

# COLORFUL COOKING



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## About Us



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# Breakfast



## The Eggcellent Omelette

### Ingredients

- ½ TBS salted butter
- 3 large eggs
- Pinch salt and pepper
- ¼ cup sharp cheddar cheese shredded
- 1 tsp olive oil
- 1 tsp minced garlic
- 1 cup vegetables diced small (bell pepper, zucchini, onion, etc.)
- Salt and pepper to taste
- 1 tsp minced garlic
- 2 TBS minced onion
- 2 slices bacon diced



### Instructions

1. Dice 1 cup of vegetables.
2. Over medium-high heat, sauté the vegetables and garlic in olive oil until soft, about 3-5 minutes depending on the vegetables you choose. Set aside.
3. Cook bacon, garlic and onion over medium heat until bacon is cooked and onion is soft (5-8 minutes). Set aside.
4. Whisk eggs vigorously until they are homogenous (uniform throughout). Whisk in salt and pepper.
5. Melt butter in an 8" nonstick skillet over medium-low heat.
6. Add whisked eggs and swirl the pan until they are evenly distributed.
7. Cover the pan and cook over medium-low heat until the eggs begin to set.
8. Once they begin to set, use a spatula to gently push the edges in slightly and swirl the pan so that any uncooked eggs on the top pour over the sides to the edges of the pan and cook.
9. Once the omelette is mostly set (about 5-6 minutes), carefully flip it and turn off the heat.
10. Sprinkle cheese over the top of the omelette.
11. Then, add the toppings on one half of the omelette, and fold the other half over the toppings.
12. Serve immediately.

