



# fruit RECIPES

Fruit Recipes for How to Cook  
with All Types of Fruits

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Types of Fruits

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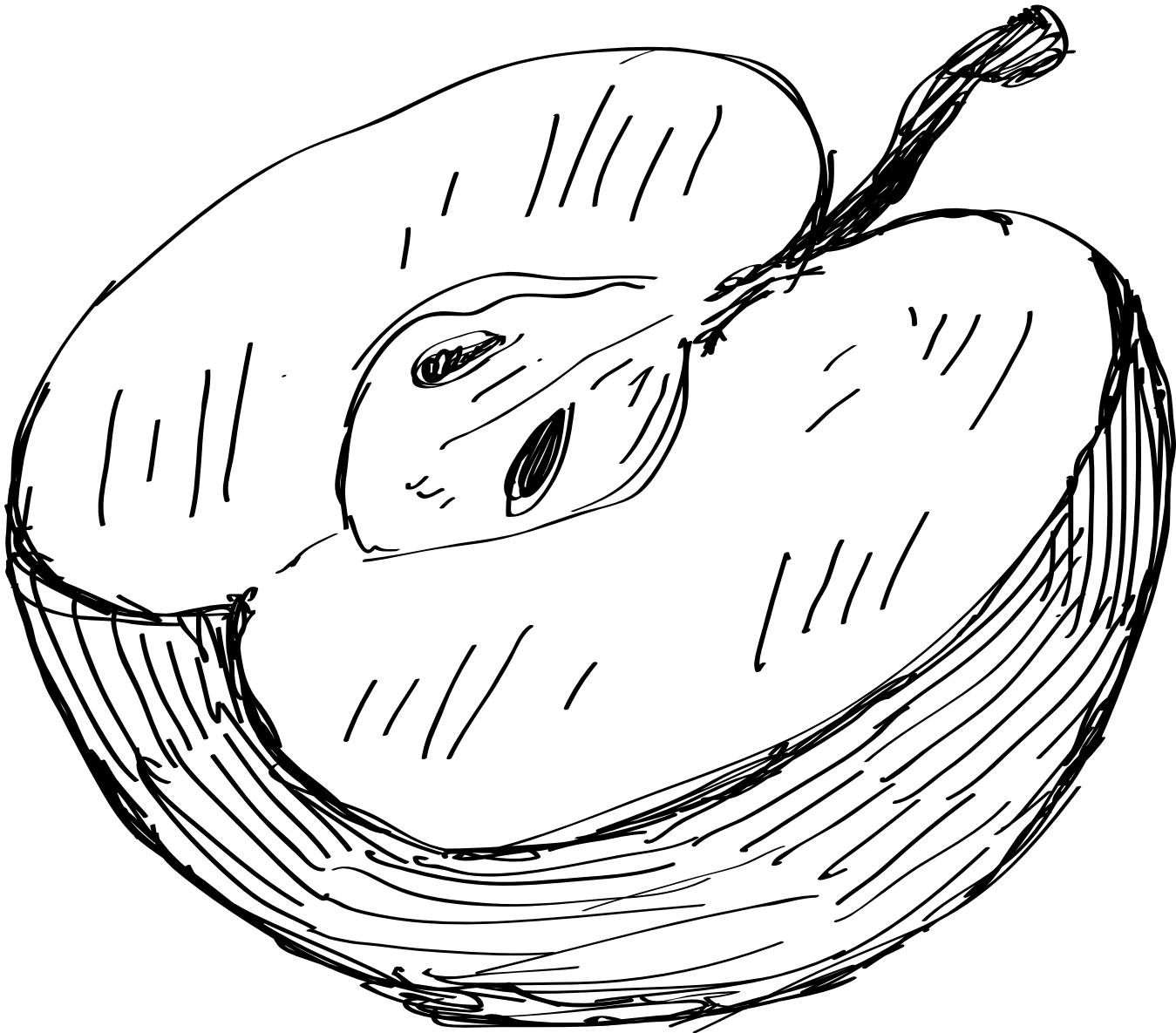
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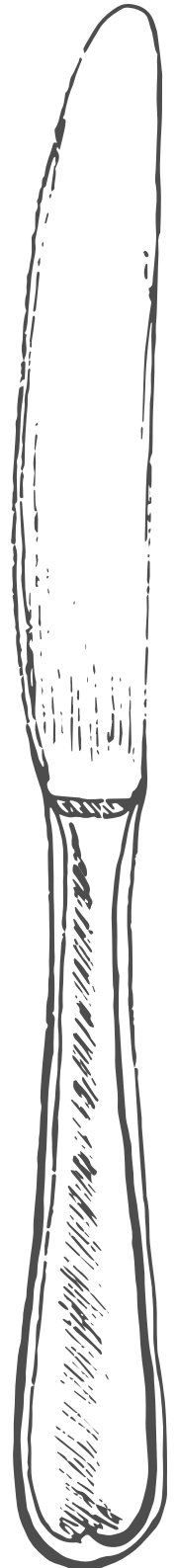
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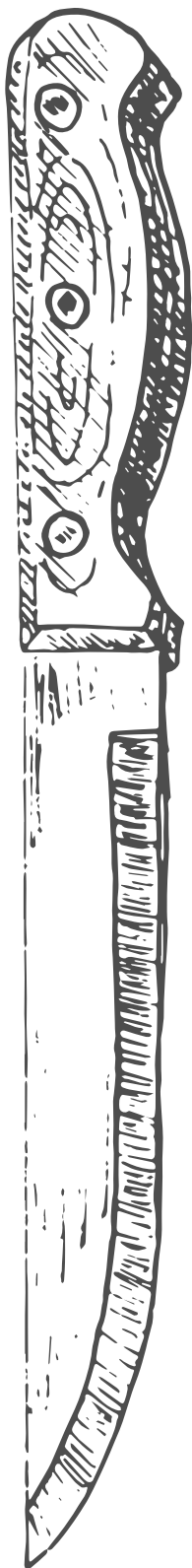
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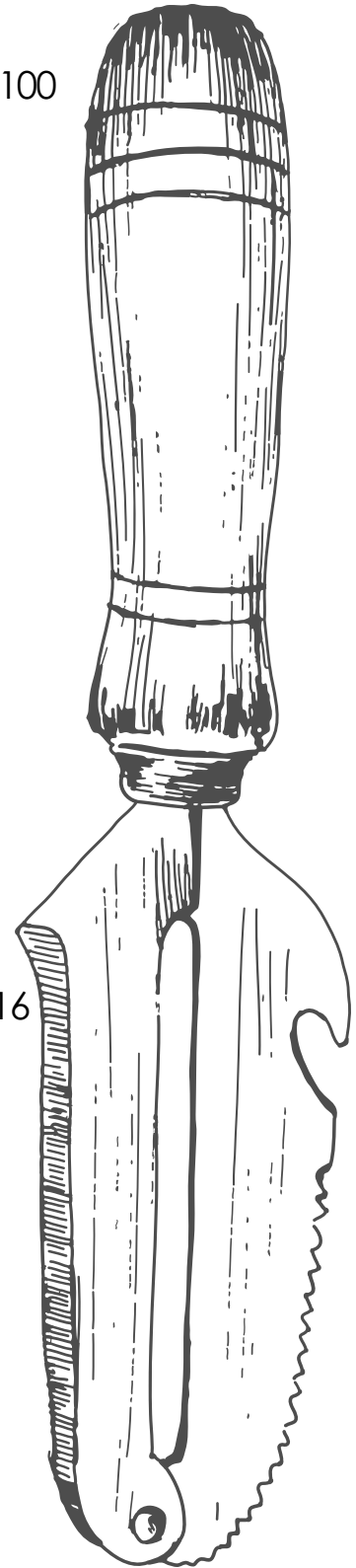
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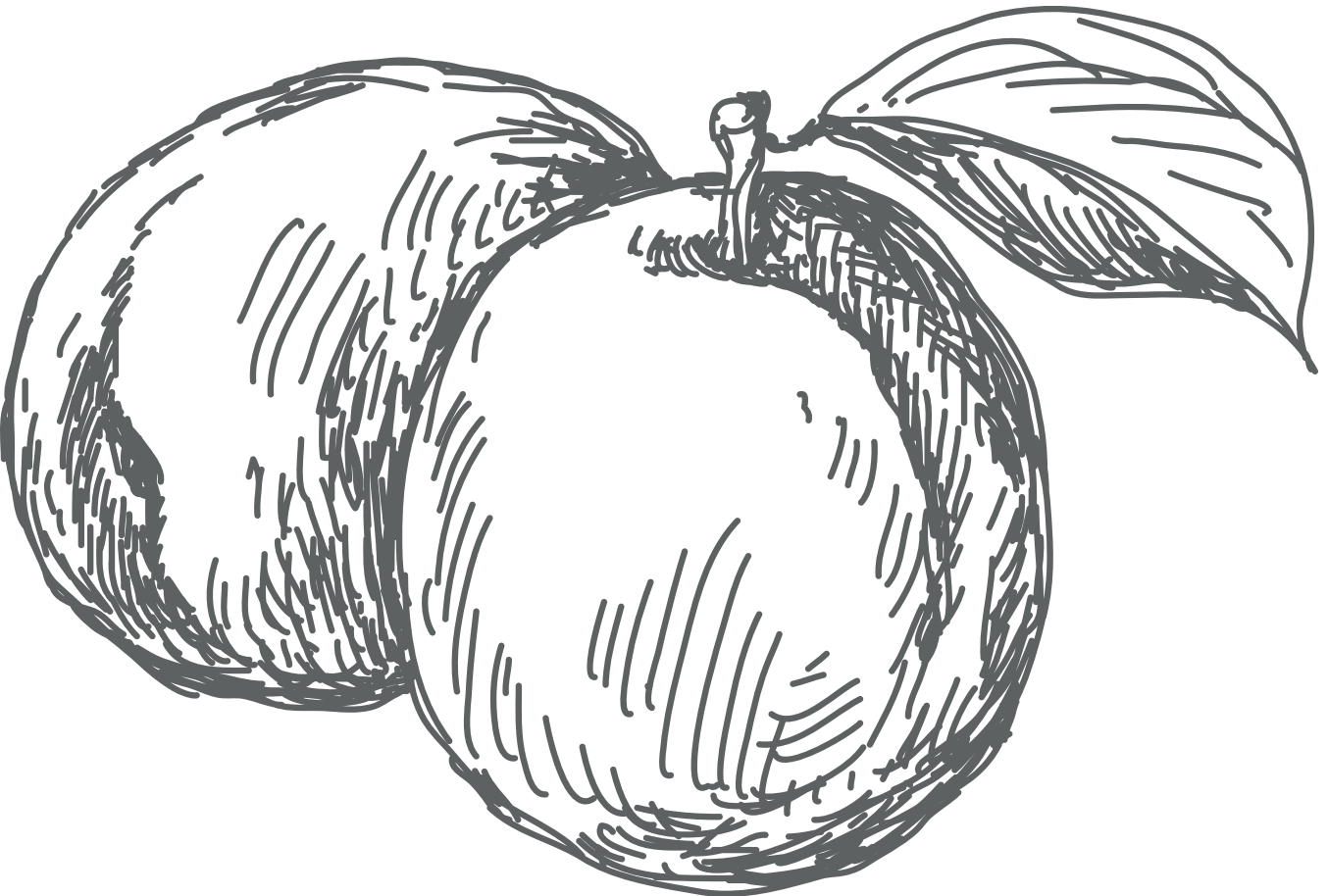
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# North Philly Pizza



