

Recipes from Ma'afiat Moshava 2015

Recipe: Sweet Challah

Source: <http://www.secretofchallah.com/50708/Challah-Recipes> (modified)

Yield: 2-3 challahs

Time: 2 ½-3 hours

Ingredients:

- 6-7 cups white flour (1 Kg)
- 1 tablespoon salt
- 2 tablespoons dry yeast
- 1 cup sugar (or less, to taste)
- 2 cups warm water
- 1 egg
- 1/3 cup oil
- Raisins (optional)

Equipment:

- Mixing bowls and spoons
- Measuring cups and spoons
- Baking tray
- Pastry brush

Topping:

- 1 egg, beaten
- Sesame or poppy seeds (optional)

Glaze (optional):

- ¾ cup boiling water
- 5 tablespoons sugar

Directions:

Place the flour in a large bowl and combine with salt.

Add yeast, sugar, and water and then the egg and oil. Knead the mixture well for about 5 minutes. If the dough is sticky, add a bit more flour and knead with greased hands. The dough should be smooth and very soft, but workable.

Cover the bowl with plastic wrap or a clean kitchen towel and let the dough rise in a warm place for approximately 1 hour, until the dough doubles in volume.

Knead the dough for a few minutes on a floured surface and form the challahs. It's best to work with greased hands, since the dough is very soft.

Place challahs in a pan. Cover and let them rise again in a warm place for approximately 1 hour, until the dough doubles in volume. (For a shortcut, see tip below). In the meantime, preheat the oven to 375° F (190° C).

Brush with beaten egg, and sprinkle with sesame seeds. Bake until challahs turn dark brown.

When the challahs appear to be almost done, prepare the glaze: Dissolve the sugar in boiling water. Remove the challahs from the oven and immediately spoon the boiling glaze over them. Remove the challahs from the pan so that the bottom of the challahs doesn't get wet from the glaze, and cool on a wire rack.

TIP: To reduce some of the rising time, challahs can be placed in a cold oven that is then set to 425°F. After 20 minutes, temperature should be reduced to 375°F and baking completed.

NOTE: If you increase this recipe, you may need to take *challah*. For amounts over 1666.6g of flour, separate *challah* with a blessing; for amounts over 1230g of flour but less than 1666.6g, separate *challah* without a blessing.

Pizza and Healthier Snacks

Recipe: **Pizza**

Source: <http://amysfinerthings.com/no-rise-pizza-crust>

Yield: about 4 servings

Time: about 45 minutes

Ingredients:

Equipment:

- 1 Tbsp. yeast
- 1 cup very warm water
- 1 tsp. sugar
- 1 tsp. salt
- 2 Tbsp. olive oil
- 1 c. whole wheat flour
- 1 ½ c. white flour
- Tomato sauce, cheese and toppings of choice

- Mixing bowl and spoon
- Measuring cups and spoons
- Pizza pan

Directions:

Mix yeast, sugar, and water. Allow to sit for a few minutes to get yeast activated. You'll know it's ready when it bubbles. Add salt, oil and both flours. Mix well. Knead into a smooth dough on a floured surface. (I usually knead for about 2 minutes.) Allow dough to rest 5-10 minutes. (It's easier to shape if it rests.) Press into a large, greased pizza pan. (This recipe makes enough for one large "hand tossed" consistency crust.) Add pizza sauce (I often use tomato sauce sprinkled with Italian Seasoning) and toppings. Bake at 425°F (220°C) for about 15 minutes.

Recipe: **Cheese Crackers**

Source: <http://allrecipes.com/recipe/cheese-straws/detail.aspx?evt19=1&referringHubId=22857>

Yield: about 3 dozen

Time: 30 minutes

Ingredients:

Equipment:

- ¼ c butter, room temperature
- 2 c shredded cheddar cheese, room temperature
- 1 c flour
- ½ tsp salt
- 1/8 tsp cayenne pepper (optional)

- Measuring cups and spoons
- Mixing bowls and spoons
- Rolling pin
- Cookie sheet
- Knife

Directions:

Preheat oven to 400 degrees F (200 degrees C). Line a cookie sheet with parchment paper. In a large bowl cream butter and cheese. Stir in flour and salt; mix well. On a lightly floured surface, roll the dough out to ½ inch in thickness. Cut into 2 inch strips and sprinkle with ground red pepper (if using). Place strips on prepared cookie sheet(s). Bake in preheated oven for 10 to 15 minutes, or until crisp.