# Classic Waffle

## Ingredients

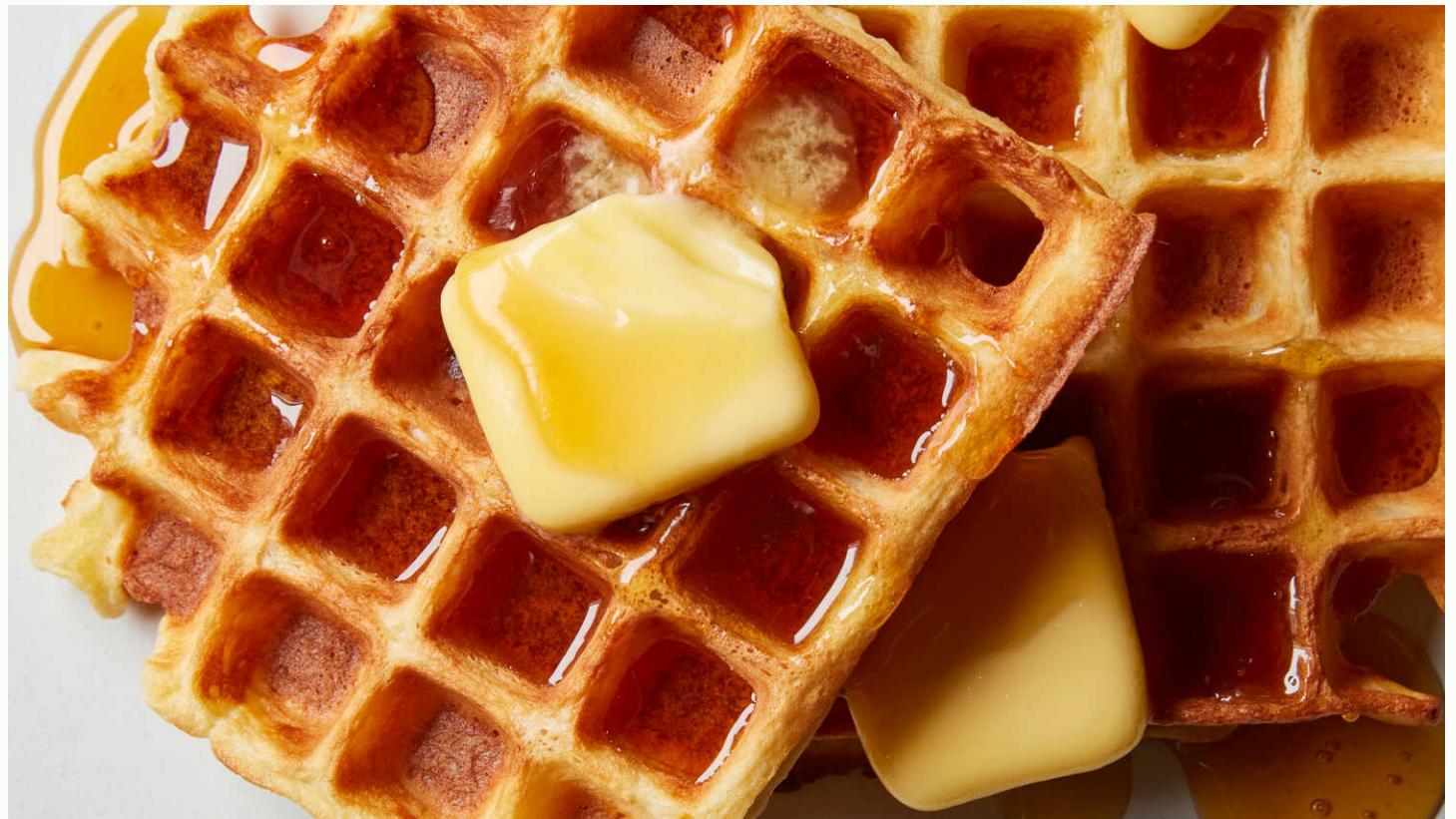
**Yield:** about 10 waffles

- 6 tablespoons unsalted butter, more for waffle iron
- 2 cups all-purpose flour
- 1 tablespoon sugar
- 1 teaspoon baking powder
- 1 teaspoon fine sea salt
- $\frac{1}{2}$  teaspoon baking soda
- 1 cup plain yogurt (or see note)
- 1 cup milk
- 4 large eggs

## Instructions

1. Melt butter either on the stove or in the microwave. Set aside.
2. In a large bowl, whisk together flour, sugar, baking powder, salt, and baking soda. In a separate bowl, whisk together yogurt, milk, melted butter, and eggs. Fold wet ingredients into dry ingredients.
3. Preheat a waffle iron and, using a pastry brush or paper towel, lightly coat with butter. Cook waffles (using about  $\frac{1}{2}$  cup batter per waffle) until golden and crisp. Butter the iron in between batches as needed. Serve waffles immediately as they are ready, or keep them warm in a 200 degree oven until ready to serve.

**Tip:** If you don't have yogurt (or sour cream or buttermilk will all work), substitute another 1 cup of milk mixed with 1 tablespoon lemon juice or vinegar.



# Overnight Oats

## Ingredients

- 1/2 cup milk
- 3/4 Tbsp chia seeds
- 2 Tbsp natural salted peanut butter or almond butter
- 1 Tbsp maple syrup
- 1/2 cup gluten-free rolled oats

### Optional:

- Sliced banana, strawberries, or raspberries
- Flaxseed meal, additional chia seeds, or granola

## Instructions

1. To a mason jar or small bowl with a lid, add almond milk, chia seeds, peanut butter, and maple syrup and stir with a spoon to combine. The peanut butter doesn't need to be completely mixed with the milk.
2. Add oats and stir a few more times. Then press down with a spoon to ensure all oats have been moistened and are immersed in milk.
3. Cover securely with a lid or seal and set in the refrigerator overnight (or for at least 6 hours) to set/soak.
4. The next day, open and enjoy as is or garnish with desired toppings (see options above).

**Optional:** You can also heat your oats in the microwave for 45-60 seconds. Add more liquid as needed if oats get too thick/dry.

**FYI:** Overnight oats will keep in the refrigerator for 2-3 days, though best within the first 12-24 hours in our experience. Not freezer friendly.