Prep Time: 15 mins



Total Time: 2 hrs 59 mins

Servings per Recipe: 12

Calories 283 kcal

Fat 15.4 g

Carbohydrates 35.6 g

Protein 3 g

Cholesterol 25 mg

Sodium 218 mg

## Ingredients

1 (16.5 oz.) package refrigerated sliceable  
sugar cookies, sliced  
1 (8 oz.) package Cream Cheese, softened  
1/4 C. sugar  
1/2 tsp vanilla  
1 tbsp water  
4 C. assorted cut-up fruit (kiwi,

strawberries, blueberries, drained canned  
mandarin oranges)

1/4 C. apricot preserves, pressed through sieve  
to remove lumps

## Directions

1. Set your oven to 375 degrees F before doing anything else and line a 12-inch pizza pan with the foil paper.
2. Place the cookie dough slices in the pizza pan in a single layer and press together to form a crust.
3. Cook in the oven for about 14 minutes.
4. Remove from the oven and keep aside to cool completely.
5. Invert the crust onto a plate and carefully remove the foil.
6. Then, turn the crust over.
7. In a bowl, add the cream cheese, sugar and vanilla and beat till well combined.
8. Spread the cream cheese mixture over the crust and top with the fruit.
9. In a bowl, mix together the preserves and water.
10. Coat the fruit with the preserve mixture and refrigerate for about 2 hours.







# SWEETER Flan



Prep Time: 30 mins



Total Time: 1 hr 42 mins

Servings per Recipe: 12

Calories 430 kcal

Fat 24.2 g

Carbohydrates 50.1g

Protein 4.9 g

Cholesterol 56 mg

Sodium 170 mg

## Ingredients

### Crust:

2 1/8 C. all-purpose flour

1/2 tsp cream of tartar

1/2 tsp baking soda

1/2 C. white sugar

1/2 C. confectioners' sugar

1/2 C. butter

1/2 C. vegetable oil

1 egg

1/2 tsp vanilla extract

### Filling:

1 (8 oz.) package cream cheese,  
softened

1/3 C. white sugar

1/2 tsp vanilla extract

### Fruit:

3 C. fresh strawberries, hulled and halved

1 C. fresh blueberries, rinsed and dried

3 kiwifruit, peeled and thinly sliced

### Glaze:

1 tbsp cornstarch

1/4 C. white sugar

1/2 C. water

1/2 C. orange juice

2 tbsp lemon juice

## Directions

1. Set your oven to 350 degrees F before doing anything else and grease a 15x10-inch jelly roll pan.
2. For crust in a bowl, sift together the flour, cream of tartar and baking soda.
3. In another bowl, add the white and confectioners' sugars, butter, vegetable oil, egg, and vanilla and beat till creamy.
4. Add the flour mixture and mix till well combined.
5. In the bottom of the prepared pan, place the dough evenly.
6. Cook in the oven for about 10-12 minutes.
7. Remove from the oven and keep aside to cool completely.

8. For filling in a bowl, add the cream cheese, sugar and vanilla and beat till creamy.
9. Place the filling mixture over the cooled crust.
10. Arrange the fruit over the filling and refrigerate.
11. For the glaze in a small pan, mix together the sugar and cornstarch on medium heat.
12. Add the water, orange juice and lemon juice and beat to combine.
13. Bring to a boil for about 1 minute.
14. Remove from the heat and keep aside to cool completely.
15. Pour the glaze over the fruit evenly and refrigerate before serving.



# AUGUST'S Salad



Prep Time: 30 mins



Total Time: 30 mins

Servings per Recipe: 12

Calories 126 kcal

Fat 1.4 g

Carbohydrates 25.5g

Protein 4.7 g

Cholesterol 4 mg

Sodium 56 mg

## Ingredients

1 (16 oz.) package fresh strawberries, hulled and halved  
1 large peach, pitted and cut into bite-size pieces  
2 plums, pitted and cut into bite-size pieces  
2 kiwi fruit, peeled and cut into bite-size pieces  
1 C. dark sweet cherries, pitted and halved

1 C. honeydew melon balls or cubes  
1 C. cantaloupe cubes  
1 C. cubed fresh pineapple  
1 C. grapes  
2 (16 oz.) containers low-fat vanilla yogurt

## Directions

1. In a large salad bowl, mix together the strawberries, peach, plums, kiwi fruit, cherries, honeydew melon, cantaloupe, pineapple and grapes.
2. Serve with a topping of the yogurt.

