slits into the top of the calzone to allow steam to escape while baking. Reserve on a cornmeal-dusted baking sheet and repeat with remaining rounds.

5. Using a pizza peel or a large turner, transfer prepared calzones to the preheated pizza stone (if you are not using a pizza stone, just keep the calzones on the cornmeal-dusted baking sheet). Bake in preheated oven for about 18 to 20 minutes, or until fully browned. Let cool slightly before serving.

Nutritional information per calzone:

Calories 473 (36% from fat) • carb. 56g • pro. 21g
fat 10g • sat. fat 10g • chol. 44mg • sod. 1091mg
calc. 278mg • fiber 2g

Basic Tomato Sauce

A simple and delicious sauce.

Makes about 7 cups

- 2 tablespoons extra virgin olive oil**
- 2 large garlic cloves, peeled**
- 2 cans (28 ounces each) whole, peeled tomatoes**
- 10–15 fresh basil leaves**
- 1 teaspoon kosher salt**

1. Put olive oil into a medium saucepan over medium heat. When oil is hot, add garlic and cook until lightly golden and fragrant, 2 to 3 minutes. Add tomatoes, cover and reduce heat to simmer, stirring frequently,

until sauce is reduced slightly and thickened, about 20 to 25 minutes.

2. Remove sauce from heat. Discard garlic cloves if desired. Using the hand blender attachment, blend on Speed 1, using a gentle up-and-down motion. Increase to Speed 2 until smooth, about 1½ minutes, or until desired consistency is achieved.
3. Tear up basil and add to sauce. Add salt, taste and adjust seasoning as needed.

Nutritional information per serving (½ cup sauce):

Calories 58 (43% from fat) • carb. 7g • pro. 1g
fat 3g • sat. fat 0g • chol. 0mg • sod. 557mg
calc. 28 mg • fiber 1g

Bright Greens Soup

The potatoes add a false creaminess to this yummy, blended soup that is a perfect springtime lunch.

Makes about 5 cups

- 3** **tablespoons olive oil, divided**
- 1** **medium onion, chopped**
- 1** **clove garlic, chopped**
- ¾** **teaspoon kosher salt, divided**
- Pinch freshly ground black pepper**
- 3** **cups chicken or vegetable broth, low sodium (be sure it is light in color. Some vegetable broths can be dark brown, and this will make the finished soup dark)**
- 8** **ounces Yukon Gold potatoes, peeled and cut into 1-inch pieces**
- 10** **ounces baby spinach**

- 2** **ounces watercress (optional. If you cannot find watercress, or wish not to use it, you can substitute additional spinach in its place)**

Pinch ground nutmeg

- 2** **tablespoons fresh lemon juice**

1. Put the oil into a medium stockpot or large saucepan set over medium-low heat. Once hot, add the onion and garlic with a pinch of the salt and pepper. Cook until softened and fragrant, about 4 minutes.
2. Add the broth and the potatoes. Increase heat to high to bring to a boil. Once boiling, reduce to a simmer and cook, partially covered, until potatoes are soft, about 12 to 15 minutes.
3. Remove the pot from the heat and stir in the spinach and watercress. Stir until wilted and then add the nutmeg and lemon juice.
4. Using the hand blender attachment, blend on Speed 1, gradually increasing to Speed 3, until smooth. If using a larger saucepan, tilt the pan to one side, away from you, to ensure that the protective guard of the blade is fully submerged to prevent splatter.
5. Taste and adjust seasoning as desired.

Nutritional information per serving (1 cup):

Calories 135 (54% from fat) • carb. 12g • pro. 4g
fat 9g • sat. fat 1g • chol. 0mg • sod. 760mg
calc. 79mg • fiber 3g

Winter White Bean Soup

A rich and creamy soup, serve with a nice, crusty loaf of bread.

Makes about 6 cups

- 4** **slices bacon, finely chopped**
- 1½** **teaspoons olive oil, divided**
- 1** **garlic clove, chopped**
- 1** **medium onion, chopped**
- 1** **celery stalk, chopped**
- ½** **teaspoon kosher salt, divided**
- 1** **tablespoon dry white wine, or vermouth**
- 2** **cans (15.5 ounces each) cannellini beans, drained, or 1 pound dried, soaked overnight***
- 1** **rosemary sprig**
- 1** **bay leaf**
- Pinch freshly ground black pepper**
- 4** **cups chicken or vegetable broth, low sodium (be sure it is light in color. Some vegetable broths can be dark brown, and this will make the finished soup dark)**
- Grated Parmesan for garnish**

1. Put the bacon into a medium stockpot or large saucepan set over medium heat. Cook until crispy. Remove and reserve.
2. When bacon is done cooking and has been reserved, reduce the heat to medium low. Add the olive oil. Once hot, add the chopped vegetables with a pinch of the salt to the pot. Sauté until softened, about 4 to 6 minutes. Add the

wine/vermouth, stirring to deglaze the pan (picking up the brown bits from the bottom of the pan and working them into the mixture); let cook until fully evaporated. Add the beans, rosemary, bay leaf, remaining salt and pepper and stir to mix. Heat until beans are warmed through, about 4 to 5 minutes. Add the broth and increase the heat to bring to a boil. Once boiling, reduce heat and simmer, partially covered, for about 60 to 75 minutes. Remove the rosemary sprig and bay leaf.

- Using the hand blender attachment, blend on Speed 1, gradually increasing to Speed 3, until smooth. If using a larger saucepan, tilt the pan to one side, away from you, to ensure that the protective guard of the blade is fully submerged to prevent splatter.

- Taste and adjust seasoning as desired. Garnish with a sprinkling of the cooked bacon and grated Parmesan.

*When using soaked, dried beans, you may need to add more broth and a bit more salt as well.

Nutritional information per serving (1 cup):

Calories 245 (9% from fat) • carb. 36g • pro. 18g
fat 2g • sat. fat 0g • chol. 0mg • sod. 500mg
calc. 119mg • fiber 13g

Lemon Thyme Shortbread

While thyme may seem like an unlikely ingredient for a sweet cookie, you will quickly learn why these are so popular.

Makes about 3 dozen cookies

Cookie Dough:

- 1¾ cups unbleached, all-purpose flour**
- ½ teaspoon kosher salt**
- 16 tablespoons (2 sticks; ½ pound) European style, unsalted butter, cut into 8 pieces, room temperature**
- ⅓ cup granulated sugar**
- ⅓ cup confectioners' sugar, sifted**
- 2 large egg yolks, room temperature**
- 1 to 2 tablespoons fresh thyme leaves**
- 2 tablespoons grated lemon zest**

Lemon Icing:

- ½ cup confectioners' sugar, sifted**
- 2 tablespoons heavy cream**
- 2 teaspoons fresh lemon juice**
- Pinch fine sea salt**

- Put the flour and salt into a medium mixing bowl. Using the beaters, mix on Speed 1 to fully combine, about 30 seconds. Reserve.
- Put the butter into a large mixing bowl. Mix on Speeds 2 to 3 until creamy, then add the sugars. Mix on Speeds 2 to 3 until light, then add the egg yolks and mix until combined. Add the dry ingredients and mix on Speed 2 until evenly mixed. Add the thyme and lemon zest and gently mix into dough.

- Divide dough into two discs. Wrap in wax paper/parchment, then wrap well in plastic wrap, and refrigerate overnight.
- Take dough out of fridge to soften slightly. Preheat oven to 350°F with two racks in the lower and upper middle thirds of the oven. Line two rimmed baking sheets with parchment paper.
- Roll dough out to ¼-inch thickness and use a 1½-inch round cutter to form small discs. Put onto baking sheets and chill for about 10 minutes.
- Bake chilled cookies for about 12 minutes, until just browned around the edges, rotating pans if necessary. Cool cookies completely.
- While cookies are cooling, prepare the icing. Put all of the ingredients into a medium mixing bowl and mix on Speed 1 until very smooth. If the icing appears to be too thick, add more cream, 1 teaspoon at a time. If it appears to be too thin, add more confectioners' sugar, 1 teaspoon at a time. Spread on top of cooled cookies as desired.

