

Recípebook

Recípes for Desserts

Food Stamps Cooking Club

By

Connie Kay Baum, aka Mother Connie

Table of Contents:

Acknowledgements.....2

Introduction to RecipEbook.....3

Apple Crisp and a Cooking Tip5

Fruit and Rice6

Extraordinary Chocolate Chip Cookies7

LeOta’s Rhubarb Jam8

Rhubarb Bread Pudding9

Crunchy Fruit Crisp 10

Nat’s Flax Snacks 11

Anita’s Party Dessert 12

Acknowledgements

This little compilation would not exist were it not for The Normanator's loving support and Dixie Brown's longsuffering and patient tutelage. Because of your author's relationship with Dixie as well as Jeff Wellman and the Lay Off Your Boss and Rapid Cash Marketing programs, a good many fruitful ideas have sprung from the recesses of an ever expanding mindset! This is but one of those ideas.

The dessert recipes contained within these pages are tried and true favorites. It is our sincere desire to help those whose food dollars are limited and these desserts are classic comfort foods.

The readers should know that there are some links appearing throughout the book. The FTC wants you to understand that should a visit to one of the websites represented result in a sale, your humble author would be compensated. It is wise to use due diligence when making purchases online or off.

Please enjoy this offering in good health and good humor! If you'd like to comment or have ideas to share do not hesitate to send a message to foodstampscookingclub@gmail.com !

Now, let's put on a pot of coffee and celebrate with dessert!

Introduction to RecipEbook



Connie Baum, creator of Food Stamps Cooking Club

Dear Club Members,

The [Food Stamps Cooking Club](#) was created with those in mind who use SNAP-Supplemental Nutrition Assistance Program or WIC-Women, Infants and Children. It's also intended for users of food pantries and food commodities to fund their food budgets.

Devotees of Angel Food Ministries, Farmers Markets Coupons quickly added their voices to the crowd, as did neighbors and friends of the Club who simply wanted to learn ways to trim food costs and make their food dollars stretch as far as possible.

RecipEbook

This little collection has been a labor of love, as well as a joyous delight. When we begin a journey, we don't always know where it will take us. This path has led me, at the nudging of Club Members, to create a little cook booklet that contains some of the recipes that have appeared on the Food Stamps Cooking Club blog.

We think this won't collect dust on your shelf after you print it out for easy access. We'd like it to become dog-eared and splattered from heavy use! We want you and your family to find treasured favorites to make over and over again, creating delicious dishes and memories for your whole sphere of influence!

This RecipEbook is offered with all my love and good wishes to my foodie friends. I hope it helps you to express yourselves, to have good experiences for you and your family and that you might pick up a new idea or two as you go along. You are more than welcome to post your comments on the Food Stamps blog: <http://foodstampscookingclub.com/blog> . Or you are welcome to email us at foodstampscookingclub@gmail.com . We love hearing from everyone in the Club!

Warmly,
Mother Connie



Apple Crisp and a Cooking Tip

Let's mark this day by sharing a little recipe and a cost saving idea:

APPLE CRISP

Place in buttered 10x6x2" baking dish 4 cups of sliced apples.

Sprinkle with 1 teaspoon cinnamon, 1/2 t salt, 1/4 cup water.

Rub together 3/4 cup sifted flour, 1 cup sugar, 1/3 cup butter.

Drop mixture over apples. Bake at 350 degrees for 40 minutes.

This is such a simple thing to prepare, it will delight anyone at your dessert table and your kitchen will smell delicious!

Cooking Tip:

When apples are in season and the crop has been bountiful, I hope you will make this dessert recipe, which was given to me by a woman from our church, LeOta Badertcher, who is a fabulous cook. She tells me this originally came from her aging Betty Crocker cookbook.



Fruit and Rice

Cook 1 cup of rice in three cups of water until tender. Drain.

Drain 1 small can crushed tidbits or chunks of *pineapple* and save the juice.

Drain 1 large can mandarin oranges; save the juice.

Heat one can of coconut milk OR 1 can of evaporated milk and thicken it with a tablespoon of cornstarch. Add ½ cup sugar and allow the sugar to dissolve.