# Californian Bread



Prep Time: 15 mins



Total Time: 1 hr 15 mins

Servings per Recipe: 10

Calories 249.5

Fat 10.5g

Cholesterol 61.6mg

Sodium 280.4mg

Carbohydrates 35.2g

Protein 4.1g

## Ingredients

2 C. all-purpose flour  
1 tsp baking powder  
1/4 tsp baking soda  
1/2 tsp salt  
1/2 C. butter (soften)  
2/3 C. sugar

2 eggs

1 C. peeled mashed kiwi fruit (ripe)

## Directions

1. Set your oven to 350 degrees F before doing anything else and grease a 9x5x3-inch loaf pan.
2. In a bowl, sift together the flour, baking powder, baking soda and salt.
3. In another large bowl, add the butter and sugar and beat till light and fluffy.
4. Add the eggs, one at a time and beat till well combined.
5. Stir in the mashed kiwis.
6. Add the flour mixture and mix till just moistened.
7. Transfer the mixture into the prepared loaf pan.
8. Cook in the oven for about 55-65 minutes or till a toothpick inserted in the center comes out clean.
9. Remove from the oven and cool for about 10 minutes on wire rack.
10. Remove from pan and cool completely on rack.



# MANHATTAN Spritzer



Prep Time: 5 mins

Total Time: 7 mins

Servings per Recipe: 4

Calories 330.6

Fat 1.1g

Cholesterol 0.0mg

Sodium 26.3mg

Carbohydrates 83.4g

Protein 1.1g

## Ingredients



4 kiwi fruits, peeled  
1 (12 oz.) cans frozen lemonade  
concentrate, thawed

3 C. carbonated lemon - lime beverage,  
chilled

## Directions

1. Cut the kiwi into chunks.
2. In a food processor, add the fruit chunks and lemonade concentrate and pulse till smooth.
3. Through a wire mesh strainer, strain the mixture into a pitcher, discarding solids.
4. Stir in the lemon lime drink just before serving.

# Rustic Muffins

 Prep Time: 30 mins  
 Total Time: 1 hr

Servings per Recipe: 1

Calories	219.5
Fat	5.8g
Cholesterol	31.0mg
Sodium	552.3mg
Carbohydrates	37.5g
Protein	4.6g

## Ingredients

2 eggs	3 C. flour
1/2 C. sugar	1 1/2 tsp salt
1/4 C. oil	3 tsp baking powder
4 large very ripe kiwi, mashed	1 1/2 tsp baking soda
1/4 tsp vanilla	
1 tbsp lemon juice	

## Directions

1. Set your oven to 350 degrees F before doing anything else and lightly, grease 12 cups of a muffin pan.
2. In a bowl, add the eggs, sugar and oil and beat till well combined.
3. Add the kiwi, vanilla and lemon juice and beat till well combined.
4. In another large bowl, mix together the flour, salt, baking powder and baking soda.
5. Add the kiwi mixture and mix till well combined.
6. Transfer the mixture into the prepared muffin cups evenly.
7. Cook in the oven for about 25- 30 minutes or till a toothpick inserted in the center comes out clean.

# NORTH CAROLINA STYLE

## Lemonade



Prep Time: 5 mins



Total Time: 5 mins

Servings per Recipe: 1

Calories 98.1

Fat 0.4g

Cholesterol 31.0mg

Sodium 552.3mg

Carbohydrates 37.5g

Protein 4.6g

### Ingredients

1/2 kiwi

3 medium strawberries

1 lemon

1/2 C. water



1 - 1 1/2 tbsp sugar

2 ice cubes (optional)

### Directions

1. In a bowl, squeeze the kiwi and strawberries.
2. With a lemon squeezer, squeeze the lemons.
3. Add 1/2 C. of the water and sugar and stir to combine.

# pudding Californian Style

 Prep Time: 15 mins  
 Total Time: 15 mins

Servings per Recipe: 4

Calories	182.4
Fat	0.6g
Cholesterol	0.0mg
Sodium	52.5mg
Carbohydrates	46.1g
Protein	2.5g

## Ingredients

5 kiwi fruits	1 C. dark raisins
1 (3 1/2 oz.) boxes sugar-free instant vanilla pudding mix	
2 -3 drops green food coloring	

## Directions

1. Slice the kiwifruit into rounds, then again into half-rounds.
2. Prepare instant pudding according to package's directions.
3. Add 2-3 drops of green food coloring and stir till desired shade of the green is required.
4. Transfer the pudding into dessert bowls.
5. Place 2 half or quarter kiwifruit slices onto pudding for eyes.
6. Place raisins on pudding in shape of a mouth.

# MIDDLE EASTERN Smoothie



Prep Time: 3 mins



Total Time: 8 mins

Servings per Recipe: 1

Calories 323.0

Fat 1.6g

Cholesterol 0.0mg

Sodium 7.2mg

Carbohydrates 81.9g

Protein 4.3g

## Ingredients

2 ripe kiwi fruits, peeled

1 large banana, frozen



3 honey dates

2/3 C. blueberries

## Directions

1. In a bowl, add the dates and pour the boiling water over them.
2. Soak for about 5-10 minutes to soften.
3. Drain the dates and transfer the dates in a blender with remaining Ingredients and pulse till smooth.

# Brazilian Style Cha Cha

 Prep Time: 2 mins  
 Total Time: 4 mins

Servings per Recipe: 1

Calories	186.4
Fat	0.2g
Cholesterol	0.0mg
Sodium	1.9mg
Carbohydrates	15.6g
Protein	0.5g

## Ingredients

1/2 lime, large cut into 4 pieces	2 oz. Pina colada
2 tsp sugar	GARNISH
1/3 kiwi fruit, peeled and cut into 6 chunks	1 slice kiwi fruit

## Directions

1. In a cocktail shaker, mix together the lime pieces and sugar and press with a muddler to release the juice.
2. Add the kiwifruit and press with muddler to crush.
3. Fill the shaker with the ice and measure in the Pina colada.
4. Cap the shaker and shake vigorously.
5. Pour into an old-fashioned glass and serve with a garnishing of the kiwifruit slice.











# KIWI Pavlova



Prep Time: 30 mins



Total Time: 2 hrs

Servings per Recipe: 8

Calories 316.9

Fat 18.0g

Cholesterol 61.1mg

Sodium 51.4mg

Carbohydrates 37.0g

Protein 2.8g

## Ingredients

### MERINGUE

3 egg whites, room temperature

1 pinch cream of tartar

3/4 C. granulated sugar

1 tsp pure vanilla extract

### CREAM FILLING

1/2 C. marshmallow crème

1/2 C. crème fraiche

1 C. whipping cream

### TOPPINGS

1 kiwi fruit, peeled & sliced thinly

1 C. sliced strawberry

2 tbsp dried cranberries, minced

2 tbsp Nutella

## Directions

1. Set your oven to 275 degrees F before doing anything else and line a baking sheet with the parchment paper.
2. In a bowl, add the egg whites and cream of tartar and beat till soft peaks form, adding the sugar 1 tbsp at a time.
3. Add the vanilla and beat to combine.
4. Onto the prepared baking sheet, spread the meringue into a 10-inch circle, pushing up edges to form a well in the middle.
5. Cook in the oven for about 1 1/2 hours.
6. Turn off the oven but leave the meringue inside to dry.
7. Transfer the meringue into a serving platter.
8. In a bowl, mix together the marshmallow crème and crème fraiche.
9. Fold in the whipped cream.
10. Spread the marshmallow mixture over the cooled meringue and decorate with the sliced kiwi and strawberries.
11. Drizzle the Nutella on top and serve with a sprinkling of the dried cranberries.

# Rice and Kiwi Curry Lunch Wrap



Prep Time: 10 mins



Total Time: 10 mins

Servings per Recipe: 1

Calories 1008.5

Fat 30.9g

Cholesterol 0.0mg

Sodium 21.5mg

Carbohydrates 176.1g

Protein 14.4g

## Ingredients

2 tbsp lime juice  
1 garlic clove, minced  
2 tbsp olive oil  
1 tsp curry powder  
1 jalapeno pepper, minced  
1 tsp cumin  
1 tsp honey  
1/4 C. purple onion, chopped

6 kiwi fruits, pureed  
1 3/4 C. cooked rice  
cream cheese  
tortilla

## Directions

1. In a bowl, add all the Ingredients except the rice and mix till well combined.
2. In a large bowl, add the rice and chutney gently, stir to combine.
3. Refrigerate for about an hour.
4. Spread about 1 tbsp of the cream cheese on a tortilla and top with about 1/4 C. of the rice mixture and roll up.
5. You can also use this chutney to marinade chicken or fish.