Nutritional information per cookie

(with ½ teaspoon icing):

Calories 89 (56% from fat) • carb. 9g • pro. 1g
fat 5g • sat. fat 3g • chol. 25mg • sod. 32mg
calc. 2mg • fiber 0g

Strawberry Sandwich Cookies

The great part about these cookies is that you can enjoy the taste of summer fruit any time of year, thanks to the intense flavor in freeze-dried strawberries. Adjust the amount in the filling if a richer strawberry flavor is desired.

Makes about 2 dozen sandwich cookies

Cookie Dough:

- 1¾ cups unbleached, all-purpose flour**
- ½ teaspoon kosher salt**
- 16 tablespoons (2 sticks; ½ pound) European style, unsalted butter, cut into 8 pieces, room temperature**
- ⅓ cup granulated sugar**
- ¼ cup confectioners' sugar, sifted**
- ½ teaspoon pure vanilla extract**
- 1 cup freeze-dried strawberries, finely ground and sifted***
- 2 large egg yolks, room temperature**

Strawberry Filling:

- 4 tablespoons unsalted butter, room temperature**
- 2 ounces cream cheese, room temperature**
- 2 cups confectioners' sugar, sifted**
- Pinch kosher salt**
- 2 tablespoons whole milk, room temperature**
- ¼ teaspoon pure vanilla extract**
- ½ cup freeze-dried strawberries, finely ground and sifted***

1. Prepare the cookie dough. Put the flour and salt into a medium mixing bowl. Using the beaters, mix on Speed 1 to fully combine, about 30 seconds. Reserve.
2. Put the butter into a large mixing bowl. Mix on Speeds 2 to 3 until creamy, then add the sugars and vanilla extract. Mix on Speeds 2 to 3 until light, then add the egg yolks and mix until combined. Add the dry ingredients and mix on Speed 2 until evenly mixed. Add the ground strawberries and mix until fully combined.
3. Divide dough into two discs. Wrap in wax paper/parchment, then wrap well in plastic wrap. Refrigerate overnight.
4. Take dough out of fridge to soften slightly. Preheat oven to 350°F with two racks in the lower and upper thirds of the oven. Line two rimmed baking sheets with parchment paper.
5. Roll dough out to ¼-inch thickness and use a 1½-inch round cutter to form small discs. Put onto baking sheets and chill for about 10 minutes.
6. Bake chilled cookies for about 12 minutes, until just set, rotating pans if necessary – you want to avoid browning of any kind. Cool cookies completely.
7. While cookies are cooling, prepare the filling. Put the butter and cream cheese into a large mixing bowl. Again, using the beaters, mix on Speeds 2 to 3 to soften and fully combine, about 1 minute. Add the sugar, salt, milk, and vanilla extract and mix on Speeds 1 to 3 until light and fluffy. Add the ground strawberries and mix on Speed 1 until fully incorporated.

8. Once cookies are fully cooled, scoop filling onto the bottom of one cookie, about 1 tablespoon, and then top with another cookie to make a sandwich. Repeat with remaining cookies.

*A spice or coffee grinder is the best way to achieve the finest grind.

Nutritional information per cookie sandwich:
Calories 201 (47% from fat) • carb. 25g • pro. 1g
fat 10g • sat. fat 7g • chol. 43mg • sod. 57mg
calc. 8mg • fiber 1g

Buckwheat Chocolate Chunk Cookies

The nuttiness of the buckwheat is a perfect match for chunks of bittersweet chocolate.

Makes about 4 dozen cookies

- 1½ cups unbleached, all-purpose flour**
- ¾ cup buckwheat flour (or may substitute whole-wheat flour)**
- 1 teaspoon baking soda**
- 1 teaspoon kosher salt**
- ½ teaspoon espresso powder**
- 16 tablespoons (2 sticks) unsalted butter, cut into 1-inch pieces, room temperature**
- 1 cup packed light brown sugar**
- ½ cup granulated sugar**
- 2 large eggs, room temperature**
- 1½ teaspoons pure vanilla extract**
- 2 cups chopped bittersweet chocolate**
- Flaked sea salt, for sprinkling**

1. Put the flours, baking soda, salt, and espresso powder into a medium mixing bowl. Using the beaters, mix on Speed 1 to fully combine, at least 30 seconds. Reserve.
2. Put the butter into a large mixing bowl. Mix, starting at Speed 1 and increasing to Speed 3, until light and creamy. Add the sugars and mix on Speeds 2 to 4 until very light, scraping down the sides of the bowl as necessary, where it seems that much of the sugar has dissolved into the butter, about 2 minutes. Add the eggs, one at a time, mixing on Speed 2, and then the vanilla extract. Add the dry ingredients and mix on Speed 2 until just combined, and then add the chopped chocolate and mix on Speed 2 until evenly incorporated.
3. Scoop the dough into even, golf ball-sized rounds and place on a parchment-lined tray or baking sheet. Wrap well and allow to chill for a minimum of 1 hour, or up to overnight.
4. Preheat oven to 350°F with racks in the lower and upper thirds of the oven. Line two baking sheets with parchment paper.
5. Once the oven has preheated, place the chilled dough onto the baking sheets and bake until just browned and set at the edges, about 15 minutes. Remove and immediately sprinkle baked cookies with a pinch of flaked sea salt. Allow pans to cool prior to baking remaining dough.

Nutritional information per cookie:

Calories 137 (48% from fat) • carb. 17g • pro. 2g
fat 8g • sat. fat 4g • chol. 18mg • sod. 78mg
calc. 3mg • fiber 1g

Crunchy Peanut Butter Chip Cookies

Using a mixture of creamy peanut butter and shelled, roasted peanuts makes each bite of these tender cookies packed full of peanut flavor.

Makes about 5 dozen cookies

- 2 cups unbleached, all-purpose flour**
- ¾ teaspoon kosher salt**
- ½ teaspoon baking powder**
- ¼ teaspoon baking soda**
- 16 tablespoons (2 sticks) unsalted butter, cut into 1-inch pieces, room temperature**
- 1½ cups creamy peanut butter, preferably unsweetened (both traditional and natural styles work well, just be sure to fully stir the natural to prevent separation)**
- 1 cup packed light brown sugar**
- ½ cup granulated sugar**
- 2 large eggs, room temperature**
- 1 teaspoon pure vanilla extract**
- 1 cup roasted, unsalted peanuts**
- ½ cup miniature chocolate chips**
- Turbinado sugar mixed with flaked sea salt, for sprinkling**

1. Preheat oven to 350°F with racks in the lower and upper thirds of the oven. Line two baking sheets with parchment paper.
2. Put the flour, salt, baking powder, and soda into a medium mixing bowl. Using

the beaters, mix on Speed 1 to fully combine, at least 30 seconds. Reserve.

3. Put the butter and peanut butter into a large mixing bowl. Mix, starting at Speed 2 and increasing to Speed 5, until homogenous, about 2 minutes. Scrape down the sides of the bowl and then add the sugars. Mix on Speeds 2 to 4 until very light, where it seems that much of the sugar has dissolved into the butter/peanut butter, about 2 minutes. Add the eggs, one at a time, mixing on Speeds 2 to 3, and then the vanilla extract. Add the dry ingredients and mix on Speed 2 until just combined, and then add the peanuts and chocolate chips. Mix on Speed 2 until evenly combined.
4. Scoop the dough into evenly sized, golf-ball rounds and place on a parchment-lined tray or baking sheet. Press each round down with a fork and then sprinkle with the sugar and flaked sea salt.
5. Bake in the preheated oven until just set at the edges, about 12 to 15 minutes. Allow pans to cool before baking remaining dough.

Nutritional information per cookie:

Calories 124 (57% from fat) • carb. 11g • pro. 3g
fat 8g • sat. fat 3g • chol. 15mg • sod. 70mg
calc. 7mg • fiber 1g

Ginger Cookies

Not your ordinary ginger cookie. We up the zing with chopped, crystalized ginger in these chewy and spicy treats.