**Note: moisten the cornstarch with a bit of cold water and add that slowly to the milk.*

Allow the mixture to thicken. Combine all ingredients gently.

At serving time, spoon into bowls and sprinkle with sugar and cinnamon to taste.

Served warm or cold, this is a simple, nourishing dessert. LEFT OVER, it is *delicious* as a quick breakfast.

* For variation, you could add a few plump raisins.

The juice you have reserved can be added to breakfast fruit juices or reinvented as salad dressings by combining with a bit of mayo.

Cooking Tip:

If you have young children who clamor for a snack as you work in your kitchen, but you don't want to ruin their appetites, let them munch on slices of raw potato or pieces of fresh fruits and get them involved in the tasks of putting the family's food on the table. Engage them in conversations about food, where it comes from and chat with them about your favorite foods in order to discourage "picky" little eaters.

When The Normanator took a notion to bake chocolate chip cookies he spied a recipe on the Gold Medal flour sack that struck his fancy. It made 6 dozen beauties and filled the bill when it comes to comfort food!

Extraordinary Chocolate Chip Cookies

1 1/2 cups butter, softened

1 ¼ cups granulated sugar

1 ¼ cups packed brown sugar

1 tablespoon vanilla

2 eggs

4 cups Gold Medal all-purpose flour

2 teaspoons baking soda

½ teaspoon salt

4 cups semisweet chocolate chips (Norm only had 3/4 cup and we thought that was plenty)



Heat oven to 350 degrees. In large bowl, beat butter, sugars, vanilla and eggs until light and fluffy. Stir in flour, baking soda and salt. Dough will be stiff. Stir in chips.

On ungreased cookie sheet, drop dough by tablespoonfuls or ice cream scoop 2" apart. Flatten slightly.

Bake 11 to 13 minutes or until light brown. Centers will be soft. Cool 1 or 2 minutes then remove from cookie sheet to cooling rack.

If you live in a high altitude (3500 to 6500 ft) Bake for 10 – 12 minutes.

Nut lovers will want to add 1 cup coarsely chopped nuts when adding the chips.

Cooking Tip:

If you have no cooling rack, the cookies can be spread out on clean tea towels or newspapers. We save our junk mail for this purpose.

My friend brought me a wonderful rhubarb recipe I can't wait to share with you. It is simple and inexpensive to create! If you don't have rhubarb in your yard, ask around. People often have more than they can use and will be happy to share. That maximizes savings!

LeOta's Rhubarb Jam

4 cups cut rhubarb

4 cups sugar

1 small – flat – can crushed pineapple

1 package raspberry, strawberry, or cherry gelatin dessert

Cook rhubarb and sugar for 12 minutes, stirring constantly. Add pineapple, juice and all, and cook 3 more minutes. Add gelatin, stirring until dissolved.

NOTE: This recipe is quite old. LeOta had written it on an old form and it was well worn, indicating to me that it was a family favorite or she would not have used it so much!

Thanks, LeOta! This is NOT your first contribution to the RecipEbook! Proof positive what a fabulous foodie LeOta is!

Cooking Tip

If you need a speedy, showy dessert, you can use this jam to dress up a slice of angel food cake or white cake. It makes a great topping for a scoop of ice cream and will make a beautiful presentation when placed in a stemmed glass!

When there is time, you can use this jam between layers of a yellow cake, too!

Cupcakes seem more special when sliced into layers and each layer is spread with jam!

KID ALERT: They will eat them ALL!

Ines gave me a recipe for rhubarb that's sure to be a family fave. It is low cost, easy to prepare and DELICIOUS. This recipe had Dorothy Bryan's name on it and is a favorite with Donnie and Ines Meister!

RHUBARB BREAD PUDDING

Preheat oven to 300 degrees

8 slices of bread, toasted and cubed

1 1/2 cups milk

1/4 cup butter

5 eggs, slightly beaten

1 1/2 cups sugar (If you like rhubarb's tartness, use 3/4 cup)

1/2 teaspoon cinnamon

1/2 teaspoon salt

2 cups diced raw rhubarb

1/2 cup brown sugar

Use a 1 1/2 quart casserole for this recipe

In saucepan, scald milk and melt butter. Pour over toast cubes in casserole and let stand 15 minutes. Combine eggs, white sugar, cinnamon, salt and rhubarb and stir into bread mixture. Sprinkle with brown sugar on top.