Recipe: **Sweet Potato Crunch** (parve)

Source: Tova Klapper

Yield: 1 8"-square pan

Time: about 1 ¼ hours

Ingredients:

Equipment:

- 1 medium sweet potato
- 2 ½ tbsp sugar
- 1 tbsp canola oil
- 1 egg
- 3 tbsp soy milk
- 1 ½ tbsp flour

- Peeler
- Knife
- Cutting board
- Pot
- Potato masher
- Mixing bowls and spoons

- ¾ tsp baking powder

Topping:

- Up to ¼ c oil
- ½ c brown sugar
- ¼ c flour
- ½ c rolled oats

- Measuring cups and spoons
- Baking pan

Directions:

Preheat the oven to 350°F (180°C). Peel, cube and boil the sweet potato. The smaller the chunks, the faster they will cook. Drain and mash the sweet potato. Combine with remaining base ingredients and pour into 8"-square pan. In a clean bowl, combine brown sugar, flour and oatmeal. Add oil by the tablespoon until the mixture has the crumbly texture of wet sand (up to 4 tbsp or ¼ c). Sprinkle over sweet potato base. Bake 45 minutes or until set and browned on top.

Muffins

Recipe: **Banana Chocolate Chip Oatmeal Muffins** (vegan; can be GF)

Source: adapted from <http://www.yummly.com/recipe/external/Vegan-Gluten-Free-Cinnamon-Raisin-Banana-Oatmeal-Muffins-483845>

Yield: about a dozen

Time: about 40 minutes

Ingredients:

Equipment:

- 1 c mashed banana (about 2-3 bananas)
- 2 c rolled oats
- ½ c brown sugar
- 1 tsp cinnamon
- 1 tsp vanilla extract
- 1 tsp baking soda
- A pinch salt
- 1/3 c chocolate chips

- Mixing bowl and spoon
- Fork
- Measuring cups and spoons
- Muffin tins
- Muffin liners

Directions:

Pre-heat oven to 350°F (180°C). Mix all ingredients gently. Do not overmix. Spoon into lined muffin tins and bake for about 25 minutes or until set.

Suggestion: for apple-cinnamon flavoured muffins, replace banana with applesauce. Omit chocolate chips, or replace with raisins. You may need to add up to ½ c flour if the batter is too runny.

Recipe: **Donut Muffins** (can be vegan)

Source: <http://allrecipes.com/Recipe/Donut-Muffins/Detail.aspx?evt19=1&referringHubId=350>

Yield: 24 mini-muffins

Time: 45 minutes

Ingredients:

Equipment:

Muffins:

- ½ cup white sugar
- ¼ cup oil
- ¾ teaspoon ground nutmeg
- ½ cup milk or soy milk
- 1 teaspoon baking powder
- 1 cup all-purpose flour

- Mixing bowls and spoons
- Measuring cups and spoons
- Mini muffin tins

Coating:

- ¼ cup margarine or butter, melted
- ½ cup white sugar
- 1 teaspoon ground cinnamon

Directions:

Preheat oven to 375 degrees F (190 degrees C). Grease 24 mini-muffin cups.

Mix ½ cup sugar, ¼ cup oil, and nutmeg in a large bowl. Stir in the milk, then mix in the baking powder and flour until just combined. Fill the prepared mini muffin cups about half full. Bake in the preheated oven until the tops are lightly golden, 15 to 20 minutes.

While muffins are baking, place ¼ cup of melted margarine in a bowl. In a separate bowl, mix together ½ cup of sugar with the cinnamon. Remove muffins from their cups, dip each muffin in the melted margarine, and roll in the sugar-cinnamon mixture. Let cool and serve.

Recipe: **Jam Muffins** (can be parve)

Source: <http://allrecipes.com/Recipe/Jam-Muffins/Detail.aspx?evt19=1&referringHubId=350>

Yield: 12 muffins

Time: About 40 minutes

Ingredients:

Equipment:

- 2 cups all-purpose flour
- 3 teaspoons baking powder
- ½ teaspoon salt
- ½ cup white sugar
- 1 egg, beaten
- ¾ cup milk or soy milk
- ¼ cup vegetable oil
- 1 cup any flavour fruit jam

- Mixing bowls and spoons
- Measuring cups and spoons
- Muffin tins

Directions:

Preheat oven to 400 degrees F (205 degrees C).

