

Camp Combe Cooking 2019

Week 6: Allergy Awareness

Morning Muffins-Strawberry Muffins, Fruity Breakfast Muffins, Corn Muffins
Monday Recipe

Strawberry Muffins

Prep Time: 10 mins | Cook Time: 12-15 mins | Total Time: 25 mins

Yields 24 muffins

Ingredients-Batter

3 cups all purpose flour

1 ½ cups of sugar

1 teaspoon salt

1 ⅓ tablespoons of baking powder

⅔ cup vegetable oil

2 eggs

1 cup milk

2 cups of fresh strawberries, diced

Ingredients-Glaze

2 cups powdered sugar

4 tablespoons of milk

Instructions

1. Preheat oven to 400°F.
2. Line the muffin tins with muffin liners.
3. In a large mixing bowl, whisk together the flour, sugar, salt, and baking powder. Set aside.
4. In a separate bowl, whisk together the oil, eggs, and milk. Once whisked, add to dry ingredients and mix well.
5. Fold in the diced strawberries into the batter.
6. Using an ice cream or cookie scoop, pour the batter evenly throughout the tins.

7. Bake for 12-14 minutes, or until a toothpick comes out clean.
8. Allow to cool before removing the muffins from the tin.
9. In a small bowl, mix the powdered sugar and milk together until the lumps are gone. When the muffins are cool, drizzle the glaze over the top.

Fruity Breakfast Muffins

Prep Time: 8 minutes | Cook Time: 25 minutes | Total Time: 33 minutes

Yields 24 muffins

Ingredients

- 2 ¼ cup all purpose flour
- 4 ½ ounces jumbo oats
- 3 ¾ teaspoons baking powder
- 1 ¼ teaspoons baking soda
- 8 ½ ounces of plain yogurt
- 5 ounces melted butter
- 3 egg
- 5 bananas, mashed
- 5 tablespoons honey
- 2 ½ teaspoons vanilla extract
- 5 clementines
- 8 ounces of blueberries

Instructions

1. Preheat oven to 350°F and line muffin tins with muffin liners
2. In a large mixing bowl, mix together flour, oats, baking powder and baking soda with a spoon
3. In a separate bowl, mix together yogurt, butter, eggs, mashed bananas, honey and vanilla. Mix well.
4. Combine the wet and dry ingredients and fold them together.
5. Use the clementines for juice and zest them into the batter.
6. Add blueberries to the batter and fold them in
7. Use an ice cream or cookie scoop to separate the batter into the lined

- muffin tins
8. Bake for 25 minutes or until golden brown and cooked through

Corn Muffins

Prep Time: 10 mins | Cook Time: 18 mins | Total Time: 28 mins
Yields 24 muffins

Ingredients

- 1 box yellow cake mix
- 2 8 1.2 ounce boxes cornbread mix
- 4 eggs
- 1/3 cup water
- 6 tablespoons butter, melted
- 1 cup milk

Instructions

1. Preheat oven to 350°F
2. Grease 2 muffin tins well and set aside.
3. In a large bowl, mix together the eggs, water, melted butter, and milk.
4. Add in the cake mix and cornbread mix.
5. Fill liners about 3/4 of the way full. It will make 24 muffins.
6. Bake in preheated oven for 18-20 minutes. Check with a toothpick to see if done.
7. Serve with butter or jelly

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Cookie Mania: Hot Chocolate Cookies, Chocolate Chip Cookies, Sugar Cookies

Tuesday Recipes

Hot Chocolate Cookies

Prep Time: 15 mins | Refrigerator Time: 30 mins | Cook Time: 12 mins

Total Time: 1 hour | Serving 24 cookies

Ingredients

- ½ cup all purpose flour
- ⅓ cup tapioca starch
- ⅓ cup lightly packed cocoa powder
- ½ teaspoon baking soda
- ¼ teaspoon salt
- ⅓ cup mashed ripe avocado
- ¼ cup of shortening
- 1 cup sugar
- 1 teaspoon maple syrup
- 1 teaspoon vanilla extract
- ½ cup semi-sweet chocolate chips
- ⅔ cups mini marshmallows

Instructions

1. In a small bowl, whisk together the flour, the starch, cocoa powder, baking soda, and salt.
2. In a mixing bowl, blend the avocado, oil, sugar, maple syrup, and vanilla, until smooth and creamy.
3. Add the dry ingredients to your mixing bowl, and blend well. Stir in the chocolate chips.
4. Cover and place the dough in the refrigerator for 30 minutes.
5. Preheat oven to 375°F and line a baking sheet with parchment paper
6. Using a cookie scoop, scoop the dough and flatten slightly, to about

- ½ inch thickness. Bake for 10 minutes.
7. Remove the cookies from the oven, and gently press three marshmallows in the center of each cookie.
 8. Return the cookies to the oven and bake for an additional 2-3 minutes
 9. Let the cookies cool on the baking sheets for 5 minutes, before removing the cookies to a wire cooling rack to cool completely.