# JUNGLE Juice



Prep Time: 10 mins



Total Time: 10 mins

Servings per Recipe: 1

Calories 1923.3

Fat 3.9g

Cholesterol 0.0mg

Sodium 24.1mg

Carbohydrates 488.5g

Protein 8.7g

## Ingredients

3 kiwi fruits, peeled and halved ( cut of  
one slice for garnish)



3 -5 grapes ( to garnish)

7 oz. grapes, washed

## Directions

1. Extract the juice of kiwi through the juicer, followed by the grapes.
2. Transfer the juice into a glass and serve with a garnishing of some grapes and a kiwi slice skewered on a wooden stick.

# Kiwi Orange Chicken

 Prep Time: 10 mins  
 Total Time: 1 hr

Servings per Recipe: 4  
Calories 288.1  
Fat 6.3g  
Cholesterol 76.0mg  
Sodium 928.5mg  
Carbohydrates 25.4g  
Protein 34.0g

## Ingredients

4 C. chicken broth	1 tbsp unsalted butter
4 boneless skinless chicken breasts	1 tbsp granulated sugar
1 stalk celery, chopped	1/8 tsp salt
1 leek, white part only, chopped	1/8 tsp cayenne pepper
4 kiwi fruits, peeled, cut into 1/4-inch slices	
1 orange, washed, dried	
1 lemon	

## Directions

1. In large pan, add the chicken broth and bring to a boil.
2. Add the chicken breasts and simmer for about 10 minutes, skimming off fat from the top.
3. Add the celery and leek and simmer for about 10 minutes.
4. Remove the chicken from broth and keep aside, covered.
5. In a serving dish, arrange the kiwifruit in a fan-shaped pattern.
6. Sprinkle the half of the orange zest over the kiwifruit.
7. In a small bowl, extract the juice of orange and lemon.
8. In a small pan, melt the butter and cook the sugar for about 5 minutes, stirring continuously.
9. Add the orange and lemon juices and stir till well combined.
10. Boil till the sauce is reduced to about 2 tbsp.
11. Stir in the salt and cayenne pepper.
12. Cut the chicken breasts into thin strips and arrange over the kiwifruit.
13. Serve with a topping of the sauce.

# RAIN FOREST Juice



Prep Time: 5 mins



Total Time: 5 mins

Servings per Recipe: 1

Calories 211.3

Fat 1.1g

Cholesterol 0.0mg

Sodium 10.8mg

Carbohydrates 53.0g

Protein 14.4g

## Ingredients

1/2 C. mint leaf

2 kiwi, unpeeled

8 oz. fresh pineapple, unpeeled

1/2 lime juice

## Directions

1. Extract the juice of the mint, kiwi and pineapple through the hopper.
2. Transfer the juice into a serving glass.
3. Add the lime juice and stir to combine.
4. Serve immediately.

# Easy Homemade Julep



Prep Time: 15 mins



Total Time: 20 mins

Servings per Recipe: 2

Calories 189.9

Fat 0.6g

Cholesterol 0.0mg

Sodium 11.0mg

Carbohydrates 47.3g

Protein 1.4g

## Ingredients

- 3 tbsp sugar
- 1/2 C. hot water
- 2 C. ice
- 3 kiwi fruits, peeled
- 2 tbsp frozen limeade concentrate
- 2 tbsp chopped of fresh mint
- 3 oz. Bourbon (optional)

## Directions

1. In a bowl add the hot water and sugar and stir to dissolve completely.
2. Keep aside to cool slightly.
3. In a blender, add the ice, kiwis, limeade, mint, the sugar mixture and bourbon and pulse till smooth.
4. Serve immediately.

# SOUTHERN FRENCH Cocktail



Prep Time: 15 mins

Total Time: 15 mins

Servings per Recipe: 4

Calories 154.1

Fat 0.4g

Cholesterol 0.0mg

Sodium 7.5mg

Carbohydrates 20.7g

Protein 1.1g

## Ingredients

200 g strawberries, hulled and quartered

2 kiwi fruits, small, peeled and quartered



1 mango

2 (200 ml) liters lemon lime soda

## Directions

1. In a food processor, add the strawberries, kiwifruit and mango and pulse till smooth.
2. In a serving jug, add the fruit mixture with the soda and stir to combine.
3. Keep aside for about 2-3 minutes to allow the bubbles to subside.
4. Divide into the cocktail evenly and serve immediately.

# Jiggy Juice

 Prep Time: 20 mins  
 Total Time: 20 mins

Servings per Recipe: 2

Calories 189.9

Fat 0.6g

Cholesterol 0.0mg

Sodium 11.0mg

Carbohydrates 47.3g

Protein 1.4g

## Ingredients

7 ice cubes  
2 kiwi fruits  
1/3 C. orange juice  
2 tbsp powdered sugar

2 tbsp granulated sugar

## Directions

1. In a blender, add all the Ingredients and pulse for about 3 minutes.



# KEY LIME

## Time



Prep Time: 5 mins



Total Time: 5 mins

Servings per Recipe: 2

Calories 454.7

Fat 22.1g

Cholesterol 39.0mg

Sodium 149.3mg

Carbohydrates 56.9g

Protein 12.5g

### Ingredients

1 C. frozen pineapple chunks

1 (6 oz.) containers key lime yogurt

1/2 C. canned unsweetened coconut  
milk

1 kiwi, peeled and sliced

1 tbsp honey

### Directions

1. In a blender, add all the Ingredients and pulse till smooth.
2. Divide the mixture into 2 glasses and serve with a garnishing of the extra kiwi and pineapple chunks.

# Watermelon Kiwi Cake



Prep Time: 20 mins



Total Time: 55 mins

Servings per Recipe: 1

Calories 5456.0

Fat 243.0g

Cholesterol 493.5mg

Sodium 5532.1mg

Carbohydrates 776.2g

Protein 62.7g

## Ingredients

### CAKE

- 1 (18 1/2 oz.) packages white cake mix
- 1 1/3 C. seedless watermelon, cubed
- 1 (4 oz.) packages strawberry kiwi gelatin powder
- 3 egg whites
- 1 tbsp vegetable oil

### FROSTING

- 1/4 C. watermelon juice
- 1/2 C. butter
- 2 C. powdered sugar
- 1 (8 oz.) packages cream cheese, softened

## Directions

1. Set your oven to 350 degrees F before doing anything else and grease and flour a bundt pan.
2. In a large bowl, add the dry cake mix, watermelon, gelatin powder, egg whites and oil and beat on high speed till smooth.
3. Transfer the mixture into the prepared pan.
4. Cook in the oven for about 35 minutes or till a toothpick inserted in the center comes out clean.
5. Remove from the oven and cool on a wire rack.
6. For frosting in a bowl, add the cream cheese and butter and beat till fluffy.
7. Add the sugar and watermelon juice and with a spatula, fold till well combined.
8. Frost the cake with the watermelon frosting.
9. Serve with a garnishing of the kiwi slices.







## SUMMERY

# Quinoa Salad



Prep Time: 10 mins



Total Time: 1 hr 25 mins

Servings per Recipe: 4

Calories 162 kcal

Fat 2.4 g

Carbohydrates 31.1g

Protein 5.3 g

Cholesterol 1 mg

Sodium 553 mg

### Ingredients

1 1/2 C. chicken stock

3/4 C. quinoa

1 1/2 tsp curry powder

1/4 tsp garlic powder

1/2 tsp salt

1/4 tsp black pepper

1 mango - peeled, seeded and diced

3 green onions, chopped

### Directions

1. In a pan, mix together the chicken broth, quinoa, curry powder, garlic powder, salt, and black pepper and bring to a boil on high heat.
2. Reduce the heat to medium-low and simmer, covered until for about 15-20 minutes.
3. Transfer the quinoa into a shallow dish and keep aside to cool.
4. Stir in the mango and green onions and serve.