In a large bowl, stir together the flour, baking powder, salt and sugar. Make a well in the centre.

In a small bowl beat egg, milk and oil together. Pour all at once into the well in the flour mixture.

Mix quickly and lightly until moistened, do not beat. The batter will be lumpy. Gently stir in jam. Pour the batter into the prepared pan. Alternatively, fill muffin tin halfway, dollop jam in the centre, and cover with more muffin batter.

Bake at 400 degrees F (205 degrees C) for 25 minutes or until golden.

Recipe: **Bubbie Bracha's Bran Muffins** (parve)

Source: my grandmother (probably adapted from All-Bran Cereal box)

Yield: 12 muffins

Time: about 30 minutes

Ingredients:

Equipment:

- 1 c All Bran cereal
- 1 c orange or apple juice
- ¾ c brown sugar
- ½ c oil
- 1 egg
- 1 t vanilla
- 1 c whole wheat flour
- ½ tsp baking soda
- 1 ½ tsp baking powder
- ¼ c chocolate chips
- ¼ c walnut pieces (optional)

- Mixing bowls and spoons
- Measuring cups and spoons
- Muffin tins

Directions:

Preheat oven to 375°F (190°C). Line muffin tins with paper liners. Soak cereal in juice until softened, about 2 minutes. Add sugar and remaining wet ingredients and mix well. In a separate bowl, stir together dry ingredients. Add dry ingredients to wet ingredients and stir gently to combine. Do not over-mix! Add chocolate chips and walnuts (if using), and fold into batter. Fill muffin tins with batter and bake for 20 minutes or until a toothpick inserted into the centre of the muffin comes out clean.

Recipe: **Pineapple Muffins** (can be parve)

Source: <http://allrecipes.com/Recipe/Delicious-Pineapple-Muffins/Detail.aspx?evt19=1&referringHubId=350>

Yield: 16 muffins

Time: 45 minutes

Ingredients:

Equipment:

Muffins:

- 2 cups all-purpose flour
- ½ cup white sugar
- 1 tablespoon baking powder
- ½ teaspoon salt
- 1 (8 oz) can crushed pineapple (about 1 cup)
- 1 egg, beaten
- ¾ cup milk or soy milk
- ¼ cup butter, melted or oil

- Mixing bowls and spoons
- Measuring cups and spoons
- Muffin tins

Topping:

- ¼ cup butter, melted or oil
- ¼ teaspoon ground cinnamon
- 1/3 cup packed brown sugar
- ½ cup all-purpose flour

Directions:

Preheat the oven to 375 degrees F (190 degrees C). Grease and flour muffin pans, or line with paper liners. In a large bowl, stir together 2 cups flour, white sugar, baking powder and salt. Drain pineapple, reserving ¼ cup juice. Make a well in the center of the dry ingredients, and pour in the reserved juice, egg, milk, and ¼ cup melted butter. Mix just until blended. Gently fold in pineapple.

In a separate bowl, stir together the cinnamon, brown sugar, ½ cup flour, and ¼ cup melted butter to make the topping.

Spoon batter into muffin cups, then sprinkle with the cinnamon topping.

Bake for 30 minutes in the preheated oven, until a toothpick inserted in the crown of the muffin comes out clean.

Cookies

Recipe: **Chewy Caramel Apple Cookies** (original recipe is GF)

Source: adapted from <http://www.myrecipes.com/recipe/chewy-caramel-apple-cookies>

Yield: About 3 dozen

Time: about 45 minutes

Ingredients:

Equipment:

- ½ cup plus 2 tablespoons unsalted butter, softened
 - 1 cup plus 2 tablespoons packed brown sugar
 - 1 large egg
 - 2 tablespoons milk
 - ¾ teaspoon vanilla extract
 - 6.75 ounces flour (about 1 ½ cups)
 - ¾ teaspoon baking soda
 - ¼ teaspoon salt
 - 1 ½ cups old-fashioned rolled oats
 - 2 chopped, peeled apples
 - 20 caramel candies
 - 2 tablespoons water
- peeler
 - Knife and cutting board
 - Grater
 - Measuring cups and spoons
 - Mixing bowls and spoons
 - Saucepan
 - Cookie sheets
 - teaspoons

Directions:

Preheat oven to 325°F (165°C). Cream together butter and sugar. Add egg, milk, and vanilla and beat until fluffy. In a separate bowl, combine flour, baking soda, salt and oats. Add to butter mixture and stir until blended. Mix in grated apple. Drop dough onto parchment-lined cookie sheets using 2 teaspoons. Bake for 14 minutes. Remove from oven and allow to cool.