# The Perfect Pancake



## Instructions

1. In a large bowl, whisk together the flour, baking powder, sugar and salt.
2. In a medium bowl, whisk the eggs and milk until evenly combined.
3. Pour the milk/egg mixture and the melted butter into the dry ingredients and whisk until just combined. Heat a griddle or nonstick pan over medium heat; coat it lightly with vegetable oil and swirl in a thin pat of butter.
4. Ladle or drop the batter onto the griddle, using approximately  $\frac{1}{4}$  cup for each pancake; cook until the first side is golden brown, or until the top surface bubbles and is dotted with holes.
5. Flip and cook until the other side is golden brown.
6. Serve immediately with maple syrup.

### Freezer-Friendly Instructions:

1. After they are completely cooled, place a sheet of parchment or wax paper between each pancake and stack together.
2. Wrap the stack of pancakes tightly in aluminum foil or place inside a heavy-duty freezer bag.
3. To reheat, place them in a single layer on a baking sheet and cover with foil. Bake in a 375°F oven for about 8 to 10 minutes, or until hot.

## Ingredients

**Yield:** 16 medium pancakes

- 2 cups all-purpose flour, spooned into measuring cup and leveled off
- 1 tablespoon baking powder
- $\frac{1}{4}$  cup sugar
- 1 teaspoon salt
- 2 large eggs
- $1\frac{1}{2}$  cups milk, plus more if necessary
- 4 tablespoons unsalted butter, melted and slightly cooled, plus more for cooking
- Vegetable oil, for cooking
- You can also add in chocolate chips, blueberries, or anything else of your choosing!



# Sunshine Egg Bites

## Ingredients

**Yield:** 12 egg bites

- Cooking spray
- 8 large eggs
- 1 cup shredded cheese
- $\frac{1}{3}$  cup half-and-half
- $\frac{1}{4}$  teaspoon salt
- 1 dash freshly ground black pepper
- 1 pinch nutmeg (optional)
- $\frac{2}{3}$  cup diced tomatoes
- $\frac{1}{2}$  cup coarsely chopped packed baby spinach
- $\frac{1}{3}$  cup thinly sliced green onions

## Instructions

1. Gather the ingredients. Position a rack in the center of the oven and heat to 350 F.
2. Spray a 12-well muffin tin with cooking spray.
3. In a large bowl, whisk the eggs with the shredded cheese, half-and-half, salt, pepper, and nutmeg, if using, until combined.
4. Add the diced tomatoes, spinach, and green onions; stir to combine.
5. Divide the mixture evenly among the muffin cups, about  $\frac{1}{4}$  cup in each cup.
6. Bake until they are set, puffed, and light golden, 15 to 18 minutes (they will deflate once removed from the oven).

# Lunch



## The Not-So-Boring Salad

### Ingredients

- 400g black beans, drained
- 2 large handfuls baby spinach leaves, roughly chopped
- 500g heritage tomatoes, chopped into large chunks
- ½ cucumber, halved lengthways, seeds scooped out and sliced on an angle
- 1 mango, peeled and chopped into chunks
- 1 large red onion, halved and finely sliced
- 6-8 radishes, sliced
- 2 avocados, peeled and sliced
- 100g feta, crumbled



### For the dressing

- large bunch mint
- small bunch coriander
- small bunch basil
- 1 fat green chilli, deseeded and chopped
- 1 small garlic clove
- 100ml extra virgin olive oil or rapeseed oil
- 2 limes, zested and juiced
- 2 tbsp white wine vinegar
- 2 tsp honey

### Instructions

1. Make the dressing by blending all of the ingredients in a food processor (or very finely chop them)
2. Save a few herb leaves for the salad. You can make the dressing up to 24 hrs before serving.
3. Scatter the beans and spinach over a large platter.
4. Chop the vegetable toppings.
5. Arrange the tomatoes, cucumber, mango, onion and radishes on top and gently toss together with your hands.
6. Top the salad with the avocados, feta and herbs
7. Serve the dressing on the side.