Makes about 2½ dozen cookies

- 2¼ cups unbleached, all-purpose flour**
- 1 teaspoon baking soda**
- 1 tablespoon ground ginger**
- 1 teaspoon ground cinnamon**
- ½ teaspoon ground allspice**
- ¾ teaspoon kosher salt**
- ¼ cup finely chopped crystalized ginger**
- 12 tablespoons (1½ sticks) unsalted butter, cut into 1-inch pieces, room temperature**
- ¼ cup molasses**
- ¾ cup packed light brown sugar**
- ¼ cup granulated sugar**
- 1 large egg, room temperature**
- 1 teaspoon pure vanilla extract**
- ⅓ cup turbinado sugar, for rolling**

1. Preheat oven to 350°F with racks in the lower and upper thirds of the oven. Line two baking sheets with parchment paper.
2. Put the flour, baking soda, spices, and salt into a medium mixing bowl. Using the beaters, mix on Speed 1 to fully combine, at least 30 seconds. Add the chopped ginger and mix on Speed 1 to coat; reserve.

3. Put the butter and molasses into a large mixing bowl. Mix, starting at Speed 2 and increasing to Speed 5, until homogenous, about 2 minutes. Scrape down the sides of the bowl and then add the sugars. Mix on Speeds 2 to 4 until very light, where it seems that much of the sugar has dissolved into the butter/molasses, about 2 minutes. Add the egg, mixing on Speeds 2 to 3, and then the vanilla extract. Add the dry ingredients and mix on Speed 2 until just combined.
4. Put the turbinado sugar into a shallow bowl or baking pan.
5. Scoop the dough into evenly sized, golf-ball rounds. Roll in the turbinado sugar and then place the sugared dough on a parchment-lined tray or baking sheet. Gently press each round down with the bottom of a clean glass.
6. Bake in the preheated oven until just set at the edges, about 12 to 15 minutes. Allow pans to cool before baking remaining dough.

Nutritional information per cookie:

*Calories 96 (23% from fat) • carb. 18g • pro. 1g
fat 2g • sat. fat 2g • chol. 12mg • sod. 99mg
calc. 10mg • fiber 0g*

No-Bake Keto Bites

Packed full of good-for-you fat and protein, just one of these bites will fill you up and keep you energized.

Makes 16 bites

- ½ cup almond butter**
- 2 tablespoons coconut oil**
- 2 tablespoons chia seeds**
- 1 cup shredded, unsweetened coconut**
- 1 tablespoon cocoa powder**
- 1 teaspoon pure vanilla extract**
- 2 teaspoons granulated monk fruit sweetener or ½ teaspoon granulated stevia**
- ¼ teaspoon kosher salt**
- ½ teaspoon ground cinnamon**

1. Put all of the ingredients into a large mixing bowl. Using the beaters, mix on Speeds 1 to 3 until completely incorporated, about 1 minute.
2. Scoop the dough into desired-size pieces and form into balls (gloves are recommended). Chill in the refrigerator for a minimum of 30 minutes, or in the freezer for 10 minutes before enjoying.

Nutritional information per bite:

*Calories 148 (58% from fat) • carb. 6g • pro. 3g
fat 10g • sat. fat 5g • chol. 0mg • sod. 39mg
calc. 47mg • fiber 2g*

Edible Cookie Dough (with variations)

Eat that dough guilt free (well, egg free!) with one of our edible cookie dough recipes. There are gluten-free options, as well as a kid-favorite snickerdoodle. Eat by the scoop, or even crumble into vanilla ice cream; there are so many possibilities.

Makes 3½ cups

- 8 tablespoons (1 stick) unsalted butter, cut into 4 pieces, room temperature**
- ¾ cup packed light brown sugar**
- ⅓ cup granulated sugar**
- 2 tablespoons milk (any fat variety or nondairy alternative)**
- 1 tablespoon pure vanilla extract**
- 1½ cups unbleached, all-purpose flour (you can substitute a gluten-free, all-purpose flour blend)**
- ½ teaspoon kosher salt**
- 1 cup semisweet chocolate chips**

1. Put the butter and sugars into a large mixing bowl. Using the beaters, mix on Speeds 2 to 4 until very light and creamy, about 2 minutes. Stop to scrape down sides of bowl as needed.
2. While mixing on Speed 2, add the milk and vanilla extract. Add the flour and salt and mix on Speed 2 until completely combined. Add the chips and mix on Speed 2.

3. Scoop the dough into desired-size pieces. While the dough can be eaten right away, it is best eaten chilled.

Variations:

Snickerdoodle:

Add ½ teaspoon ground cinnamon and do not add the chocolate chips. Scoop into tablespoon-size balls and roll in cinnamon sugar.

Oatmeal Cranberry:

Add ½ cup rolled oats and ¼ teaspoon ground cinnamon with the flour. Substitute dried cranberries for the chocolate chips.

Nutritional information per serving (1 tablespoon, Chocolate Chip):

Calories 55 (41% from fat) • carb. 8g • pro. 0g
fat 3g • sat. fat 2g • chol. 4mg • sod. 22mg
calc. 2mg • fiber 0g

Nutritional information per serving (1 tablespoon, Snickerdoodle):

Calories 42 (35% from fat) • carb. 6g • pro. 0g
fat 2g • sat. fat 1g • chol. 4mg • sod. 21mg
calc. 1mg • fiber 0g

Nutritional information per serving (1 tablespoon, Oatmeal Cranberry):

Calories 49 (32% from fat) • carb. 8g • pro. 0g
fat 2g • sat. fat 1g • chol. 4mg • sod. 22mg
calc. 1mg • fiber 0g

Bittersweet Espresso Brownies

Rich and fudgy, these brownies are for the true chocolate lover.

Makes 16 brownies

Nonstick cooking spray

- ¾ cup (1½ sticks) unsalted butter, cubed**
- 4 ounces unsweetened chocolate, chopped**
- 4 ounces bittersweet chocolate, chopped**
- 2 tablespoons cocoa powder**
- 2 teaspoons espresso powder**
- ½ cup unbleached, all-purpose flour**
- ¾ teaspoon kosher salt**
- 3 large eggs, room temperature**
- 1½ cups granulated sugar**
- 2 teaspoons pure vanilla extract**

1. Preheat oven to 350°F with the rack in the middle position. Lightly coat a 9-inch square baking pan with nonstick cooking spray and line with parchment paper; reserve.
2. Put the butter and both chocolates into a heatproof bowl and place over a pot of simmering water. Once the butter/chocolate mixture is almost completely melted, stir in cocoa powder and espresso powder. When chocolate is completely melted, stir in flour and salt; set aside to cool to room temperature.
3. Put the eggs into a large mixing bowl. Using the beaters, beat the eggs, on

Speed 2, to break them up slightly, then gradually add the sugar. Increase to Speed 4 and mix until light and thickened, about 2 to 3 minutes. Add the vanilla extract and mix until well combined. Add the cooled chocolate mixture into the egg mixture and gently mix on Speed 1, until the batter is no longer streaky, but be sure not to add too much air. Pour the batter into prepared pan. Tap pan on the counter a few times to remove any air bubbles.

4. Bake in the preheated oven for 25 to 30 minutes, or until edges are just dry. Cool completely before cutting and serving.

Nutritional information per brownie:

Calories 249 (54% from fat) • carb. 28g • pro. 3g
fat 16g • sat. fat 10g • chol. 57mg • sod. 120mg
calc. 12mg • fiber 2g

Blonde Brownies (Blondies)

Often the sweeter, and obviously lighter, cousin of the brownie, this recipe is rather traditional, but it can easily be altered by changing the type of chips or nuts to make it your own.