Bake 45 to 50 minutes at 300 degrees. Serve warm.

Cooking Tip

When it's time to serve dessert, why not rethink where to serve it? How about putting up a card table in the living room, spreading out some cute placemats and serving up dessert and coffee in the good dishes? Be creative; play with your food!

We seem to have a bit of a rhubarb theme going on here: If you are fortunate to have neighbors with rhubarb, you might like to whip this up and share with your benefactor this dessert. Now-you have all the makings for a PARTY! Who does not love a party?

Crunchy Fruit Crisp

2 cups cooked, sweetened rhubarb – I like to put 1 cup sugar with 4 cups raw rhubarb but you sweeten it to YOUR taste

1 1/2 cups crushed gingersnaps, graham crackers or cold cereal. Shoot! Cinnamon toast from breakfast would do the trick OR leftover cookie crumbs from the bottom of the cookie jar. You can use any combo of this assortment for a good outcome!

1/4 cup butter, melted

Combine the crumbs and butter to make a coarse “shell” for the dessert

Add 1/3 cup chopped nuts, sunflower seeds – THESE ARE OPTIONAL

Use cupcake papers if you have them. If not, oven-worthy glass cups will do nicely. Press the crumb and butter mixture into the bottom of the cups/papers. Pour the fruit over the crumbs. Bake at 350 degrees for about 12-15 minutes. Serve warm as is or doll them up with frozen yogurt, vanilla ice cream or drizzle some 1/2 and 1/2 or cream over them.

This is comfort food at its healthiest and least expensive!

Cooking Tip

After this cools, a single serving makes for a wonderful addition to lunch boxes!

When I saw this recipe I got excited because this will be ideal for families who want to be healthy on a budget! Natalie Elliott, a Texas nutritionist, shares her “famous”

NAT'S FLAX SNACKS

1 cup corn syrup

1 cup brown sugar

1 cup smooth peanut butter

1 cup ground flax

1 teaspoon vanilla

6 cups crisp rice cereal

Mix together the first 5 ingredients in a saucepan over low heat until melted and smooth. Add the rice cereal and stir. Pour contents into butter 9 X 13 inch pan. Press to flatten. Cool and cut into 8 bars.

Prepare to smile when your family tastes your kitchen handiwork!

Cooking Tip

Natalie has made this list available for using flaxseed in other ways apart from desserts:

- Sprinkle GROUND flax on cereal, salads, yogurt
- *Mother Connie offers that it need not be ground to be included
- Mix flaxseed into meat loaf, meat balls or meat patties
- Ground flaxseed is a good addition to pancake, muffin or cookie batter and piecrust
- Coat fish or chicken in ground flaxseed and oven fry it
- Toss salads with flax oil and vinegar
- Sprinkle some over top of open faced sandwiches

Do you ever wonder what on earth to serve guests for a special occasion that won't bust your food budget? When my friend Anita Brown serves this treat it is a winner every time!

This is a simple but delightful offering:

Anita's Party Dessert

One box angel food cake mix

1 can crushed pineapple, undrained

Mix together just until blended

Pour into 9 X 13 Ungreased pan.

Bake 25 to 30 minutes at 350

Top with whipped cream or whipped topping

For flair, add a few strawberries or a dollop of cherry pie filling

Anita declares that if this is served for a baby shower, the newborn infant will be happy, healthy and wise. I can't verify this. I'm just sayin'... grin

Serving Tips

It seems that more people are extremely conscious of their weight, so it is a kindness to provide smaller servings of party treats. If you have more than enough servings, you can offer your guests a second helping.

If you are hosting a baby shower and Mommy knows she is having a daughter, a nice complement to Anita's party dessert would be pink lemonade.

If Mommy is expecting a boy, a blueberry punch might be just the ticket!

You could also eliminate the berries and substitute small candies for a garnish! Blue for sons; pink for daughters!

Stay tuned!

More RecipEbooks from [Food Stamps Cooking Club](#)

will become available for you

*Soups

*Main Dishes and Veggies