# Best-Ever Cheesecake



Prep Time: 35 mins



Total Time: 9 hrs 30 mins

Servings per Recipe: 8

Calories 468 kcal

Fat 31.6 g

Carbohydrates 38.4g

Protein 9.4 g

Cholesterol 131 mg

Sodium 311 mg

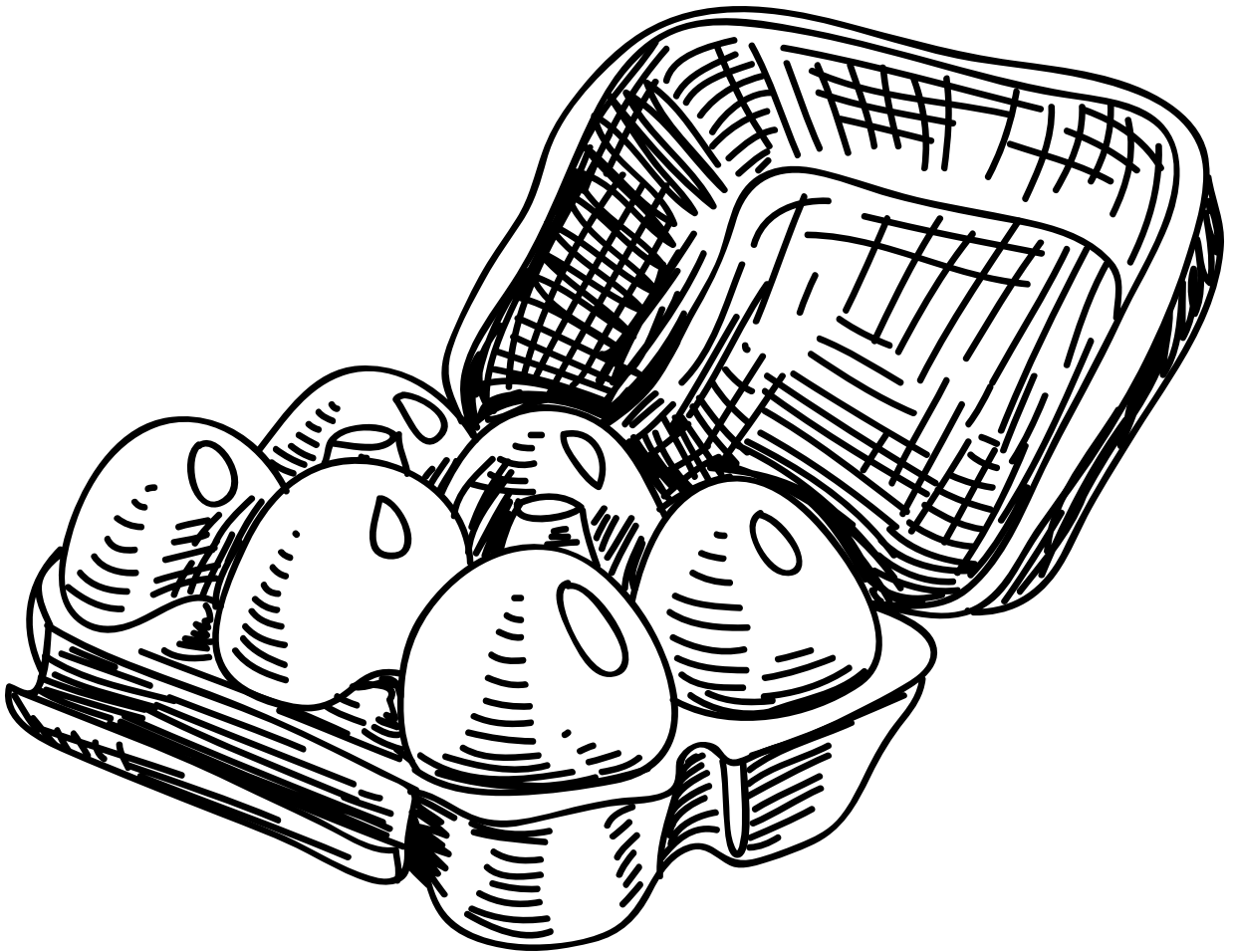
## Ingredients

- 3/4 C. sweetened flaked coconut
- 3/4 C. crushed gingersnap cookies
- 3 tbsp melted butter
- 2 (8 oz.) packages cream cheese, softened
- 1 (10 oz.) can sweetened condensed milk
- 2 eggs
- 1 tbsp lime zest
- 2 tbsp lime juice
- 1 tbsp coconut extract
- 2 C. cubed fresh mango
- 1 tsp white sugar

## Directions

1. Set your oven to 325 degrees F before doing anything else and lightly, grease a 9 - inch spring form pan.
2. Transfer the mixture into the bottom and slightly up the sides of the prepared pan.
3. Cook everything in the oven for about 10 minutes.
4. Remove everything from the oven and keep aside to cool.
5. Now, set your oven to 300 degrees F.
6. In a bowl, add the softened cream cheese and beat till smooth.
7. With beater set to medium - low, slowly add the condensed milk into the bowl, mixing till well combined.
8. Add the eggs, one at a time, beating continuously till well combined.
9. Transfer about half of the cream cheese mixture into another bowl.
10. Add the lime juice and lime zest into the portion in another bowl and place the mixture over the crust evenly.
11. Stir the coconut extract in the remaining cream cheese mixture and place over the lime-flavored batter cream cheese mixture evenly.
12. Cook everything in the oven for about 45 minutes.

13. Turn the heat of the oven off, but keep the cheesecake inside with oven door slightly open till the oven cools completely.
14. Refrigerate the cheesecake till chilled completely.
15. For mango coulis in a blender, add the mango and sugar and pulse till smooth.
16. Drizzle over cheesecake just before serving.



# Flavorful Chicken & Rice



Prep Time: 15 mins



Total Time: 45 mins

Servings per Recipe: 4

Calories 379 kcal

Fat 3 g

Carbohydrates 53.8g

Protein 27.1 g

Cholesterol 61 mg

Sodium 347 mg

## Ingredients

- 1 tsp curry powder
- 1/2 tsp salt
- 1/4 tsp black pepper
- 4 skinless, boneless chicken breast halves
- 1 C. chicken broth
- 1/2 C. water
- 1/2 C. white wine
- 1 C. long-grain white rice
- 1 tbsp brown sugar
- 1 tbsp dried parsley
- 1 C. diced mango

## Directions

1. In a bowl, mix together the curry powder, 1/4 tsp of the salt and black pepper.
2. Add the chicken pieces and coat with the mixture generously.
3. In a nonstick skillet, mix together the rice, wine, broth and water.
4. Stir in the remaining 1/4 tsp of the salt and all the ingredients and place the chicken pieces on the top, then bring to a boil.
5. Reduce the heat to low and simmer, covered for about 20 - 25 minutes.
6. Remove everything from the heat and keep aside covered for about 5 minutes before serving.



# MANGO PUDDING

## American Style



Prep Time: 15 mins



Total Time: 1 hr

Servings per Recipe: 8

Calories 194 kcal

Fat 6.7 g

Carbohydrates 27.9g

Protein 6.1 g

Cholesterol 82 mg

Sodium 201 mg

### Ingredients

6 slices white bread, torn into small pieces  
2 mangos - peeled, seeded and diced  
1/4 C. white sugar  
3 eggs, lightly beaten

2 C. milk  
1 1/2 tsp vanilla extract  
1 1/2 tsp ground cardamom  
2 tbsp butter

### Directions

1. Set your oven to 350 degrees F before doing anything else and grease an 11x9-inch baking dish.
2. In a bowl, add the mango and bread pieces and toss to coat and transfer into the prepared baking dish.
3. In a bowl, add the milk, eggs, sugar, cardamom and vanilla and beat till well combined.
4. Place the egg mixture over the mango mixture and cook everything in the oven for about 45-50 minutes.

# Magnificent Cheese Balls



Prep Time: 15 mins



Total Time: 3 hrs 15 mins

Servings per Recipe: 6

Calories 465 kcal

Fat 28.5 g

Cholesterol 47.9 g

Sodium 9.6 g

Carbohydrates 71 mg

Protein 854 mg

## Ingredients

11 oz. cream cheese, at room temperature  
1 C. golden raisins  
1 (2.1 oz.) package cooked turkey bacon,  
diced

1 bunch green onions, chopped  
3 tbsp sour cream  
1 (9 oz.) jar mango chutney

## Directions

1. In a bowl, add the cream cheese, sour cream, bacon, raisins and green onions and mix till well combined.
2. Make a ball from the mixture and cover with a plastic wrap.
3. Refrigerate for at least 3 hours or overnight before serving.
4. Place the cheese ball on a serving platter and top with the mango chutney.
5. Serve alongside the crackers for dipping.