Makes 24 blonde brownies

- Unsalted butter, softened, or nonstick cooking spray**
- 2 cups unbleached, all-purpose flour**
- 1½ teaspoons kosher salt**
- ½ teaspoon ground cinnamon**
- 16 tablespoons (2 sticks) unsalted butter, cubed, room temperature**

- ½ cup granulated sugar**
- 1 cup packed light brown sugar**
- 3 large eggs, room temperature**
- 1 tablespoon pure vanilla extract**
- 1½ cups bittersweet chocolate, chopped**
- 1 cup white chocolate chips**
- 1 cup walnuts**

1. Preheat oven to 350°F with the rack in the middle position. Lightly coat a 13 x 9-inch baking pan with softened butter or nonstick cooking spray; line with parchment paper. Reserve.
2. Put the flour, salt, and cinnamon into a medium bowl. Using the beaters, mix on Speed 1 for about 20 seconds, or until fully combined, reserve.
3. Put the butter into a large mixing bowl. Using Speed 3, beat until lightened, about 30 seconds. Gradually add both sugars and beat on Speed 4 until lightened, another 30 seconds to 1 minute. Reduce to Speed 3 and add the eggs, one at a time, and the vanilla extract; mix until well combined. Reduce to Speed 1 and slowly add the dry ingredients. Once almost fully mixed, add the chopped chocolate, chips, and nuts.
4. Transfer mixture to the prepared pan. Bake in the preheated oven until edges are set and lightly browned, about 30 to 35 minutes. The brownies should be fully cooled before cutting.

Nutritional information per blonde brownie:

Calories 320 (48% from fat) • carb. 39g • pro. 3g
fat 18g • sat. fat 10g • chol. 45mg • sod. 150mg
calc. 10mg • fiber 1g

Blueberry Crumble Bars

When you cannot decide between a cookie and a crumble, this dessert satisfies both cravings.

Makes 12 servings

Nonstick cooking spray

Crust:

- 8 tablespoons (1 stick) unsalted butter, cut into 4 pieces, room temperature**
- ¼ cup packed light brown sugar**
- 2 tablespoons granulated sugar**
- 1¼ cups unbleached, all-purpose flour**
- ¼ teaspoon kosher salt**
- Pinch ground cinnamon**

Filling:

- ¼ cup granulated sugar**
- ¼ cup packed light brown sugar**
- 2 tablespoons tapioca starch**
- ¼ teaspoon kosher salt**
- Pinch ground cinnamon**
- Pinch ground ginger**
- ¼ teaspoon pure vanilla extract**
- 4 cups fresh blueberries**

Topping:

- ¾ cup unbleached, all-purpose flour**
- ½ cup rolled oats (not quick cooking)**
- ½ cup packed light brown sugar**
- ¼ teaspoon ground cinnamon**
- ¼ teaspoon kosher salt**
- 6 tablespoons unsalted butter, cubed, cold**

1. Lightly coat a 9-inch square baking pan with nonstick cooking spray and line with parchment paper; reserve.
2. Prepare the crust. Put the butter and sugars into a medium mixing bowl. Using the beaters, mix on Speeds 2 to 3 until creamy. Add the remaining crust ingredients and mix on Speed 2 until combined. Transfer the crust mixture into the prepared pan and press down firmly to pack into the bottom of the pan. Chill in refrigerator until firm.
3. While the crust is chilling, prepare the filling. Put the sugars, starch, salt, and spices into a large mixing bowl; using the beaters, mix on Speed 1 to combine. Add the vanilla extract and blueberries and stir until blueberries are well coated. Then mix on Speed 1 until about half of the blueberries have burst open, about 2 minutes. Reserve.
4. Put all of the topping ingredients, except for the butter, into a medium mixing bowl. Mix on Speed 1 to combine. Add the butter and mix on Speed 2 until large crumbs form.
5. Once the crust has sufficiently chilled, preheat oven to 350°F with the rack in the middle position. When the oven is preheated, bake until crust is firm and golden at the edges, about 20 minutes. Remove and spread filling on top of the hot, baked crust and return to the oven for an additional 15 minutes, or until it's bubbling at the edges. Cover evenly with the crumb topping and return to the oven for a final 15 minutes. The bars

are done when the topping is evenly browned.

6. Cool completely prior to cutting and serving.

Nutritional information per bar:

Calories 282 (41% from fat) • carb. 39g • pro. 3g
fat 13g • sat. fat 8g • chol. 35g • sod. 143mg
calc. 4mg • fiber 2g

Golden Layer Cake

The go-to cake recipe for all of the “yellow cake” lovers out there. This goes well with just about any filling and frosting, but we especially love it with our summer-inspired Berries and Cream Frosting (recipe follows).

Makes two 9-inch layers (16 servings)

- Nonstick cooking spray**
- 3 cups cake flour, not self-rising**
- 1¾ cups granulated sugar**
- 1 tablespoon baking powder**
- ¾ teaspoon kosher salt**
- 2 large eggs, room temperature**
- 2 large egg yolks, room temperature**
- 1½ cups buttermilk, room temperature**
- 2 teaspoons pure vanilla extract**
- 1 cup vegetable oil**

1. Preheat oven to 350°F with the rack in the middle position. Spray two 9-inch cake pans with nonstick cooking spray and line the bottoms with parchment paper. Reserve.

2. Put the flour, sugar, baking powder, and salt together into a large mixing bowl. Using the beaters, mix on Speed 1 to fully combine, a minimum of 30 seconds. Reserve.
3. Put the eggs, yolks, buttermilk, and vanilla extract together into a medium bowl. Mix on Speed 3.
4. Reduce to Speed 2, gradually add the oil to the dry ingredients and mix until combined, then increase to Speeds 4 to 5 and mix until completely homogenous, about 1½ minutes.
5. Gradually add the egg/buttermilk mixture and mix on Speed 2 until completely combined.
6. Divide batter between the two prepared cake pans. Tap gently on the countertop to remove bubbles and place in preheated oven. Bake until the center springs back to the touch and a cake tester comes out clean when inserted in the center, about 25 minutes.
7. Remove from oven, cool in pans on a wire rack until cool to the touch, then transfer cakes to a wire cooling rack to cool completely before frosting.

Nutritional information per serving (unfrosted):

Calories 324 (42% from fat) • carb. 43g • pro. 4g
fat 16g • sat. fat 2g • chol. 47mg • sod. 225mg
calc. 52mg • fiber 0g

Berries and Cream Frosting

The flavor, and color, can be adjusted by the number of freeze-dried berries that are used in the recipe. Start with ½ cup and then add more as desired.

Makes about 3 cups, enough to frost one 9-inch layer cake (16 servings)

- 8 tablespoons (1 stick) unsalted butter, cut into 8 pieces, room temperature**
- 4 ounces cream cheese, cut into 4 pieces, room temperature**
- 4 cups (1 pound) confectioners' sugar, sifted**
- ¼ teaspoon kosher salt**
- ¼ cup whole milk or heavy cream**
- 2 tablespoons light corn syrup (optional, if a shiny finish is desired)**
- ½ cup freeze-dried berries, preferably raspberries or strawberries, or a mix of the two, finely ground (using a spice grinder works best for this task) and sifted**

1. Put the butter and cream cheese into a large mixing bowl. Using the beaters, mix on Speeds 2 to 4 to lighten and combine, about 2 minutes. Add the confectioners' sugar and salt and mix until fully combined, about 1 minute.
2. While mixing on Speed 1, gradually add the milk (or cream) and continue to mix until lightened. If using light corn syrup, mix in at this time as well, using Speed 1.

3. Add the finely ground, sifted berries and mix to desired consistency. Use immediately.

NOTE: If not using immediately, cover with a damp towel and plastic wrap and keep at room temperature until ready to use.

Nutritional information per serving (3 tablespoons):

Calories 214 (34% from fat) • carb. 35g • pro. 1g
fat 8g • sat. fat 5g • chol. 23mg • sod. 62mg
calc. 6mg • fiber 0g

Deep Chocolate Layer Cake

Frost this moist chocolate cake with our Cream Cheese Frosting on page 32.