Meanwhile, melt caramel candies with water in a small saucepan, stirring until smooth. Remove from the heat. While still warm, drizzle glaze over cooled cookies. Allow to stand 15 minutes until caramel sets before storing in an airtight container for up to five days.

Recipe: **Israeli Chocolate-Filled Cookies** (קרמעיגיות)

Source: http://www.carine.co.il/page_1707.aspx?c0=14139&bsp=14137

Yield: about 2 dozen cookies

Time: about 45 minutes

Ingredients:

Equipment:

Filling:

- 1 c Nutella or similar spread**

- Mixing bowl and spoon
- Measuring cups and spoons
- Cookie sheet

**Instead of Nutella, at camp we used chocolate pieces.

Cookies:

- 150 g (about 2/3 c) butter or margarine, softened
- 1 c sugar
- 1 tsp vanilla extract
- 1 egg
- 2 c flour
- ½ tsp baking soda
- ½ tsp salt

Directions:

Begin by dropping 25 tsp of Nutella onto a lined cookie sheet and freezing them. Pre-heat the oven to 350F (180C). Cream butter, sugar and vanilla together. Add the egg and mix until smooth. Add flour, baking soda and salt and mix until a soft dough forms. It should not be sticky. Divide the dough into 25 pieces. Flatten each piece into a round coin. Stick a tsp of frozen Nutella on a “coin” and wrap the edges around it. Pat the edges of each cookie so it is round and smooth. Place the cookies on a cookie sheet and bake for 10-15 minutes until the bottoms are lightly browned (the tops will remain quite pale). Allow to cool slightly before eating.

Recipe: **Chocolate Orange Pinwheel Cookies** (can be parve)

Source: adapted from <http://www.myrecipes.com/recipe/chocolate-orange-swirls>

Yield: 2 ½ dozen

Time: 2 hours

Ingredients:

- 1 cup butter or margarine, softened
- 1 cup sugar
- 1 large egg
- 1 teaspoon vanilla extract
- 3 cups all-purpose flour
- 1 ½ teaspoons baking powder
- ¼ teaspoon salt
- Juice and zest of one orange
- 2 ounces semisweet chocolate (1/3 c chips), melted and cooled

Equipment:

- Measuring cups and spoons
- Mixing bowls and spoons
- Saucepan
- Rolling pin
- Zester
- Cookie sheets

Directions:

Cream butter and sugar together. Add egg and vanilla; beat well. Divide evenly into two bowls.

Add 1 ½ c flour, ¾ tsp baking powder and 1/8 tsp salt to each bowl of butter mixture and stir well. Add orange zest and orange juice to dough in one bowl, and mix well. Add melted chocolate to the other bowl, beating well.

Roll each half of dough to a 15" x 8" rectangle on floured wax paper. Place orange dough on top of chocolate dough; peel off top wax paper. Tightly roll dough, jellyroll fashion, starting at short side and peeling wax paper from dough while rolling. Cover and chill for about an 1 hour (can be longer). To prevent "flat sided" cookies, turn roll periodically while chilling.

Slice dough into ¼" slices; place on cookie sheets. Bake at 350°F (180°C) for 10 to 12 minutes. Remove to wire racks to cool.

Recipe: **Caramel-filled Cookies**

Source: <http://allrecipes.com/Recipe/Caramel-Filled-Chocolate-Cookies/Detail.aspx?evt19=1&referringHubId=362>

Yield: 4 dozen cookies

Time: up to 3 hours

Ingredients:

- 1 cup butter, softened
- 1 cup white sugar
- 1 cup packed brown sugar
- 2 eggs
- 2 tsp vanilla extract
- 2 ¼ cups all-purpose flour
- 1 tsp baking soda
- ½ tsp salt
- ¾-1 cup unsweetened cocoa powder
- 1 cup chopped walnuts (optional)
- 1 tablespoon white sugar
- 48 chocolate-covered caramel candies (e.g. rolos)

Equipment:

- Measuring cups and spoons
- Mixing bowls and spoons
- Cookie sheets

Directions:

Freeze chocolate-covered caramels before using!

