



Student Tested, Teacher Approved

-

2nd Edition

Bake and No-Bake Recipes



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RECIPE KEY

For ease of use, we have added a symbol key chart. Below are different recipe symbols to indicate what each recipe may or may not have.



GLUTEN FREE



NUT FREE



FISH FREE



DAIRY FREE



BAKED RECIPES

A top-down view of a breakfast table set on a dark wooden surface. In the upper left, a wooden tray holds several round, golden-brown bread rolls and some croissants. Next to it is a bowl of oatmeal topped with fruit and nuts, with a wooden spoon resting in it. A glass of orange juice sits nearby. In the upper right, a hand is seen holding a spoon over a plate with a croissant. In the center, a large white circle contains the word "BREAKFAST". Below this, a hand is spreading jam from a jar onto a croissant. To the left, a plate with two croissants and a knife is visible. In the lower left, a watermelon is sliced. In the lower right, a smoothie in a glass and another plate with croissants are shown. The scene is lively and suggests a family or group breakfast.

BREAKFAST



BAKED PANCAKES

INGREDIENTS – YIELDS 6

- | | |
|---------------|--------------------|
| 1 c. Bisquick | 2 T. brown sugar |
| 1 egg | 3 T. pancake syrup |
| ½ c. milk | 2 T. butter |

DIRECTIONS

1. Preheat oven to 375°
 2. In a round cake pan, place butter, brown sugar, and syrup. Place the pan in the oven until the butter melts (3-5 minutes) Set timer.
 3. While topping ingredients are heating in the oven, combine the pancake ingredients (Bisquick, egg, and milk) in a large bowl. Mix well.
 4. Once the butter is melted, remove the pan from the oven and whisk the butter mixture until well combined.
 5. Pour the pancake batter over the syrup mixture in the pan. DO NOT STIR!
 6. Place pan back into oven and bake for 15 minutes (set timer)
 7. Remove pan and immediately flip the pan over onto a plate
 8. Serve immediately and enjoy.
- Optional:
Add 1/2 cup fresh blueberries to the pancake batter before pouring into pan.

BASIC MUFFIN MIX

INGREDIENTS – YIELDS 10 TO 12 MUFFINS

- | | |
|--|-----------------------|
| ¾ tsp salt | 1/3 c. vegetable oil |
| ¼ c. sugar | 1 ¾ c. flour |
| 1 egg beaten | 2 ½ tsp baking powder |
| ¼ c. of Raw | ¾ cup milk |
| Turbinado sugar for sprinkling on top. | |



DIRECTIONS

Preheat the oven to 400°. Line a 12-count muffin pan with paper- baking-cups.

1. In large bowl WHISK together the flour, baking powder, salt and then ADD the sugar.
2. In a medium bowl WHISK together the egg, milk, and oil.
3. Make a well in the center of the dry flour mixture. ADD wet ingredients to the center of well. Bring the dry ingredients gently into the wet and STIR until just combined: batter should be lumpy but without dry spots.
4. SPOON batter into muffin pans lined with paper-baking-cups, be sure to fill each cup about 2/3 full. Lightly SPRINKLE tops with Raw Turbinado sugar.
5. BAKE in 400-degree (F) oven for 20 to 25 minutes, until golden brown or a toothpick inserted to center comes out clean.

CHOOSE YOUR FLAVOR

- Blueberry Muffins:** Prepare Basic Muffin batter as above. Combine ¾ cup blueberries and 2 tablespoons additional sugar. Carefully fold into batter before baking. Do not over mix! For added flavor, add the zest of one lemon to blueberries.
- Cranberry Muffins:** Prepare Basic Muffin batter as above, EXCEPT add 1 cup dried cranberries to dry flour mixture. For added flavor, add the zest of half an orange.
- Apple-Cinnamon Muffins:** Prepare Basic Muffin batter as above, EXCEPT stir in 1 cup chopped peeled apple into WET egg mixture, then stir 1/2 teaspoon ground cinnamon into the DRY flour mixture before combining.
- Chocolate Chip Muffins:** Prepare Basic Muffin batter as above. EXCEPT stir in 1 cup mini semi-sweet chocolate chips into DRY flour mixture.