Chocolate Chip Cookies

Prep Time: 10 mins | Cook Time: 9 mins | Total Time: 19 mins

Serving 24 cookies

Ingredients

- ⅓ cup brown sugar
- 2 ⅕ tablespoons sugar
- ½ cup butter spread
- 2 tablespoons maple syrup
- 1 teaspoon vanilla extract
- 1 ¼ cup gluten free flour
- 1 ½ teaspoons baking powder
- 1 ½ teaspoons cornstarch
- ¾ cup chocolate chips
- ¼ teaspoons salt

Instructions

1. Preheat oven to 350°F
2. In a large bowl, mix together sugars, butter spread, syrup, and vanilla.
3. In a separate, smaller bowl, whisk together 1 cup of the gluten free flour, baking powder, cornstarch, and salt.
4. Add dry ingredients to wet ingredients, and stir until combined. Add additional flour, one tablespoon at a time, until dough is desired consistency.
5. Form the tablespoon sized balls. Place on a cooking sheet lined with

- parchment paper.
6. Bake for 8 minutes at 350°F
 7. Allow to cool on the pan for 3-5 minutes before transferring to a wire rack to finish cooling.

Vegan and Allergen-Free Sugar Cookies

Prep Time: 10 mins | Cook Time: 20-22 mins | Total Time: 32 mins
Serving 24 cookies

Ingredients

- 1 cup vegan butter (Earth Balance or Smart Balance)
- 2 cups sugar
- 1 tablespoon vanilla extract
- 2 tablespoons arrowroot flour
- 1 cup unsweetened applesauce
- ½ teaspoon salt
- 6 cups gluten free flour

Instructions

1. Combine vegan butter with sugar.
2. Add and mix in vanilla, arrowroot flour, unsweetened applesauce, and salt.
3. Blend in flour blend until it forms a firm dough. (Add extra flour if sticky).
4. Roll and cut cookies as usual.
5. Bake at 325°F for approximately 20-22 minutes until mostly firm to touch.

Camp Combe Cooking 2019
Week 6: Allergy Awareness
Gluten Free Cupcakes and Buttercream Frosting
Wednesday Recipe

Gluten Free Cupcakes

Prep Time: 15 minutes | Cook Time: 30 minutes

Total Time: 45 minutes

Ingredients

5 $\frac{1}{3}$ cups gluten free flour
1 $\frac{1}{4}$ cup granulated sugar
 $\frac{3}{4}$ teaspoon xanthan gum
2 teaspoons baking powder
2 teaspoons baking soda
 $\frac{1}{2}$ cup vegetable oil
2 cups milk
2 teaspoons vanilla extract

Instructions

1. Preheat the oven to 355° and line a cupcake baking tin with 12 cupcake liners.
2. Mix all dry ingredients
3. Mix the wet ingredients together, and add them to the dry ingredients. Stir well, until you get a smooth cupcake batter.
4. Transfer the cupcake batter into the cupcake liners, so they you fill each cupcake liner about $\frac{3}{4}$ full. Bake in the pre-heated oven at 355° for about 30-35 minutes or until the tops are springy/bouncy to the touch and an inserted toothpick comes out clean.
5. Allow to cool

Buttercream Frosting

Total Time: 5 minutes

Ingredients

1 cup margarine, softened
1 cup shortening
1 tsp vanilla
2 lb powdered sugar
Food coloring

Directions

1. Cream the margarine, shortening, and vanilla together.
2. Slowly add the powdered sugar.
3. Add food coloring if desired

Camp Combe Cooking 2019
Week 6: Allergy Awareness
Gluten Free Chocolate Banana Bread and Monster Cookie Bars
Thursday Recipe

Monster Cookie Bars

Ingredients

1 cup packed brown sugar
1 cup granulated sugar
½ cup (1 stick) salted butter, softened
1 ½ cups creamy peanut butter
3 large eggs
1 tablespoon vanilla extract
1 ½ cups quick oats
3 cups old-fashioned oats
1 teaspoon baking soda
2 cups of mini m&ms
1 cup of mini chocolate chips

Instructions

1. Heat oven to 350°. Prepare a cookie sheet by lining it with parchment paper, silpat liner, or spray with cooking spray.
2. In a large bowl, or bowl of a stand mixer, combine brown sugar, granulated sugar, peanut butter, and butter. Beat until pale in color and fluffy.
3. Add the eggs and vanilla extract. Blend together
4. Add in the oats and baking soda. With a rubber spatula or wooden spoon mix by hand until combined.
5. Add in the m&ms and chocolate chips (reserve some for tops of bar if wanted). Stir together well until combined
6. Dump onto your parchment paper lined cookie sheet and spread out. This will take several minutes, but it can be done. Sprinkle the reserved

m&m's and chocolate chips on top (if wanted). Press down slightly into dough

7. Bake for 17-20 minutes. The edges will be lightly browned and the middle will still look pale and underdone, but it will finish baking as it cools. Let cool for at least an hour so the bars can firm up and come together. You do not want to over-bake these!