Makes two 9-inch cakes (16 servings)

- Unsalted butter, softened, or nonstick cooking spray**
- 6 ounces bittersweet chocolate, chopped**
- ¾ cup cocoa powder, Dutch process, sifted**
- 2 teaspoons espresso powder**
- ½ teaspoon baking soda**
- 1 cup boiling water**
- 2½ cups unbleached, all-purpose flour**
- 1 cup granulated sugar**
- ½ cup packed light brown sugar**
- 1 teaspoon baking powder**
- ¾ teaspoon kosher salt**
- 1 cup vegetable oil**
- 1 cup buttermilk, room temperature**
- 4 large eggs, lightly beaten, room temperature**

2 teaspoons pure vanilla extract

1. Preheat oven to 350°F with the rack in the middle position. Grease two 9-inch round cake pans with cooking spray or softened butter and line the bottoms with parchment paper. Reserve.
2. Put the bittersweet chocolate, cocoa powder, espresso powder, and baking soda into a medium bowl and pour the boiling water over the ingredients. Stir until chocolate has melted. Cool to room temperature and reserve.
3. Put the flour, sugars, baking powder, and salt into a large mixing bowl. Using the beaters, mix on Speed 2 until fully combined, a minimum of 30 seconds. Reserve.
4. Using Speed 2, mix the oil, buttermilk, eggs, and vanilla extract into the cooled chocolate mixture.
5. While mixing on Speed 2, slowly add the liquid mixture to the dry ingredients. Mix until smooth, about 1 minute, stopping as necessary to scrape entire bowl.
6. Divide the batter evenly between the prepared pans. Bake in preheated oven until a cake tester comes out clean when inserted into the center, about 30 to 35 minutes.
7. Remove from oven and cool in pans on a wire rack until cool to the touch. Cool cakes completely before frosting.

Nutritional information per serving (unfrosted):

Calories 345 (50% from fat) carb. 41g • pro. 6g
fat 21g • sat. fat 5g • chol. 47mg • sod. 195mg
calc. 31mg • fiber 3g

Cream Cheese Frosting

A classic cream cheese frosting, perfect for a variety of cakes, especially carrot and chocolate.

Makes about 5 cups

- 5½ cups confectioners' sugar, sifted**
- ¼ teaspoon kosher salt**
- 1 pound (two standard 8-ounce packages) cream cheese, room temperature**
- 8 tablespoons (1 stick) unsalted butter, cut into 1-inch pieces, room temperature**
- 1 teaspoon pure vanilla extract**

1. Put the sugar and salt into a large mixing bowl. Using the beaters, mix on Speed 1 to completely mix, a minimum of 30 seconds.
2. Put cream cheese into a separate, large mixing bowl. Mix on Speeds 2 to 4 until smooth, about 1½ to 2 minutes. Add butter and beat until fully incorporated and smooth. Reduce to Speed 1 and, with the hand mixer running, slowly add the sifted confectioners' sugar/salt to the bowl and mix until incorporated, about 2 minutes. Scrape the entire bowl well. Add vanilla extract. Mix on Speed 2 until combined. Use immediately.

Nutritional information per serving (¼ cup):
Calories 250 (44% from fat) carb. 34g • pro. 1g
fat 12g • sat. fat 8g • chol. 47mg • sod. 101mg
calc. 22mg • fiber 0g

Gluten-Free (and Vegan!) Golden Cupcakes with Vanilla Frosting

Unlike our muffin recipe that uses a gluten-free flour blend, here we call for individual ingredients that are now easily found in most grocery stores.

Makes 12 standard cupcakes

- Nonstick cooking spray**
- 2 cups sorghum flour**
- 1 cup potato starch**
- ½ cup arrowroot starch**
- 1 tablespoon baking powder**
- ½ teaspoon baking soda**
- 1 teaspoon xanthan gum**
- 1 teaspoon kosher salt**
- 1½ cups agave nectar**
- ½ cup olive oil**
- ¾ cup butternut squash purée, room temperature**
- 2 tablespoons pure vanilla extract**
- 1 teaspoon white vinegar**

1. Preheat oven to 350°F. Lightly coat a standard cupcake pan with cooking spray. Cupcake liners may be used (these may also be sprayed, so that the liners cleanly come off the cupcakes).
2. Put the flour, starches, baking powder, soda, xanthan gum, and salt into a large mixing bowl. Using the beaters, mix on Speed 1 to sift the ingredients together, about 30 seconds.

3. With the mixer running on Speed 2, add the remaining ingredients, in the order listed, and mix until all ingredients are incorporated. Scrape the entire bowl to ensure all of the ingredients are evenly combined and mix an additional 20 seconds if necessary.
4. Scoop batter into the prepared cupcake pan. Bake until golden and a cake tester comes out clean, about 20 to 22 minutes. Remove from oven, cool in pans on a wire rack until cool to the touch, and then transfer cupcakes to a wire cooling rack to cool completely before frosting.

Nutritional information per cupcake (unfrosted):

Calories 396 (22% from fat) carb. 77g • pro. 4g
fat 10g • sat. fat 1g • chol. 0mg • sod. 359mg
calc. 50mg • fiber 2g

Dairy-Free Vanilla Frosting

This frosting pairs very well with the Gluten-Free Golden Cupcakes, but is also a great alternative to any vanilla frosting.

Makes about 2 cups

- 1 cup non-hydrogenated vegetable shortening**
- 2 cups confectioners' sugar, sifted**
- 1 tablespoon pure vanilla extract**
- ¼ teaspoon kosher salt**
- 1 to 2 teaspoons water, optional**

1. Put the shortening into a medium mixing bowl. Using the beaters, mix on Speeds 2 to 4 to make creamy, about 30 seconds. Add the sugar and mix on Speeds 2 to 5,

- then add the vanilla extract and salt. Mix again, on the same speeds, until smooth and fluffy, about 30 seconds.
- If the frosting is too thick, add enough water to mix to desired consistency.

**Nutritional information per serving
(2 tablespoons):**

Calories 182 (61% from fat) • carb. 19g • pro. 0g
fat 13g • sat. fat 6g • chol. 0mg • sod. 33mg
calc. 36mg • fiber 0g

Angel Food Cake

Serve with whipped cream and fresh berries
for a light and delicious summer dessert.

Makes one 9-inch cake (12 servings)

- 1½ cups granulated sugar, divided**
- 1¼ cups cake flour, not self-rising**
- 12 large egg whites**
- 1¼ teaspoons cream of tartar**
- ¼ teaspoon kosher salt**
- 1 teaspoon pure vanilla extract**

- Preheat oven to 325°F.
- Put ¾ cup of the sugar into a large mixing bowl with the cake flour. Using the whisk, mix on Speeds 1 to 2 to fully sift, a minimum of 30 seconds; reserve.
- Put the egg whites into a large mixing bowl. Using the whisk, begin mixing on Speed 1. When the egg whites appear foamy, add cream of tartar and salt. Gradually increase to Speed 6.
- Add the remaining ¾ cup of granulated sugar and vanilla extract and continue to

mix, on Speeds 6 to 8, until firm, glossy peaks form. Stop mixing.

- Sift about ½ cup of the reserved flour and sugar over the whites and carefully fold in with a rubber spatula. Continue with the remaining flour and sugar. Gently fold until no pockets of dry ingredients remain.
- Spoon batter into an ungreased 9-inch tube pan. Even out the top with the spatula. Bake for 45 minutes, until a toothpick that has been inserted comes out clean. Invert pan onto the neck of a bottle and allow the cake to cool completely.
- Use a knife to free the cake from the pan.