# The Super Duper Sandwich

## Instructions

1. Put chicken into a large bowl with 2 TBS of olive oil, salt and black pepper, Italian seasoning, lemon zest and juice, garlic, and toss to coat; marinate for 20 minutes.
2. To the bowl of a food processor, add pine nuts, grated parmesan, garlic cloves, lemon zest and juice, salt and pepper, plus 2 tablespoons of the olive oil. Process until fairly smooth. Add the basil leaves arugula and olive oil, and continue to process.
3. Place your grill over medium-high heat, and grill the chicken for about 3 minutes per side.
4. Preheat your broiler, and line a small baking sheet with foil; place the chicken on the baking sheet, top with 1 ounce grated mozzarella cheese, then place under the broiler for about 3-5 minutes.
5. Spread pesto sauce on both pieces of the bread, then place a cheesy grilled chicken breast onto the bottom piece of bread.
6. Top with 1 TBS of tomatoes and a sprinkle of arugula greens; then, cover with the top piece of pesto-slathered bread, and serve.



## Ingredients

**Yield:** 4

- 2 skinless, boneless chicken breasts, sliced in half
- Olive oil
- Pinch of salt
- Pinch of black pepper
- 1 teaspoon Italian seasoning
- $\frac{1}{2}$  teaspoon lemon zest
- 1 tablespoon lemon juice
- 2 cloves garlic
- 4 ounces smoked mozzarella (or plain), thinly sliced or grated
- Soft ciabatta loaf, cut into 4 equal pieces
- 4 tablespoons (about  $\frac{1}{4}$  cup) julienned sun-dried tomatoes
- 1 cup arugula leaves

### Sauce Ingredients:

- 4 ounces fresh basil leaves,
- 2 tablespoons pine nuts
- 3 tablespoons grated parmesan cheese
- 4 cloves garlic, smashed
- 1 teaspoon lemon zest
- Juice of  $\frac{1}{2}$  lemon
- $\frac{1}{2}$  teaspoon salt
- $\frac{1}{4}$  teaspoon black pepper
- $\frac{1}{2}$  cup arugula leaves
- $\frac{1}{2}$  cup + 2 tablespoons olive oil



# Pasta Salad

## Ingredients

- 1 pound dried pasta
- 1 cup sliced bell pepper
- 1 cup thinly sliced zucchini
- 1 cup halved cherry tomatoes
- $\frac{1}{3}$  cup thinly sliced scallions (5 to 6)
- $\frac{1}{4}$  cup sliced banana peppers
- 1 cup halved mixed olives
- 1 cup grated parmesan cheese
- 1 cup fresh mozzarella balls, chopped
- $\frac{1}{3}$  cup fresh parsley or basil

### Dressing

- $\frac{1}{3}$  cup red wine vinegar
- $\frac{1}{2}$  teaspoon fine sea salt
- $\frac{1}{2}$  teaspoon fresh black pepper
- $\frac{1}{2}$  teaspoon dried oregano
- 2 to 3 tablespoons banana pepper juice
- $\frac{1}{2}$  cup extra-virgin olive oil

## Instructions

1. Bring a large pot of salted water to a boil. Add pasta and cook until tender, 6 to 10 minutes (check the package for recommended cook time). Drain and rinse well under cold water.
2. While the pasta cooks, in the bottom of a large bowl, make the dressing. Whisk the red wine vinegar, salt, pepper, oregano, pepperoncini juice (if using), and the olive oil until blended. Add the drained and rinsed pasta to the dressing and mix well.
3. Stir in the bell pepper, zucchini, tomatoes, scallions, pepperoncini (if using), olives, parmesan, mozzarella, and the herbs (if using). Taste for seasoning and adjust with salt and pepper as needed. Serve or for the best results, cover and refrigerate at least 30 minutes and up to 5 days.