# 5-INGREDIENT Mango Salmon



Prep Time: 15 mins



Total Time: 45 mins

Servings per Recipe: 4

Calories 438 kcal

Fat 28.2 g

Carbohydrates 17.7g

Protein 29 g

Cholesterol 98 mg

Sodium 255 mg

## Ingredients

2 tbsp olive oil

4 (4 oz.) fillets salmon

4 oz. Brie cheese, sliced

1 tsp butter

2 mangos - peeled, seeded, and diced

## Directions

1. Set your oven to 350 degrees F before doing anything else.
2. In a large oven proof skillet, heat the oil on medium - high heat and sear the salmon for about 4 minutes per side.
3. Place the cheese over the salmon fillets evenly.
4. Cover the skillet and transfer into the oven.
5. Cook everything in the oven for about 15 minutes.
6. Meanwhile in a pan, melt the butter on medium heat and cook the mangoes for about 15 minutes.
7. Serve the salmon with a topping of the cooked mango.

# Scrumptious Mango Bars



Prep Time: 15 mins



Total Time: 1 hr 30 mins

Servings per Recipe: 20

Calories 247 kcal

Fat 14.1 g

Carbohydrates 28.8g

Protein 2.4 g

Cholesterol 37 mg

Sodium 99 mg

## Ingredients

- 1 1/2 C. butter
- 1/2 C. white sugar
- 3 C. sifted all-purpose flour
- 4 C. sliced mango
- 1/4 C. white sugar
- 1/4 C. all-purpose flour
- 1 1/2 tsp ground cinnamon
- 1 pinch ground nutmeg

## Directions

1. Set your oven to 350 degrees F before doing anything else.
2. In a large bowl, add the 1/2 C. of the sugar and butter and beat till creamy.
3. Add the 3 C. of the flour and mix till well combined.
4. In the bottom of a 13x9 -inch baking dish, place half of of the flour mixture and press to smooth.
5. In another bowl, mix together the remaining ingredients and place over the flour mixture evenly.
6. Top with the remaining flour mixture and cook everything in the oven for about 1 hour.

# 4-INGREDIENT Mango Soup



Prep Time: 10 mins



Total Time: 10 mins

Servings per Recipe: 3

Calories 319 kcal

Fat 14.4 g

Cholesterol 49.2g

Sodium 4.7 g

Carbohydrates 45 mg

Protein 53 mg

## Ingredients

2 mango - peeled, seeded, and cubed

1/4 C. white sugar

1 lemon, zested and juiced

1 1/2 C. half - and - half

## Directions

1. In a blender, add all the ingredients and pulse till smooth.
2. Serve chilled.

# Mango Curry

## Indian Style



Prep Time: 25 mins



Total Time: 45 mins

Servings per Recipe: 4

Calories 323 kcal

Fat 21.6 g

Carbohydrates 19.1g

Protein 17.7 g

Cholesterol 0 mg

Sodium 175 mg

### Ingredients

- 1 tbsp sesame oil
- 5 cloves garlic, minced
- 1 tbsp minced ginger
- 1 firm mango, peeled and sliced
- 3 tbsp yellow curry powder
- 2 tbsp chopped cilantro
- 1 (14 oz.) can light coconut milk
- 1 (14 oz.) package extra firm tofu, cubed
- 1/4 tsp salt and pepper to taste

### Directions

1. In a large skillet, heat the oil on medium-high heat and sauté the ginger and garlic for about 1-2 minutes.
2. Add the mango and cook for about 1 minute.
3. Stir in the cilantro and curry powder and cook for about 1 minute.
4. Stir in the coconut milk and bring to a simmer.
5. Stir in the tofu, salt and black pepper and simmer, stirring occasionally for about 5 minutes.









# TASTIER

## Mango Drink



Prep Time: 5 mins



Total Time: 5 mins

Servings per Recipe: 4

Calories 121 kcal

Fat 1.2 g

Cholesterol 27.8g

Sodium 2.3 g

Carbohydrates 3 mg

Protein 50 mg



### Ingredients

2 (15.25 oz.) cans mango pulp, or mango slices with juice  
2 C. ice cubes  
1/2 C. plain yogurt  
1/4 C. milk

### Directions

1. In a blender, add all the ingredients and pulse till smooth.

# *Fiesta* Mango Salad

 Prep Time: 20 mins  
 Total Time: 40 mins

Servings per Recipe: 8

Calories	81 kcal
Fat	5 g
Cholesterol	9.1g
Sodium	1.8 g
Carbohydrates	0 mg
Protein	7 mg

## Ingredients

4 C. shredded cabbage	1/4 C. SLENDA(R) Granular
1/2 C. finely chopped red onion	3/4 C. white rice vinegar
1 fresh mango, cubed	
1/2 C. walnut pieces	

## Directions

1. In a bowl, mix together the cabbage, mango, onion and walnut.
2. In another small bowl, mix together the Splenda and vinegar.
3. Pour over the salad and toss to coat well.
4. Serve immediately or it can be served chilled too.

# MEXICAN Mango Drink



Prep Time: 10 mins



Total Time: 10 mins

Servings per Recipe: 2

Calories 255 kcal

Fat 3.9 g

Cholesterol 52.1g

Sodium 6.7 g

Carbohydrates 15 mg

Protein 82 mg



## Ingredients

- 1 mango - peeled, seeded and diced
- 1 1/2 C. milk
- 3 tbsp honey
- 1 C. ice cubes

## Directions

1. In a blender, add all the ingredients and pulse till smooth.
2. Serve immediately.

# Indian Spicy Mango Drink

 Prep Time: 15 mins  
 Total Time: 15 mins

Servings per Recipe: 3

Calories	228 kcal
Fat	3 g
Cholesterol	43.6g
Sodium	9.4 g
Carbohydrates	10 mg
Protein	121 mg

## Ingredients

1 large mango - peeled, seeded, and diced	1 tbsp lime juice
3 tbsp brown sugar	2 C. plain yogurt
2 tbsp chopped fresh mint	3 sprigs fresh mint for garnish
1 tsp freshly ground star anise	
1 tsp freshly ground cardamom	

## Directions

1. In a blender, add all the ingredients except the mint and pulse till smooth.
2. Transfer into the glasses and serve with a garnishing of the mint leaves.

## CITRUS

# Mango Smoothie



Prep Time: 5 mins



Total Time: 5 mins

Servings per Recipe: 4

Calories 150 kcal

Fat 0.6 g

Cholesterol 38.4g

Sodium 1.3 g

Carbohydrates 0 mg

Protein 9 mg

### Ingredients

3 C. diced mango

1 1/2 C. chopped fresh or frozen  
peaches

1/4 C. chopped orange segments

1/4 C. chopped and pitted nectarine

1/2 C. orange juice

2 C. ice

### Directions

1. In a blender, add all the ingredients and pulse till smooth.



# Tropical Fruit Punch



Prep Time: 10 mins



Total Time: 10 mins

Servings per Recipe: 8

Calories 61 kcal

Fat 0.1 g

Cholesterol 15.4g

Sodium 0.5 g

Carbohydrates 0 mg

Protein 5 mg

## Ingredients

1 C. sliced mango  
1 C. diced, peeled papaya  
1 C. orange juice  
1/4 C. lime juice

1/4 C. white sugar, or to taste  
1 tsp grated orange zest  
4 C. water

## Directions

1. In a blender, add the papaya and mango and pulse till smooth.
2. Add the remaining ingredients and pulse till well combined.
3. Serve immediately over the crushed ice.

# MANGO DRINK

## Hong Kong Style



Prep Time: 10 mins

Total Time: 50 mins

Servings per Recipe: 2

Calories 315 kcal

Fat 12.3 g

Carbohydrates 52.9g

Protein 1.7 g

Cholesterol 0 mg

Sodium 14 mg

### Ingredients

1/2 C. small pearl tapioca

1 mango - peeled, seeded and diced

14 ice cubes

1/2 C. coconut milk

### Directions

1. In a pan of boiling water, cook the tapioca pearls for about 10 minutes, stirring occasionally.
2. Cover and remove everything from the heat, then keep aside for about 30 minutes.
3. Drain well and refrigerate, covered before serving.
4. In a blender, add the mango and ice and pulse till smooth.
5. Divide the chilled tapioca pearls in 2 tall glasses and top with the mango mixture, followed by the coconut milk.