Nutritional analysis per serving:

Calories 167 (1% from fat) • carb. 37g • pro. 5g
fat 0g • sat. fat 0g • chol. 0mg • sod. 278mg
calc. 5mg • fiber 0g

Pavlova with Blood Orange and Pomegranate

*A show-stopping dessert. This gorgeous
creation needs to be eaten the day it is made
(and best if that day is not humid!).*

Makes 12 servings

Meringue:

- 4 large egg whites**
- Pinch cream of tartar**
- Pinch kosher salt**
- 1 cup granulated sugar**
- 2 teaspoons cornstarch, sifted**
- 1 teaspoon white vinegar**

- ¼ teaspoon pure vanilla extract**
- ½ teaspoon grated citrus zest**

Topping:

- 2 blood oranges, peeled and segmented**
- 3 tablespoons pomegranate berries**
- ½ cup granulated sugar**
- ½ cup water**
- 1 cup blood orange juice (You can substitute with pomegranate juice if a more red/pink syrup is desired. Blood orange makes a dark, orange-colored syrup.)**
- ¾ cup heavy cream**
- 1 teaspoon pure vanilla extract**
- ¼ cup confectioners' sugar**

- Preheat oven, with the rack in the middle position, to 350°F. Line a baking pan with parchment paper (if your baking pan is rimmed, invert it so you are using the bottom. This will make transferring the meringue easier once it has baked).
- Prepare the meringue. Put the egg whites, cream of tartar, and salt into a large mixing bowl (make sure it is spotlessly clean). Using the whisk, start mixing on Speed 1 and very gradually increase to Speed 6. Whip until whites have formed soft peaks. While still whipping, gradually add the granulated sugar. Increase to Speed 8 and whip until stiff peaks have formed, about 8 minutes. Add the remaining meringue ingredients and gently mix on Speed 2 to combine.

3. Transfer meringue to the parchment-lined baking pan. Shape into an 8-inch circle and, using a spatula or knife, scrape the sides upward (from the bottom of the meringue to the top) to create smooth edges along the sides of the meringue and little peaks at the top.
4. Transfer to the oven and immediately reduce temperature to 200°F.
5. Bake meringue for 1½ hours, until the edges and top are dry – the color should still be very pale. After the time has elapsed, turn off the oven, but leave the meringue in until it has cooled completely, about 1 hour.
6. While the meringue is cooling, prepare the topping. Be sure that the oranges are fully segmented (no visible white pith on the segments). Reserve on a plate with the pomegranate berries.
7. Prepare the orange syrup. Put the sugar and water into a heavy-bottomed saucepan. Cook over medium heat until the sugar has dissolved, then add the juice. Cook until the mixture is thickened/coats the bottom of the pan, about 20 to 25 minutes. Reserve and cool. NOTE: If the syrup seems too thick to use, you can thin it with hot water, adding a teaspoon at a time.
8. Once the pavlova is fully cooled, prepare the whipped cream. Put the cream into a large mixing bowl. Using the whisk, start whipping cream on Speed 1, gradually increasing to Speed 3, for about one minute, so that the cream has some body. Add the sugar and vanilla extract

and continue to whip to Speed 4 until cream forms soft peaks.

9. Assemble the pavlova. Put the baked meringue on desired serving dish/plate. Top with the whipped cream and then, using a slotted spoon, top with the fruit. Drizzle the syrup around the plate if desired. You may garnish with grated zest as well.
10. Serve immediately.

Nutritional information per serving:

Calories 169 (27% from fat) • carb. 27g • pro. 1g
fat 5g • sat. fat 4g • chol. 20mg • sod. 37mg
calc. 3mg • fiber 0g

Sour Cream Cheesecake

This recipe is rather straightforward. While it is simple, it can be elevated by topping with fresh or cooked fruit, chocolate shavings, or chopped cookies.

Makes one 8-inch cheesecake (12 servings)

- | | |
|------------------------------|--|
| 1 | tablespoon unsalted butter, room temperature |
| Graham Cracker Crust: | |
| 1 | cup graham cracker crumbs |
| 2 | tablespoons granulated sugar |
| ¼ | teaspoon ground cinnamon |
| 4 | tablespoons (½ stick) unsalted butter, melted and cooled slightly |
| Filling: | |
| 24 | ounces (3 standard packages) cream cheese, each cut into 4 pieces, room temperature |

- | | |
|-----------|---|
| 1½ | cups granulated sugar |
| ¼ | teaspoon kosher salt |
| 5 | large eggs, room temperature |
| 1 | cup sour cream, room temperature |
| 1½ | teaspoons pure vanilla extract |
1. Preheat oven to 325°F with the rack in the lower third of the oven. Coat the inside of an 8-inch springform pan with the tablespoon of butter. Reserve.
 2. Prepare the crust. Put cookie crumbs, 2 tablespoons sugar, cinnamon, and melted butter into a small mixing bowl. Using the beaters, mix on Speed 2 until the mixture comes together. Pat crumb crust evenly into the bottom of the prepared springform pan, using the bottom of a glass if necessary, to make it even. Put in the preheated oven and bake for about 8 to 10 minutes, until the crust is just set. Allow to cool while preparing the filling.
 3. Wipe the beaters of crumbs. Put the cream cheese into a large mixing bowl. Starting on Speed 1 and increasing to Speed 4, mix until very smooth – you want to be sure there are no lumps. Scrape the mixing bowl and beaters. While mixing on Speed 2, gradually add the sugar, about ¼ cup at a time, and the salt, mixing until very smooth. Add the eggs, one at a time, mixing on Speeds 2 to 3, being sure each is fully incorporated into batter before adding the next. Scrape down the bowl and beaters and then add the sour cream and vanilla extract. Mix on Speed 1 until creamy, about 1 minute.

4. Wrap the cooled springform pan well with both plastic and foil wraps – to come up about two-thirds up the sides of the pan.
5. Pour into cooled, prepared crust – do not scrape any thick bits from the sides of the bowl, as they are not thoroughly mixed in and will change the texture of your finished cheesecake.
6. Put the filled pan into a roasting pan, or something similar in size and oven safe, and then add hot water so it comes about halfway up the sides of the cake pan.
7. Transfer the filled pan to the preheated oven and bake for 45 minutes. The cheesecake will still be jiggly at this point, but that is OK. After the 45 minutes have expired, turn the oven off and allow it to rest in the warm oven for an additional 45 minutes.
8. Remove and bring to room temperature. Cover well and refrigerate to fully chill prior to serving.

Nutritional information per serving:

Calories 449 (61% from fat) • carb. 36g • pro. 8g
fat 31g • sat. fat 18g • chol. 163mg • sod. 330mg
calc. 39mg • fiber 0g

Chocolate Cream Pie

Crowd-pleasing pie for any holiday or special occasion!

Makes about 12 servings

Crust:

2½ cups chocolate cookie crumbs
(from about 24 chocolate sandwich cookies)

5 tablespoons unsalted butter, melted

Filling:

¼ cup packed light brown sugar

¼ cup granulated sugar

3 tablespoons unsweetened cocoa powder

2½ tablespoons cornstarch

¼ teaspoon kosher salt

3 cups half & half

3 large eggs, lightly beaten

4 ounces semisweet chocolate, chopped

3 tablespoons unsalted butter, cut into small dice

Topping:

2 cups heavy cream, well chilled

¼ cup plus 2 tablespoons granulated sugar

Chocolate curls for garnish

1. Make the crust. Preheat oven to 350°F with the rack in the middle position.
2. Put the cookie crumbs and melted butter into a medium mixing bowl. Using the beaters, mix on Speeds 1 to 2 to fully combine. Transfer crumb mixture to a 9-inch pie plate. Press evenly into the bottom and sides.
3. Bake in preheated oven for 10 to 15 minutes, until crumb crust is fully set. Cool completely while preparing the filling.
4. Put the sugars, cocoa powder, cornstarch, and salt into a large, wide saucepan. Using the beaters once again, mix on Speed 1 to combine. While still

mixing on Speed 1, gradually add the half & half, and then the eggs, and continue to mix until completely smooth.

5. Set the pan over medium-low heat and mix on Speeds 1 to 2, occasionally, to prevent the mixture from overcooking – do not leave the pot unattended.
6. Allow the mixture to heat gradually, until just about boiling. At this point, the mixture will get quite thick. Continue to mix on Speed 1 and when thickened, remove from heat. Mix in the chopped chocolate and butter until completely incorporated. Strain the filling through a fine mesh strainer and then transfer the strained filling into the cooled crust. Cover the filling directly with wax paper or plastic wrap so that the filling does not form a skin. Chill in the refrigerator until set.
7. After the filling is well chilled and ready to serve, prepare the whipped cream. Put the cream into a large mixing bowl. Using the whisk, start whipping cream on Speed 1, gradually increasing to Speed 3, for about one minute, so that the cream has some body. Add the sugar and continue to whip to Speed 4 until cream holds medium-stiff peaks that have formed.
8. Top the pie evenly with the whipped cream and garnish with chocolate curls prior to serving.