# Rice Bowl

## Ingredients

### Yield: 2

- 2 handfuls snap peas
- 1 to 2 cups cooked short grain white rice
- 2 cups shredded green cabbage
- 1 small carrot, sliced into very thin coins
- ½ English cucumber, thinly sliced into coins
- 1 small ripe ataulfo mango, diced
- ½ cup cooked black beans, drained and rinsed
- 2 tablespoons pickled ginger
- ¼ cup thinly sliced fresh basil
- ¼ cup toasted peanuts
- Sprinkle of sesame seeds
- ¼ to ½ avocado, optional

### Dressing

- 2 tablespoons tamari, more for serving
- 2 tablespoons rice vinegar
- 2 tablespoons lime juice
- 2 garlic cloves, minced
- 2 teaspoons cane sugar
- ½ teaspoon sriracha, more for serving

## Instructions

1. Make the dressing: In a small bowl, whisk together the tamari, vinegar, lime juice, garlic, cane sugar, and sriracha.
2. Bring a small pot of salted water to a boil and place a bowl of ice water nearby. Blanch the snap peas by placing them in the boiling water for 1½ minutes, then scoop them into the ice water to stop the cooking process. Once cooled, drain, pat dry, and chop.
3. Assemble the bowls with the rice, shredded cabbage, carrot, cucumber, mango, black beans, pickled ginger, and basil. Top with the toasted peanuts, sesame seeds, and avocado, if using. Drizzle bowls with half the dressing and serve the rest on the side along with tamari and sriracha, if desired.

# Chicken Wrap

## Ingredients

### Yield: 2 wraps

- Tortilla chip strips
- Avocado oil
- Salt & black pepper
- 6 grilled, sliced chicken tenderloins
- 4 cups shredded lettuce
- 1 cup shredded cheese
- ½ cup corn kernels
- ½ cup black beans
- 1 Roma tomato, diced
- 2 large lavash wraps
- ¼ cup BBQ sauce
- Cilantro leaves, to top

### Dressing

- ¼ cup sour cream
- 2 TBS mayonnaise
- 2 cloves garlic, pressed through garlic press
- 1 teaspoon lime zest
- 1 tablespoon lime juice
- 2 TSP chopped cilantro
- Salt, to taste

## Instructions

1. In a small bowl, whisk together all of the cilantro-lime ranch ingredients, and keep cold.
2. add the chopped or shredded romaine to a bowl, along with the pepper jack cheese, the corn, the black beans and the diced tomato, and toss to combine.
3. To assemble, add 2 cups salad greens mixture,a generous drizzle of the ranch dressing, a sprinkle of the tortilla strips, and about half of the chicken strips; drizzle with some of the BBQ sauce, and sprinkle with cilantro leaves.
4. Carefully roll and serve.



# Dinner



## Chicken Tacos

### Ingredients

- 4 boneless skinless chicken breasts, cut into 1" strips
- Kosher salt
- Freshly ground black pepper
- 2 tsp. chili powder
- 2 tsp. ground cumin
- 1/2 tsp. garlic powder
- 1/4 tsp. paprika
- 1/4 tsp. cayenne
- 8 corn tortillas, warmed

### Toppings

- Sour cream
- Thinly sliced red onion
- Diced tomatoes
- Shredded Monterey Jack
- Diced avocados
- Fresh cilantro
- Lime wedges

### Instructions

1. In a large skillet over medium heat, heat oil. Season chicken with salt and pepper and add to skillet. Cook until golden, 6 minutes. Add spices and stir until coated, 1 minute more. If needed, add a little more oil or water to help spices coat chicken.
2. Build tacos: In tortillas, layer chicken and desired toppings. Serve with lime wedges.



# Easy Pasta

## Ingredients

- 8oz pasta
- 1 Tbsp olive oil or extra virgin olive oil, plus more to serve
- 2-3 garlic cloves
- 9oz baby spinach
- $\frac{1}{4}$  tsp fine salt
- 5oz cream cheese
- 1oz freshly grated parmesan cheese, plus more to serve
- $\frac{1}{4}$  tsp ground nutmeg
- Black pepper, to taste

## Instructions

1. Cook your pasta until al dente following the package directions. Before draining, reserve at least 1/2 cup of pasta cooking water.
2. Meanwhile, heat the olive oil in a large skillet over medium heat.
3. Add garlic and cook for about 1 or 2 minutes until fragrant (make sure you don't burn it).
4. Add part of the spinach and season with salt. Stir until wilted adding handful of spinach at a time.
5. When the spinach are wilted but still bright green, stir in cream cheese and 1/3 cup of pasta cooking water (don't add all the reserved water straight away, but save the rest in case you need to loosen the sauce when you add pasta to the skillet).
6. Then add grated parmesan cheese and nutmeg to the sauce and give a good stir. The sauce will be ready in a couple of minutes.
7. Drain pasta, add to the skillet and toss to combine. Serve immediately  $\frac{1}{4}$ with a drizzle of extra virgin olive oil, black pepper and freshly grated parmesan cheese. Enjoy.