Beat butter until creamy. Gradually beat in white sugar and brown sugar. Beat in eggs and vanilla. Combine flour, baking soda, salt and cocoa (use ¾ c if using nuts, 1 c if not using nuts). Gradually add to butter mixture, beating well. Stir in ½ cup walnuts, if using. Cover and chill while unwrapping candies.

Preheat oven to 375 degrees F (190 degrees C).

Combine remaining ½ cup nuts (if using) with the 1 tablespoon sugar. Divide the dough into 4 parts. Work with one part at a time, leaving the remainder in the refrigerator until needed. With wet hands, divide each part into 12 pieces. Quickly press each piece of dough around a chocolate covered caramel. Roll into a ball. Dip the tops into the sugar mixture. Place sugar side up, 2 inches apart on parchment-lined baking sheets.

Bake for 8-10 minutes in the preheated oven. Let cool for 3 to 4 minutes on the baking sheets before removing to wire racks to cool completely.

Recipe: Swedish Nutmeg Spice Cookies (Muskotsnittar)

Source: <http://www.popsugar.com/food/Easy-Spice-Cookies-Recipe-37318751>

Yield: 40 cookies

Time: about 1 hour

Ingredients:

Equipment:

- 2/3 c brown sugar
 - 1 tbsp ground cinnamon
 - 1 tsp freshly ground nutmeg (slightly more if not fresh)
 - 1 tsp ground ginger
 - 1 c plus 1 tbsp butter or shortening
 - 2 c flour
- Mixing bowls and spoons
 - Measuring cups and spoons
 - Cookie sheet
 - Rolling pin
 - fork

Directions:

Combine brown sugar, cinnamon, nutmeg and ginger. Cream with butter or shortening (margarine is not advised, but can be used). Mix with flour until it forms a firm dough (you can use your hands). Cover and chill while you tidy up and preheat oven to 350°F (180°C) (recommended at least half an hour, but it works with less, too). Divide chilled dough into four sections and roll each into a 14-inch log. Flatten each log carefully by hand or with a rolling pin and scratch a line pattern into the log with a fork. Bake the flattened logs on a parchment-lined cookie sheet (2 usually fit on a sheet, leaving some space for spreading) for 15-17 minutes, until the edges are lightly browned. Remove from the oven and allow to cool only slightly before cutting each log into 10 finger-shaped cookies.

Brownies, Bars and Squares

Recipe: **Raspberry Oat Squares** (can be vegan)

Source: <http://allrecipes.com/Recipe/Delicious-Raspberry-Oatmeal-Cookie-Bars/Detail.aspx?evt19=1&referringHubId=362>

Yield: 1 8"-square pan

Time: About an hour

Ingredients:

Equipment:

- ½ cup packed light brown sugar
- 1 cup all-purpose flour
- ¼ teaspoon baking soda
- 1/8 teaspoon salt
- 1 cup rolled oats
- ½ cup butter or margarine, softened
- ¾ cup seedless raspberry jam

- Measuring cups and spoons
- Mixing bowls and spoons
- Baking pan
- Foil

Directions:

Preheat oven to 350 degrees F (180 degrees C). Grease one 8 inch square pan, and line with greased foil. Combine brown sugar, flour, baking soda, salt, and rolled oats. Rub in the butter using your hands or a pastry blender to form a crumbly mixture. Press 2 cups of the mixture into the bottom of the prepared pan. Spread the jam to within ¼-inch of the edge. To prevent burnt edges, be careful not to let the jam touch the edge of the pan! Sprinkle the remaining crumb mixture over the top, and lightly press it into the jam.

Bake for 35 to 40 minutes in preheated oven, or until lightly browned. Allow to cool before cutting into bars.