Nutritional information per serving:

Calories 515 (63% from fat) • carb. 43g • pro. 5g
fat 36g • sat. fat 23g • chol. 142mg • sod. 231mg
calc. 74mg • fiber 1g

Pumpkin Pie

While most popularly a staple on Thanksgiving, this pie really shouldn't be forgotten during the rest of the autumn season.

Makes about 12 servings

- 1/2 recipe Pâte Brisée (page 38)**
- 1 can (15 ounces) pumpkin purée, about 2 cups**
- 1/2 cup granulated sugar**
- 1/4 cup packed light brown sugar**
- 1 teaspoon ground cinnamon**
- 1/4 teaspoon ground cloves**
- 1/4 teaspoon ground ginger**
- 1/8 teaspoon ground nutmeg**
- 3/4 teaspoon kosher salt**
- 3 large eggs, room temperature**
- 1/2 cup heavy cream or evaporated milk**
- 1 teaspoon pure vanilla extract**
- Whipped cream, for topping (next recipe)**

1. Put a rimmed baking sheet on the middle rack in the oven (this will aid in making a nice crust for the pie). Preheat to 325°F.
2. While the oven is preheating, roll the pâte brisée out to a large round and fit it into a pie plate, about 1½ inches in depth. Gently prick all over with the tines of a fork, being sure not to fully puncture through the dough. Chill in the refrigerator while preparing the pumpkin filling.

3. Put the pumpkin, sugars, spices, and salt into a large mixing bowl. Using the hand blender attachment, blend on Speed 1 until fully mixed, about 1 minute. Add the eggs and cream/evaporated milk, and vanilla extract and blend on Speed 1 until combined.
4. Pour the custard into the chilled pie crust. Transfer the filled pie plate onto the hot baking sheet and bake in preheated oven until the edges are set and the middle is still jiggly, about 35 minutes.
5. Cool completely before serving. Serve with freshly whipped cream.

Nutritional information per serving:

*Calories 212 (51% from fat) • carb. 23g • pro. 3g
fat 12g • sat. fat 7g • chol. 80mg • sod. 257mg
calc. 15mg • fiber 2g*

Classic Whipped Cream

Whether for topping ice cream and pie, or as a dip for fruit, everyone should have a foolproof formula for a basic, sweetened whipped cream.

Makes about 2¼ cups

- 1 cup heavy cream, well chilled**
- 1/4 cup confectioners' sugar, sifted**
- 1 teaspoon pure vanilla extract**
- Pinch fine sea salt**

1. Put heavy cream into a large mixing bowl.
2. Using the whisk, start whipping cream on Speed 1, gradually increasing to Speed 3, for about one minute so that the cream has some body. Add the sifted sugar

and vanilla extract and continue to whip to Speed 7 until cream holds stiff peaks, about 1½ minutes.

Nutritional information per serving (2 tablespoons):

*Calories 52 (84% from fat) • carb. 2g • pro. 0g
fat 4g • sat. fat 3g • chol. 18mg • sod. 8mg
calc. 0mg • fiber 0g*

Royal Icing

This icing is great for decorating sugar cookies or cakes. You can add food coloring to color it or extracts to flavor it.

Makes 1½ cups

- 4 cups (1 pound) confectioners' sugar, sifted**
- 2 large egg whites, slightly beaten**
- 1 tablespoon whole milk**
- 1 teaspoon fresh lemon juice**

1. Put the sugar into a large mixing bowl. Using the whisk, start mixing on Speed 1, and then slowly add in the egg whites until fully incorporated, about 1 minute. While continuing with the whisk, add the milk and lemon juice and mix until fully incorporated. Scrape the entire bowl as necessary. Continue on Speeds 1 to 5 until soft peaks form, about 2 minutes.
2. Use immediately or cover the bowl with a damp cloth so the icing does not harden. If using coloring or a flavoring extract for the icing, add it with the milk and lemon juice.

Nutritional analysis per serving (2 tablespoons):

*Calories 133 (0% from fat) • carb. 33g • pro. 1g • fat 0g
sat. fat 0g • chol. 0mg • sod. 10mg • calc. 2mg • fiber 0g*

Chocolate Peanut Butter Ice Cream Shake

This will satisfy your sweet tooth.

Makes 2 cups (4 servings)

- ¾ cup chocolate ice cream**
- 1 teaspoon creamy peanut butter**
- 1 teaspoon chocolate syrup**
- ⅓ cup whole milk**

1. Put all ingredients, in the order listed, into a tall cup or a large, wide measuring cup.
2. Using the hand blender, blend on Speed 1, using a gentle up-and-down motion, until smooth and homogenous, about 30 to 40 seconds.
3. Serve immediately.

Nutritional information per serving (½ cup):
Calories 156 (46% from fat) • carb. 18g • pro. 4g
fat 8g • sat. fat 5g • chol. 23mg • sod. 69mg
calc. 112mg • fiber 1g

Pizza/Focaccia Dough

One of the simplest doughs to prepare at home to take your pizza night to the next level. And if shaping pizza is not your thing, we give instructions on how to turn this into a delicious, herby focaccia.

Makes about 1½ pounds; 12 servings (enough for two 10-inch pizzas)

- 1½ cups warm (100°F to 110°F) water**
- 2¼ teaspoons active dry yeast**
- 1 teaspoon granulated sugar**
- 3½ cups unbleached bread or all-purpose flour**
- 2 teaspoons kosher salt**
- 2 tablespoons extra virgin olive oil**

For Focaccia:

- 1 tablespoon extra virgin olive oil**
- 2 tablespoons chopped fresh rosemary**
- ½ teaspoon kosher salt**

1. Put the warm water, yeast, and sugar into a large mixing bowl. Stir to dissolve the yeast and let stand for 5 to 10 minutes. Mixture will foam and bubble – this means the yeast is active and alive.
2. In a separate bowl, combine flour and salt. Using the dough hooks, mix on Speed 1 for 5 to 10 seconds; reserve.
3. Add the 2 tablespoons of olive oil and ½ cup flour to the yeast mixture. Using the dough hooks, mix on Speed 1 until smooth, about 30 to 40 seconds. Running on Speed 2, continue to add the remaining flour mixture, ½ cup at a time, mixing

completely, about 30 to 40 seconds, until no flour is visible after each addition. The dough at first will be a batter, and slowly, as the flour is added, it will become a dough ball. After all the flour mixture has been incorporated, and the dough has formed a dough ball that cleans the sides of the mixing bowl, knead at Speed 3 for an additional minute.

4. Lightly dust the dough with flour and place it in a large mixing bowl covered with either a damp towel or plastic wrap. Allow to rise in a warm place for about 45 minutes, or until the dough has doubled in size.
5. Put the dough on a lightly floured surface and gently punch down. Shape into desired size(s) for pizza, or use for preparing calzones (see page 22).
6. For focaccia, press dough into an oiled 13 x 9-inch baking pan, or a rimmed baking pan. Lightly cover with plastic wrap and allow to rise for an additional 45 minutes – dough will be nice and puffy. Preheat oven to 425°F with the rack in the middle position. Brush the remaining 1 tablespoon of olive oil on top of the dough and, using your fingers, make indentations all over the dough. Sprinkle with the rosemary and salt. Bake for about 18 to 20 minutes, or until nicely golden.

Nutritional information per serving (Pizza Dough):

Calories 140 (15% from fat) • carb. 26g • pro. 4g
fat 2g • sat. fat 0g • chol. 0mg • sod. 356mg
calc. 1mg • fiber 1g

Nutritional information per serving (Focaccia):

Calories 151 (21% from fat) • carb. 26g • pro. 4g
fat 4g • sat. fat 1g • chol. 0mg • sod. 445mg
calc. 2mg • fiber 1g

Pâte Brisée

This versatile dough can be used for sweet or savory treats.