# Classic Burger

## Ingredients

- 2 pounds 80/20 ground beef, cold
- 4 cloves garlic, minced
- 2 tablespoons minced onion
- 1 tablespoon Worcestershire sauce
- 1 3/4 teaspoons pepper
- 1 1/2 teaspoons salt
- 6 hamburger buns, butter
- Cheese, toppings of your choice

## Instructions

1. Put the cold ground beef in mixing bowl. Sprinkle the other ingredients evenly over top. Fold the meat over a few times to get everything incorporated.
2. Rather than forming the patties in your hand, form them on a tray. This makes it easier to shape the patties without over-handling or warming the meat.
3. On the tray, divide the meat into 6 equal parts (about 5 1/4 ounces each). Gently form each portion into a patty that is 4-inches across with 1-inch sides and a shallow depression in the middle. You want the outer 1/2 inch of the patty to be slightly taller than the inside.
4. Heat a gas or charcoal grill to 450 to 500°F, or hot enough that you can only hold your hand above the grill grates for about 1 second.
5. Butter the insides of all the buns and set them near the grill.
6. Place patties on the grill over direct heat. Cook to your desired doneness: Flip the burgers at least once during cooking, or as often as you wish. Do not press down on the patties at any time.
7. When you have about 1 minute left on the cooking time, add the cheese to the burgers and the buttered buns to the grill over indirect heat.
8. Remove burgers and buns from grill and transfer to a clean platter. Let the burgers rest for 1 minute before serving.
9. Serve with tomato jam, mayonnaise, bacon jam, garlic aioli, blue cheese sauce, sautéed mushrooms, Thousand Island, or the classic and always wonderful lettuce, tomato, pickles, and red onion.

# Potato Soup

## Ingredients

- 6 strips bacon
- 1/2 medium onion chopped
- 4 large Russet potatoes diced
- 1/4 cup flour
- 4 cups whole milk
- 1 cup chicken broth
- 1 clove garlic minced
- 3/4 cup grated cheese
- Chopped scallions to taste
- 3/4 cup sour cream
- Salt & pepper to taste

## Instructions

1. Cut up the bacon and add it to a soup pot (I use kitchen shears to make this job easy). Fry the bacon over medium-high heat until it's nice and crispy (about 10 minutes).
2. Meanwhile, prep your onion and potatoes. You can peel the potatoes like I did, or scrub them and leave them unpeeled if you prefer.
3. Once the bacon is done, take it out of the pot and transfer to a paper towel lined plate. Leave about two tablespoons of the bacon fat in the pot (it's fine to eyeball it). Discard the rest of the bacon fat or reserve it to use in another recipe.
4. Add the onion to the pot and sauté it for 5 minutes.
5. Stir in the flour and cook it for about a minute.
6. Whisk the milk in slowly until the flour has dissolved.
7. Add the chicken broth, garlic, and potatoes. Increase the heat to high. When the soup is almost boiling, reduce the heat and cover the pot with the lid slightly open. Let the soup simmer gently for 20 minutes.
8. The potatoes should be quite fall-apart tender by now.
9. Stir in the sour cream and most of the cheddar and bacon (I reserve some to top the soup with). Season the soup with salt & pepper as needed. Top each bowl with the scallions and remaining cheddar and bacon.