Recipe: **Cheesecake Swirl Brownies**

Source: adapted from <http://smittenkitchen.com/blog/2009/09/cheesecake-swirled-brownies/>

Yield: 1 8-in square pan

Time: about 1 hour

Ingredients:

Equipment:

Brownie batter:

- 6 ½ tbsp butter
- 7.5 oz semi-sweet chocolate (about 1 ¼ c chocolate chips)
- ½ c sugar
- 2 large eggs
- ½ tsp vanilla extract
- Pinch salt
- 2/3 c flour

- Mixing bowl and spoon
- Fork
- Measuring cups and spoons
- Saucepan
- 8-inch square cake pan
- Butter knife (optional)

Cheesecake batter:

- 8 oz cream cheese, softened
- 1/3 c sugar
- 1 large egg yolk
- ¼ tsp vanilla extract
- ½ c chocolate chips

Directions:

Make brownie batter: Put oven rack in middle position and preheat oven to 350°F. Butter or spray an 8-inch square baking pan. Heat butter and chocolate in a 3-quart heavy saucepan or double-boiler over moderately low heat, whisking occasionally, just until melted. Remove from heat and whisk in sugar, eggs, vanilla, and a pinch of salt until well combined. Whisk in flour until just combined and spread in baking pan.

Make cheesecake batter: Whisk together cheesecake batter ingredients in a bowl until smooth. Dollop

over brownie batter, then swirl in with a knife or spatula.

[Try using a butter knife, because the tip of it is round enough that you can use it to fold bits of the brownie batter over the cheesecake batter for a more visibly marbled effect.]

Sprinkle chocolate chips over cheesecake/brownie batter swirl. Although it might be more logical to just mix them into the cheesecake batter (and feel free to do this, it will have no ill-effect), it might interrupt the swirl-ability of it.

Bake brownies: Bake until edges are slightly puffed and center is just set, about 35 minutes. Serve warm or at room temperature.

Slicing tip: Chill brownies until they're almost frozen before cutting them. It makes it much easier to get a clean slice.

Recipe: **Caramel Chocolate Chip Squares**

Source: <http://www.myrecipes.com/recipe/caramel-chocolate-chip-cookie>

Yield: 1 8"-square pan

Time: about 1 hour

Ingredients:

Equipment:

- 1 ½ cups all-purpose flour
 - ½ teaspoon baking powder
 - ½ teaspoon table salt
 - 1 ½ cups firmly packed light brown sugar
 - ¾ cup butter, softened
 - 2 large eggs
 - 1 ½ teaspoons vanilla extract
 - ½ cup chocolate chips
 - ½ cup caramel bits (or 12 caramels)
 - 2 tablespoons heavy cream, milk or water
- Measuring cups and spoons
 - Mixing bowls and spoons
 - Saucepan
 - Baking pan

Directions:

Preheat oven to 350°F (180°C). Whisk together flour, baking powder, and salt. Beat brown sugar and butter at medium speed with an electric mixer until fluffy. Add eggs, 1 at a time, beating until blended after each addition. Add vanilla, beating until blended. Gradually add flour mixture, beating at low speed just until blended. Stir in milk chocolate morsels just until combined. Spread batter in a lightly greased 8-inch square pan. Melt caramels in cream, milk or water: microwave caramel bits and cream in a microwave-safe bowl at MEDIUM (50% power) 2 minutes or until melted, stirring at 30-second intervals OR over medium heat in a heavy-bottomed saucepan on the stove. Pour caramel mixture over batter, and gently swirl with a knife. Bake 35 to 40 minutes or until a wooden pick inserted in center comes out clean. (Center will rise and fall while baking.) Cool completely in pan on a wire rack (about 1 hour) before cutting.

Recipe: **S'mores Bars** (can be parve, can be GF)

Source: adapted from <http://www.myrecipes.com/recipe/gluten-free-smore-bars>

Yield: 1 8"-square pan

Time: 3 hours

Ingredients:

Equipment:

- 5 graham cracker sheets, broken
 - 3.38 ounces flour (about ¾ cup)
 - ½ cup packed brown sugar
 - ¼ cup chilled unsalted butter or margarine, cut into ½-inch pieces
 - 1 large egg
 - 6 tablespoons heavy whipping cream
 - 8 oz (about 1 ½ c) semisweet chocolate chips
 - 2 cups miniature marshmallows
- Measuring cups and spoons
 - Mixing bowls and spoons
 - Heavy-duty freezer bag
 - Saucepan
 - Baking pan

Directions:

Preheat oven to 350°F (180°C). Line an 8-inch square metal baking pan with aluminium foil, allowing foil to extend over edge of pan.