Makes two 9-inch crusts (24 servings)

- 2 cups unbleached, all-purpose flour**
- 1 teaspoon kosher salt**
- 16 tablespoons (2 sticks) unsalted butter, cut into ½-inch cubes, and sitting at room temperature for 15 minutes**
- ¼ cup ice water**

1. Put the flour and salt into a large mixing bowl. Using the beaters, mix on Speed 1 to fully combine, about 5 to 10 seconds. Add the butter and mix on Speed 1 until the butter has been worked into the flour and is about the size of peas.
2. Slowly add the water, about 1 teaspoon at a time, and mix until the flour is hydrated, but not wet. The dough will not be fully together, just shaggy.
3. Turn the dough out onto a clean, lightly floured surface and knead by hand a few times to bring it together. Divide into two pieces and form each into a flat disc. Wrap in plastic wrap and chill until ready to use, a minimum of 2 hours, or up to 2 days.*

*As long as it is wrapped, this pastry freezes well for up to 6 months.

Nutritional information per serving:

Calories 100 (66% from fat) • carb. 7g • pro. 1g
fat 7g • sat. fat 5g • chol. 20mg • sod. 95mg
calc. 0mg • fiber 0g

Cuisinart Classic White Bread

Spoil your family with homemade bread.

Makes 1 loaf (10 servings)

- 1 cup warm water (105°F to 110°F)**
- 2¼ teaspoons active dry yeast**
- 1½ teaspoons granulated sugar**
- 2 cups unbleached, all-purpose flour**
- 1 teaspoon kosher salt**
- 2 tablespoons unsalted butter, cut into 1-inch pieces, room temperature**
- Nonstick cooking spray or unsalted butter, softened, for greasing the loaf pan**

1. Put the warm water, yeast and sugar into a large mixing bowl. Stir to dissolve the yeast and let stand for 5 to 10 minutes. Mixture will foam and bubble – this means the yeast is active and alive.
2. Put the flour and salt into a separate mixing bowl. Using the dough hooks, mix on Speed 1 for 5 to 10 seconds; reserve.
3. Using the dough hooks, mix the yeast mixture on Speeds 1 to 2 while adding the flour/salt, ½ cup at a time. Mix in each addition of flour well, before adding the next, so that no flour is visible in between. The dough at first will be a batter, and slowly, as the flour is added, the batter will form a dough ball and clean the sides of the mixing bowl.
4. Once all of the flour has been incorporated, add the butter and knead on Speed 3 for about 2 minutes. Dust the dough ball lightly with flour and place it in

a resealable food storage bag, pressing out any air before sealing. Let rise in a warm, draft-free place until doubled in size, about 1 hour.

5. Lightly coat one standard loaf pan with cooking spray or unsalted butter. Punch dough to deflate. Shape into loaf and place in prepared pan. Cover and let rise until nearly doubled, about 1 hour.
6. About 15 minutes before baking, preheat oven to 400°F. Place loaf in preheated oven and bake for 30 to 35 minutes, until bread is browned and sounds hollow when tapped. Remove from loaf pan and cool on a wire rack. Bread slices best when allowed to cool completely before cutting. If top of bread is too crispy for your taste, brush with butter for a softer crust.

Nutritional information per serving (1 slice):

Calories 157 (14% from fat) • carb. 27g • pro. 5g
fat 2g • sat. fat 1g • chol. 6mg • sod. 113mg
calc. 0mg • fiber 1g

Honey Whole-Wheat Bread

A hearty wheat bread flavored with honey.

Makes 1 loaf (10 servings)

- 1 cup warm water (105°F to 110°F)**
- 1 tablespoon honey**
- 2 teaspoons active dry yeast**
- 1½ cups whole-wheat flour**
- ¾ cup bread flour**
- ¾ teaspoon salt**
- 1½ tablespoons unsalted butter, cut into ½-inch pieces, room temperature**
- Nonstick cooking spray or unsalted butter, softened, for greasing the loaf pan**

1. Put the warm water, honey and yeast into a large mixing bowl. Stir to dissolve the yeast and let stand for 5 to 10 minutes. Mixture will foam and bubble – this means the yeast is active and alive.
2. Put the flours and salt in a separate mixing bowl. Using the dough hooks, mix on Speed 1 for 5 to 10 seconds; reserve. Using the dough hooks, mix the yeast mixture on Speeds 1 to 2 while adding the flour/salt, ½ cup at a time. Mix in each addition of flour, before adding the next, so that no flour is visible in between. The dough at first will be a batter, and slowly, as the flour is added, the batter will form a rough dough ball. (If a good amount of dough is clinging to the walls of the bowl, add an additional 1 to 3 tablespoons of bread flour; avoid adding more).

3. Once all of the flour has been incorporated, add the butter and knead on Speed 3 for about 2 minutes. The dough will feel sticky. Dust the dough ball lightly with flour and place it in a resealable food storage bag, pressing out any air before sealing. Let rise in a warm, draft-free place until doubled in size, about 1 hour.
4. Lightly coat one standard loaf pan with cooking spray or unsalted butter. Punch dough to deflate. Shape into loaf and place in prepared pan. Cover and let rise until nearly doubled, about 1 hour.
5. About 15 minutes before baking, preheat oven to 400°F. Place loaf in preheated oven and bake for 30 to 35 minutes, until bread is browned and sounds hollow when tapped. Remove from loaf pan and cool on a wire rack. Bread slices best when allowed to cool completely before cutting. Crust will soften as it cools.

Nutritional information per serving (1 slice):

*Calories 123 (15% from fat) • carb. 21g • pro. 4g
fat 2g • sat. fat 1g • chol. 5mg • sod. 1mg
calc. 14mg • fiber 3g*

Rosemary Olive Oil Rolls

These rolls go well with dinner, but could also be used as small sandwich rolls.

Makes 12 rolls

- ¼ cup flavorful, extra virgin olive oil**
- 1½ tablespoons chopped, fresh rosemary**
- 2¼ teaspoons active dry yeast**
- 1 cup warm water (105°F to 110°F)**
- 3¼ cups unbleached bread or all-purpose flour**
- 1¾ teaspoons kosher salt**
- Cornmeal for the baking sheet**

1. Combine the olive oil and rosemary, let stand 10 minutes or longer. Put the yeast and warm water into a large mixing bowl with a pinch of the flour. Stir to dissolve yeast and let stand for 5 to 10 minutes. Mixture will foam and bubble – this means the yeast is alive and active.
2. Put the flour and salt into a separate, small mixing bowl. Using the dough hooks, mix on Speed 1 for 5 to 10 seconds; reserve. Using the dough hooks, mix the yeast mixture on Speed 1 while adding the olive oil/rosemary, following with ½ cup of the flour/salt. Mix on Speeds 1 to 2 until smooth, about 30 to 40 seconds. Continue adding the flour, ½ cup at a time, mixing completely, about 30 to 40 seconds, until no flour is visible after each addition. The dough at first will be a batter, and slowly, as the flour is added, the batter will form a dough ball that cleans the sides of the mixing bowl.

After all the flour has been incorporated, knead on Speed 3 for about 2 minutes.

3. Dust dough ball lightly with flour and place it in a resealable food storage bag, press out air and seal. Let rise in a warm, draft-free place until doubled in size, about 1 hour. Punch down and let rise again for 1 hour (this second rise can be skipped if pressed for time – but it adds to the flavor and texture).
4. After second rise, punch dough to deflate and let rest 10 minutes. Lightly dust a baking sheet with cornmeal. Divide dough into 12 equal-size pieces. Roll each piece of dough on a work surface and shape into a ball. Flatten slightly. Transfer to prepared baking sheet and cover with plastic wrap. Let rise at room temperature until almost doubled, about 45 to 60 minutes.
5. Fifteen minutes before baking, preheat the oven to 450°F. Uncover rolls and bake at 450°F for 10 minutes. Reduce the heat to 375°F and bake for an additional 10 to 15 minutes, until browned and hollow sounding when tapped. Place on a wire rack to cool.

Nutritional information per roll:

*Calories 151 (28% from fat) • carb. 24g • pro. 4g
fat 5g • sat. fat 1g • chol. 0mg • sod. 312mg
calc. 2mg • fiber 1g*

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