# Chicken Wings

## Ingredients

- 4 pounds chicken wings , halved at joints, wingtips discarded
- 2 Tablespoons baking powder
- 3/4 teaspoon salt
- 1/2 teaspoon cracker black pepper
- 1 teaspoon paprika
- 1 teaspoon garlic powder

### Buffalo Sauce

- 1/3 cup Frank's Wings Hot Sauce
- 1 1/2 cups light brown sugar
- 1 Tablespoon water

## Instructions

1. Preheat oven to 425 degrees F.
2. Line a baking sheet with aluminum foil and place a wire rack (I use a cooling rack) on top. Spray the rack with non-stick spray.
3. Use paper towels to pat the wings dry and place them in a bowl.
4. Combine the salt, pepper, garlic powder, paprika, and baking powder in a small bowl. Then sprinkle the seasoning over the wings, tossing to evenly coat.
5. Arrange wings, skin side up, in single layer on prepared wire rack.
6. Bake on the upper middle oven rack, turning every 20 minutes until wings are crispy and browned.
7. Remove from oven and let stand for 5 minutes. Transfer wings to bowl and toss with sauce.

### For Buffalo Sauce:

1. In a medium saucepan over medium heat stir together all sauce ingredients. Mix well until sugar has dissolved.
2. Remove from heat and allow to cool to room temperature before adding to wings.

# Dessert



# Chocolate Chip Cookies

## Ingredients

- 2 and 1/4 cups (281g) all-purpose flour (spooned & leveled)
- 1 and 1/2 teaspoons cornstarch
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 3/4 cup unsalted butter, softened to room temperature
- 3/4 cup packed light or dark brown sugar
- 1/2 cup granulated sugar
- 1 large egg + 1 egg yolk, at room temperature
- 2 teaspoons pure vanilla extract
- 1 and 1/2 cups (270g) semi-sweet chocolate chips

## Instructions

1. Preheat oven to 325°F (163°C). Line 3 large baking sheets with parchment paper or silicone baking mats.
2. Whisk the flour, cornstarch, baking soda, and salt together in a bowl.
3. Beat the butter, brown sugar, and granulated sugar together in a large bowl on medium-high speed until combined and creamy, about 2 minutes. Add egg, egg yolk, and vanilla extract, then beat on medium-high speed until combined. Scrape down the sides and up the bottom of the bowl as needed. Beat in the dry ingredients on low speed, then beat in the chocolate chips until combined. The dough will be thick.
4. Divide dough into 6 portions. Shape each into mound, slightly flattening down the top. Place two on each baking sheet, at least 6 inches apart. Bake for 20-25 minutes or until edges and top are lightly browned. The center will look super soft, but it will set as the cookie cools.
5. Cool the cookie on the baking sheet for 15 minutes, then transfer to a wire rack to cool completely.





## Cheesecake Bites

### Ingredients

- $\frac{3}{4}$  cup Graham Cracker Crumbs
- 2 tablespoon brown sugar
- 3 tablespoon butter melted
- 8 ounces low fat cream cheese softened
- $\frac{1}{4}$  cup low fat sour cream
- $\frac{1}{4}$  cup sugar
- $\frac{1}{4}$  cup granulated Stevia
- 1 egg
- 1 teaspoon Vanilla extract

### Instructions

1. Preheat oven to 350 degrees F.
2. Mix graham crackers crumbs, brown sugar, and butter.
3. Press about 2 teaspoons of crumbs in the bottom of 24 paper-lined mini muffin cups.
4. In another bowl beat together cream cheese, sour cream, sugar, stevia, egg, and vanilla until blended and smooth.
5. Spoon about 1 tablespoon of batter into muffin cups.
6. Bake for 15-20 minutes or until centers of the cheesecakes are set.
7. Cool completely and then transfer to the refrigerator for at least an hour.
8. Top if you wish with whipped cream and or fruit.