Gluten Free Chocolate Banana Bread

Prep Time: 10 minutes | Cook Time: 55 minutes

Total Time: 1 hour 5 minutes | Yield: 1 loaf

Ingredients

3 ounces unsweetened chocolate, chopped

5 tablespoons unsalted butter, chopped

2 ripe bananas, mashed very well

$\frac{3}{4}$ cup granulated sugar

$\frac{1}{3}$ cup sour cream, at room temperature

1 teaspoon pure vanilla extract

1 egg, at room temperature

$\frac{1}{4}$ cup + 2 tablespoons unsweetened natural cocoa powder

1 $\frac{3}{4}$ cups all purpose gluten free baking flour

$\frac{3}{4}$ teaspoons xanthan gum

$\frac{1}{2}$ teaspoon baking powder

$\frac{1}{2}$ teaspoon baking soda

$\frac{1}{2}$ teaspoon kosher salt

4 ounces semi-sweet chocolate chips, tossed with $\frac{1}{2}$ teaspoon cornstarch

$\frac{1}{4}$ cup chopped banana

Instructions

1. Preheat oven to 350°F.
2. Grease or line a standard 9 inch x 5 inch loaf pan and set it aside
3. In a medium size, heat-safe bowl, place the chopped chocolate and butter. In the microwave in 30 second bursts, or over a simmering pot of hot water, melt until smooth. Set aside to cool briefly.

4. In a large bowl, place the mashed bananas, granulated sugar, sour cream, vanilla, and egg, and beat to combine well.
5. Add the melted chocolate and butter mixture, and beat again until well combined.
6. Add the cocoa powder, flour, xanthan gum, baking powder, baking soda, and salt, beating to combine well.
7. The batter will be very thick.
8. Add the chocolate chips tossed with cornstarch, and the chopped banana, and mix until they're evenly distributed throughout the batter.
9. Transfer the batter to the prepared baking pan and press into an even layer in the pan.
10. Again, the batter will be very thick. Smooth the top with a wet silicone spatula or wet hands.
11. Place the loaf pan in the center of the preheated oven and bake for 30 minutes. Rotate 180° and continue to bake until the loaf is firm to the touch on top and toothpick inserted in the center comes out clean, about another 30 minutes.
12. Remove from the oven and allow to cool in the pan for 10 minutes before transferring to a wire rack to cool completely.
13. Slice and serve.

Camp Combe Cooking 2019
Week 6: Allergy Awareness
Fruit Pizza
Friday Recipe

Ingredients-Sugar Cookie Crust

½ cup unsalted butter, softened to room temperature
¾ cup granulated sugar
1 large egg
1 teaspoon vanilla extract
1 ½ cups all purpose flour
¼ teaspoon baking powder
½ teaspoon baking soda
1 ½ teaspoons cornstarch

Ingredients-Topping

8 oz full-fat cream cheese, softened to room temperature
¼ cup unsalted butter, softened to room temperature
2 cups confectioner's sugar
2 tablespoons milk
1 teaspoon vanilla extract
Slice fruit

Instructions

1. Make the crust: In a large bowl using a hand-held mixer or stand mixer fitted with a paddle attachment, cream the softened butter for about 1 minute on medium speed. Get it nice and smooth, then add the sugar and beat on medium speed until fluffy and light in color. Beat in egg and vanilla. Scrape down the sides as needed.
2. In a medium bowl, whisk the flour, salt, baking powder, baking soda, and cornstarch together. With the mixer running on low speed, slowly add the dry ingredients to the wet ingredients. Once completely combined, cover the dough tightly and chill in the refrigerator for 30 minutes. Without chilling, your cookie dough may spread over the sides of the pan.

3. Preheat oven to 350°. Grease a 12 inch pizza pan. Remove chilled cookie dough from the refrigerator and press onto the pizza pan in an even flat circle, as pictured above. Bake for 18-20 minutes or until the edges are very lightly browned. Over baking will lend a hard crust. Allow crust to cool completely before decorating. I put the crust in the refrigerator after 10 minutes of cooling at room temperature--this sped up the process.
4. I usually use this time (as the crust cools) to chop the fruit.
5. Make the frosting. In a medium bowl using a handheld or standing mixer fitted with a paddle or whisk attachment, beat the cream cheese and butter together on medium speed until smooth, about 2 minutes. Add the confectioners' sugar and 1 tablespoon cream. Beat for 2 minutes. Add the vanilla and 1 more tablespoon of cream if needed to thin out. Beat for one minute. Spread in a thick layer over the cooled sugar cookie crust. Decorate with fruit.
6. Cut into slices and serve. Leftovers keep well in the refrigerator for up to 3 days.
7. Make ahead of tip. Prepare the cookie "crust" and frosting 1 day in advance -- cover each tightly and keep the cookie at room temperature and the frosting in the refrigerator. Frost and assemble the day of serving.