Crush graham crackers in a freezer bag until finely ground, or use food processor. Weigh or lightly spoon flour into dry measuring cups; level with a knife. Add flour and sugar to crumbs; stir until combined. Add butter; stir well until blended. Add egg; mix until moist. Press crumb mixture into bottom of prepared pan.

Bake at 350° for 15 minutes. Cool completely in pan on a wire rack.

Cook cream in a heavy saucepan over medium-high heat to until tiny bubbles form around edge (do not boil). Remove from heat. Add chocolate, stirring until smooth. Fold in marshmallows. Spread chocolate mixture over cooled crust. Cover and chill 2 hours and 30 minutes or until firm. Holding edges of foil, lift mixture from pan, and carefully peel off foil. Place on a cutting board. Cut into bars.

Recipe: Oatmeal Chocolate Chip Squares (parve)

Source: Chen Kapach

Yield: 1 8"-square pan

Ingredients:

- ½ c oil
- ¼ c white sugar
- ½ c brown sugar
- 1 egg
- 2/3 c plus 2 tbsp flour
- ¼ tsp salt
- ¼ tsp baking soda
- ½ tsp cinnamon
- 1 ½ c rolled oats
- ½ c raisins
- ½ c chocolate chips
- ¼ cup chopped nuts (optional)

Time: About 35 minutes.

Equipment:

- Measuring cups and spoons
- Mixing bowls and spoons
- Baking pan

Directions:

Preheat oven to 350°F (180°C). Mix together wet ingredients (oil through egg). Add dry ingredients (flour through oats) and stir until combined. Fold in raisins, chocolate chips and nuts (if using). Press into pan and bake 20-25 minutes until firm.

Cakes

Recipe: **White Chocolate Mousse Cheesecake** (GF)

Source: <http://www.afternoonrecipes.com/the-whole-world-is-crazy-for-this-japanese-cheesecake-with-only-3-ingredients/>

Yield: 1 cake

Ingredients:

- 3 eggs
- 120 g (4.5 oz) white chocolate
- 120 g (4.5 oz) cream cheese

Time: 1 hour

Equipment:

- Mixing bowls and spoons
- Glass for checking eggs
- Double-boiler
- Mixer
- Baking pan

Directions:

Preheat oven to 375°F (190°C). Melt chocolate over a double boiler and allow to cool slightly. Stir in cream cheese. Separate eggs, adding yolks to chocolate and cheese mixture. Whip egg whites until soft peaks form. Fold in chocolate cream cheese mixture. Pour into greased 8" round baking pan and bake for 15 minutes, then turn temperature down to 300°F (150°C), and continue baking 15 more minutes. Turn oven off and leave cake inside for 15 more minutes before removing.

Recipe: **Crustless Cheesecake** (GF)

Source: adapted from <http://the-lowcarb-diet.com/keto-cheesecake/>

Yield: 1 cake

Ingredients:

- 1 8-oz pkg cream cheese
- 1/3 c sugar
- 1/2 tsp vanilla
- 2 tbsp sour cream
- 1 egg plus 1 egg yolk
- 1/2 tsp lemon zest (optional)

Time: 6 hours

Equipment:

- Measuring cups and spoons
- Mixing bowls and spoons
- Zester
- Baking pan

Directions:

Preheat oven to 350°F (180°C). Combine all ingredients, one at a time, beating until thick and creamy. Pour into lightly greased baking pan and bake 50 minutes until puffy and slightly browned. Let cool 1-2 hours before chilling at least 4 hours. Serve cold.

Recipe: **Apple Cake**

Source: Judy Patlik, whose mother used to make it

Yield: 1 cake

Ingredients:

- 1 egg
- 1/3 c sugar
- 1/4 c oil
- 1/2 tsp vanilla
- 1 1/2 tbsp orange or pineapple juice
- 2/3 c flour
- Heaping tsp baking powder
- 2 apples, peeled, sliced and tossed in cinnamon

Time: about 1.5 hours

Equipment:

- Mixing bowls and spoons
- Measuring cups and spoons
- Knife
- Cutting board
- Cake pan

Directions:

Preheat oven to 350°F (180°C). Beat egg and sugar together. Add oil, vanilla and juice. In a separate bowl, combine flour and baking powder, then add to liquid mixture. Fold in apples and spread in a lightly greased 8"-square pan. Bake for about 35 minutes until golden and a toothpick inserted in the centre comes out clean.