# Healthier Smoothie



Prep Time: 10 mins



Total Time: 10 mins

Servings per Recipe: 2

Calories 198 kcal

Fat 0.4 g

Cholesterol 47.5g

Sodium 4.7 g

Carbohydrates 2 mg

Protein 58 mg

## Ingredients

1 mango - peeled, seeded and cubed	1 tsp lemon juice
1 tbsp white sugar	1 C. ice cubes
2 tbsp honey	
1 C. nonfat milk	

## Directions

1. In a blender, add all the ingredients and pulse till smooth.
2. Divide the ice cubes in two serving glasses.
3. Add the mango smoothie over ice and serve.

# DELISH

## Mango Pie



Prep Time: 15 mins



Total Time: 2 hrs 20 mins

Servings per Recipe: 24

Calories 219 kcal

Fat 11.7 g

Carbohydrates 27.1g

Protein 2.5 g

Cholesterol 26 mg

Sodium 101 mg



### Ingredients

2 C. all-purpose flour, sifted	2 envelopes unflavored gelatin
1/2 C. confectioners' sugar	1 C. boiling water
3/4 C. butter	1/2 C. white sugar
1 (8 oz.) package cream cheese, softened	1/4 tsp salt
1/2 C. white sugar	1/4 C. lemon juice
1 tsp vanilla extract	5 C. diced mango
3/4 (12 oz.) container whipped topping	
1 C. cold water	

### Directions

1. Set your oven to 350 degrees F before doing anything else.
2. In a bowl, mix together the flour and confectioners' sugar.
3. With a pastry cutter, cut the butter and mix till a coarse crumb forms.
4. Transfer the mixture into a 13x9-inch baking dish and cook everything in the oven for about 20-25 minutes. Remove everything from the oven and keep aside to cool completely.
5. In a bowl, add the cream cheese, 1/2 C. of the white sugar, and vanilla extract and beat till smooth. Fold in the whipped topping and place the mixture over the crust evenly.
6. Refrigerate for about 30 minutes.
7. In a bowl, add the cold water and sprinkle with the gelatin, then stir well.
8. Place the hot water over gelatin mixture and stir till the gelatin dissolves completely.
9. Add 1/2 C. of the sugar and salt into gelatin mixture and stir till the sugar dissolves.
10. Add the lemon juice and keep aside to cool.
11. Fold in the mango and refrigerate for about 15-20 minutes.
12. Pour mango gelatin over cream cheese filling and refrigerate for about 1 hour.

# Comforting Mango Cobbler

 Prep Time: 15 mins  
 Total Time: 1 hr

Servings per Recipe: 12

Calories	384 kcal
Fat	8.5 g
Carbohydrates	76.1g
Protein	3.4 g
Cholesterol	22 mg
Sodium	277 mg

## Ingredients

Mangos:

8 mangoes - peeled, seeded, and sliced

2 C. water

1/2 C. white sugar

Batter:

2 C. white sugar

1/2 C. butter, softened

2 C. all-purpose flour

4 tsp baking powder

1/4 tsp salt

1 C. milk

1 tbsp vanilla extract

## Directions

1. Set your oven to 375 degrees F before doing anything else.
2. In a pan, mix together the mangoes, 1/2 C. of the sugar and water on medium heat and simmer for about 5-6 minutes, stirring occasionally.
3. Drain the syrup from the mangoes, reserving in a bowl.
4. In a bowl, add the butter and 2 C. of the sugar and beat till creamy.
5. In another bowl mix together the flour, baking powder and salt.
6. Slowly, add the flour mixture and milk into the butter mixture and mix well.
7. Add the vanilla extract and mix till well combined.
8. Transfer the mixture into a 13x9 -inch baking dish evenly and top with the mango slices.
9. Place about 2 C. of the reserved syrup over the mangoes evenly and cook everything in the oven for about 40 - 45 minutes.







# LUSCIOUS Fruity Dessert



Prep Time: 10 mins



Total Time: 10 mins

Servings per Recipe: 8

Calories 192 kcal

Fat 11.4 g

Cholesterol 23.6g

Sodium 1.6 g

Carbohydrates 41 mg

Protein 13 mg

## Ingredients

1 C. heavy whipping cream

1 tsp vanilla extract

2 ripe mangoes, peeled and chopped

3 bananas, thickly sliced

2 (6 oz.) containers fresh blueberries

## Directions

1. In a bowl, add the cream and vanilla extract and beat till stiff peaks form.
2. The whipped cream will form sharp peaks by lifting the beater straight up.
3. Gently. Fold in the fruit.

# Delightful Summer Salsa



Prep Time: 20 mins



Total Time: 50 mins

Servings per Recipe: 4

Calories 112 kcal

Fat 7.5 g

Cholesterol 12.6g

Sodium 1.7 g

Carbohydrates 0 mg

Protein 9 mg

## Ingredients

2 fresh peaches - peeled, pitted, and diced  
1 jalapeno pepper, seeded and minced  
1/2 red onion, minced  
1/2 red bell pepper, minced  
1/4 C. chopped fresh cilantro  
2 cloves garlic, grated  
1/2 lime, juiced

1/2 lemon, juiced  
salt and ground black pepper to taste  
1 avocado - peeled, pitted, and diced

## Directions

1. In a large bowl, add all the ingredients except the avocado and gently stir to combine.
2. Refrigerate, covered for at least 30 minutes before serving.
3. Gently, fold in the avocado and serve.

# REFRESHING Fruity Sorbet



Prep Time: 10 mins



Total Time: 30 mins

Servings per Recipe: 6

Calories 63 kcal

Fat 0 g

Cholesterol 16.3g

Sodium 0.1 g

Carbohydrates 0 mg

Protein 1 mg

## Ingredients

3 peaches, peeled and diced

1 1/2 tbsp orange juice

1/2 C. diced pineapple

1/2 C. simple syrup

## Directions

1. In a food processor add the orange juice and peaches and pulse till smooth.
2. Add the pineapple and syrup pulse till a smooth puree forms.
3. Transfer the mixture into an ice cream maker and freeze according to manufacturer's directions.

# Special Peach Treat



Prep Time: 10 mins



Total Time: 15 mins

Servings per Recipe: 2

Calories 477 kcal

Fat 31.3 g

Carbohydrates 31.2g

Protein 18.2 g

Cholesterol 45 mg

Sodium 812 mg

## Ingredients

2 (1 inch thick) slices French bread,  
toasted  
2 tbsp olive oil, divided, or as needed  
4 oz. fresh goat cheese, softened  
2 tsp fresh thyme leaves, or to taste

salt and freshly ground black pepper to taste  
6 fresh peach slices

## Directions

1. Set your oven to the broiler and arrange oven rack about 6 - inches from the heating element.
2. Line a baking sheet with the foil.
3. Drizzle the bread slices with 1 tsp of the oil from both the sides and place onto the prepared baking sheet.
4. In a bowl, mix together the goat cheese, thyme and black pepper.
5. Spread the cheese mixture over both the slices evenly and top with the peach slices evenly.
6. Drizzle with the remaining oil and cook under the broiler for about 2 minutes.

## ITALIAN

# Peach Bruschetta



Prep Time: 10 mins



Total Time: 15 mins

Servings per Recipe: 12

Calories 105 kcal

Fat 3.7 g

Carbohydrates 12.7g

Protein 3.8 g

Cholesterol 10 mg

Sodium 300 mg

### Ingredients

1 tsp herbes de Provence

1 tsp sea salt

12 slices Italian bread, toasted

6 oz. Burrata cheese

1 large fresh freestone peach, cut into 12 slices

2 tbsp turbinado sugar

### Directions

1. In a small bowl, mix together the herbes de Provence and salt and keep aside.
2. Spread the Burrata cheese over each toasted bread slice and sprinkle a pinch of the herbes de Provence mixture.
3. In a heat proof plate, arrange the peach slices in a single layer.
4. Lightly sprinkle each peach slice with the turbinado sugar.
5. Set a kitchen torch to a medium-low flame and melt the sugar by making short, even passes over the top of the sugar.
6. Continue melting for about 30 seconds.
7. Place peach slice on each piece of toast and serve.