## Blueberry Pie

### Ingredients

- Homemade Pie Crust
- 6 cups fresh blueberries
- $\frac{2}{3}$  cup granulated sugar
- $\frac{1}{4}$  cup all-purpose flour
- 2 Tablespoons cornstarch
- $\frac{1}{4}$  teaspoon ground cinnamon
- 2 Tablespoons lemon juice
- 1 teaspoon lemon zest
- 1 Tablespoon cold unsalted butter, cut into small cubes
- Egg wash: 1 large egg beaten with 1 Tablespoon milk
- **Optional:** coarse sugar for sprinkling on crust

### Instructions

1. Prepare pie crust.
2. Stir the blueberries, sugar, flour, cornstarch, cinnamon, lemon juice, and lemon zest together in a large bowl.
3. Preheat oven to 425°F.
4. Roll out one of the discs of chilled dough. Place dough into a 9×2-inch round pie dish. Tuck in with your fingers to smooth. Pour and spread filling evenly into pie dish.
5. Remove the other disc of chilled pie dough from the refrigerator. Roll the dough into a 12-inch circle. Cut strips of dough.
6. Thread the strips over and under one another. Press the edges of the strips into the bottom pie crust edges to seal. Trim off excess dough. Flute or crimp the edges with a fork.
7. Brush the top of the pie crust with the egg wash and sprinkle sugar.
8. Bake the pie at 425°F for 25 minutes; then, reduce the oven temperature down to 375°F (190°C). Continue baking the pie until the filling's juices are bubbling everywhere, 40–50 more minutes.
9. Remove pie from the oven, place on a cooling rack, and cool for at least 4 hours before slicing and serving.



# Confetti Cake



## Ingredients

- 5 large egg whites,  $\frac{3}{4}$  cup milk
- $\frac{3}{4}$  cup unsalted butter softened
- $1\frac{3}{4}$  cup granulated sugar
- $1\frac{1}{2}$  teaspoon Vanilla Extract
- $2\frac{1}{2}$  cups cake flour
- 1 TBS baking powder
- $\frac{1}{2}$  teaspoon salt,  $\frac{1}{2}$  cup sprinkles

### Frosting:

- 1 cup unsalted butter softened
- 4 cups powdered sugar
- $\frac{1}{4}$  cup heavy whipping cream
- 2 teaspoons Vanilla Extract
- $\frac{1}{2}$  cup sprinkles

## Instructions

1. Whisk together the egg whites and  $\frac{1}{4}$  cup of the milk in a small bowl until slightly combined. Set aside.
2. In a mixing bowl, beat butter, sugar, and vanilla for 2 minutes on medium speed, scraping down the sides of the bowl as needed. Add in dry ingredients and mix until combined. Beat in egg white mixture until fully blended. Add in remaining milk and beat for 3-4 minutes, scraping down the sides of the bowl. Fold in sprinkles.
3. Spray two 9-inch cake pans with baking spray. Pour batter into pans and bake in a 350 degree oven for 26-28 minutes. Remove and cool completely on wire rack.

### For the frosting:

1. Beat butter for 3 minutes using whisk attachment on an electric mixer. Add in powdered sugar, heavy cream and vanilla. Beat an additional 4-5 minutes, scraping down the sides of the bowl as needed.
2. To assemble, place one layer of cake on a cake stand. Add a large amount of frosting to top and smooth with an offset spatula. Top with second layer of cake. Apply frosting to entire cake.
3. To add the sprinkles to sides of cake, place cake on a baking sheet (to help catch excess sprinkles). Fill hand with sprinkles and press gently into sides of cake. Repeat until desired amount of sprinkles are applied.

# Brownies

## Ingredients

- 125g Coles Organic Unsalted Butter, chopped
- 125g CADBURY Baking Dark Chocolate, chopped
- 3 eggs, lightly whisked
- 335g white sugar
- 115g plain flour
- 30g Dutch cocoa powder
- 1 tsp vanilla extract
- Pinch of salt

## Instructions

1. Preheat oven to 180C/160C fan forced.
2. Grease a 20cm square cake pan and line with baking paper.
3. Place butter and chocolate in a heatproof bowl over a saucepan of simmering water (don't let the bowl touch the water).
4. Stir with a metal spoon until melted.
5. Remove from heat.
6. Quickly stir in egg, sugar, flour, cocoa powder, vanilla and salt until just combined.
7. Pour into prepared pan.
8. Bake for 30 minutes or until a skewer inserted in the centre comes out with moist crumbs clinging.
9. Set aside to cool completely.



# The Importance of Cooking with Color

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# COLORFUL COOKING

## A Message from the Author

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