# Refreshing Peach Salad



Prep Time: 10 mins



Total Time: 10 mins

Servings per Recipe: 6

Calories 191 kcal

Fat 17.3 g

Cholesterol 4.2g

Sodium 6.1 g

Carbohydrates 15 mg

Protein 176 mg

## Ingredients

2 tbsp olive oil  
1 tbsp rice vinegar  
1 tbsp sherry vinegar  
1 tsp mayonnaise  
salt and ground black pepper to taste  
1 small head escarole, cut into 1-inch ribbons

1 peach, sliced  
4 oz. goat cheese, crumbled  
1/2 C. toasted walnuts

## Directions

1. In a bowl, add oil, mayonnaise, both vinegars, salt and black pepper and beat till well combined.
2. In a large serving bowl, add the remaining ingredients.
3. Add the vinaigrette and toss to coat well.

# GOURMET

## Fall-Time Dessert



Prep Time: 30 mins



Total Time: 1 hr 45 mins

Servings per Recipe: 8

Calories 317 kcal

Fat 10.8 g

Carbohydrates 50.9g

Protein 2.6 g

Cholesterol 15 mg

Sodium 151 mg

### Ingredients

6 sweet potatoes, peeled and sliced 1/2 inch thick

1 (16 oz.) package frozen unsweetened peach slices, thawed

4 tbsp butter, sliced into pats

1 tbsp lemon juice

1/2 C. brown sugar

1/2 tsp ground ginger  
salt

1/4 C. coffee flavored liqueur

1/2 C. chopped pecans

### Directions

1. Set your oven to 350 degrees F before doing anything else and lightly, grease a 13x9 - inch baking dish.
2. In the bottom of the prepared baking dish, place half of the sweet potato slices, followed by the half of the peach slices.
3. Place half of the butter over peach slices in the form of dots.
4. Repeat the layers of the sweet potato and peach slices and drizzle with the lemon juice.
5. In a bowl, mix together the brown sugar, ginger and salt.
6. Spread the brown sugar mixture over the peach slices evenly.
7. Place the remaining butter on top in the form of dots and drizzle with the liqueur.
8. With foil, cover the baking dish and cook in the oven for about 1 hour.
9. Uncover the baking dish and top with the pecans.
10. Cook in the oven for about 10 - 15 minutes.

# Tasty Chicken Polynesian Style



Prep Time: 20 mins



Total Time: 1 hr 25 mins

Servings per Recipe: 6

Calories 478 kcal

Fat 26.7 g

Carbohydrates 25.8g

Protein 33.8 g

Cholesterol 97 mg

Sodium 449 mg

## Ingredients

1/2 C. all-purpose flour  
1/2 tsp salt  
1/4 tsp ground black pepper  
3 lb. bone-in chicken pieces  
1/4 C. corn oil  
1 1/2 C. water  
1 onion, chopped  
1 green bell pepper, cut into strips

1 (15 oz.) can peach halves, liquid reserved  
1 tbsp soy sauce  
3 tbsp distilled white vinegar  
1 tbsp cornstarch  
4 tomatoes, chopped  
salt and black pepper to taste

## Directions

1. In a seal able bag, mix together the flour, salt and black pepper.
2. Add the chicken and seal the bag, then shake to coat well.
3. Remove the chicken
4. In a Dutch oven, heat the corn oil on medium heat

# ASIAN STYLE

## Peach Soup



Prep Time: 25 mins



Total Time: 1 hr 30 mins

Servings per Recipe: 4

Calories 523 kcal

Fat 40.4 g

Carbohydrates 26.3g

Protein 17.5 g

Cholesterol 206 mg

Sodium 437 mg

### Ingredients


- 5 tbsp olive oil
- 2 tbsp Madras curry powder
- 1 large onion, minced
- 3 cloves garlic, minced
- 1 (15 oz.) can sliced peaches in syrup, chopped
- 1 (14.5 oz.) can chopped plum tomatoes
- 1 tsp ground ginger
- 1 C. cream
- 1 C. vegetable broth
- salt and black pepper to taste
- 2 C. lettuce, chopped
- 2 C. shelled, cooked shrimp

### Directions

1. In a large pan, heat the oil on medium heat.
2. Add the curry powder and sauté for about 1 minute.
3. Add the onion and sauté for about 8-10 minutes.
4. Stir in the peaches with the syrup, cream, tomatoes, ginger, broth, salt and black pepper and reduce the heat to low.
5. Simmer for about 45 minutes.
6. Serve hot with a topping of the shrimp and lettuce.

# Deliciously Glazed Chicken

 Prep Time: 15 mins

 Total Time: 40 mins

Servings per Recipe: 4

Calories 266 kcal

Fat 7.2 g

Carbohydrates 21.1g

Protein 27.2 g

Cholesterol 72 mg

Sodium 274 mg

## Ingredients

- 1 (15 oz.) can sliced peaches
- 4 skinless, boneless chicken breast halves
- 1 tbsp olive oil
- 1/2 C. red bell pepper, diced
- 1/2 C. chunky salsa
- 1 tbsp frozen orange juice concentrate, thawed
- salt and pepper to taste

## Directions

1. Drain the peach slices, reserving the syrup.
2. Sprinkle the chicken with the salt and black pepper evenly.
3. In a large skillet, heat the oil on medium heat and cook the chicken for about 9 - 10 minutes, flipping once in the middle way.
4. Transfer the chicken into a bowl.
5. In the same skillet, add the bell pepper on medium - low heat and sauté for about 2 minutes.
6. Stir in the salsa, orange juice and reserved peach syrup and bring to a boil, scraping the brown bits.
7. Stir in the peaches and cook till heated completely.
8. Stir in the cooked chicken and coat with the glaze evenly.
9. Serve immediately.







# CHUNKY Fruit Chutney



Prep Time: 35 mins



Total Time: 2 hrs 35 mins

Servings per Recipe: 64

Calories 18 kcal

Fat 0.1 g

Carbohydrates 4.3g

Protein 0.4 g

Cholesterol 0 mg

Sodium 113 mg

## Ingredients

15 tomatoes, peeled and chopped

5 fresh peaches - peeled, pitted and chopped

5 red apples - peeled, cored and diced

4 medium onions, diced

4 stalks celery, diced

1 1/2 C. distilled white vinegar



1 tbsp salt

1 C. pickling spice, wrapped in cheesecloth

## Directions

1. In a large pan, mix together all the ingredients and bring to a boil.
2. Reduce the heat to low and simmer for about 2 hours.
3. Transfer the mixture into the sterile jars and refrigerate store.

# Moist Peach Cake

 Prep Time: 20 mins  
 Total Time: 50 mins

Servings per Recipe: 18

Calories	282 kcal
Fat	12.4 g
Carbohydrates	40.5g
Protein	3.5 g
Cholesterol	44 mg
Sodium	312 mg

## Ingredients

- 1 (21 oz.) can LUCKY LEAF(R) Premium Peach Pie Filling
- 1 (16.25 oz.) package white cake mix
- 3 eggs
- 1/2 C. sour cream
- 1 (8 oz.) package cream cheese, softened
- 1 pkg. (4 serving size) vanilla pudding mix
- 1 (16 oz.) can crushed pineapple in juice
- 1 (8 oz.) container frozen whipped dessert topping, thawed

## Directions

1. Set your oven to 350 degrees F before doing anything else and grease a 13x9 - inch baking dish.
2. In a bowl, add the cake mix, eggs and pie filling and with a fork, mix well.
3. Gently, stir in the sour cream and transfer the mixture into the prepared baking dish.
4. Cook in the oven for about 30 minutes.
5. Remove from the oven and keep aside to cool completely.
6. Refrigerate before serving.
7. In a bowl, mix together the instant pudding, cream cheese and pineapple with the juice.
8. Gently, fold in the whipped topping.
9. Place the dollop of the cream cheese mixture just before serving.

# GREATLY-FLAVORED Muffins



Prep Time: 25 mins



Total Time: 50 mins

Servings per Recipe: 16

Calories 351 kcal

Fat 18.2 g

Carbohydrates 44.3g

Protein 3.6 g

Cholesterol 35 mg

Sodium 238 mg

## Ingredients

3 C. all-purpose flour

1 tbsp ground cinnamon

1 tsp baking soda

1 tsp salt

1 1/4 C. vegetable oil

3 eggs, lightly beaten

2 C. white sugar

2 C. peeled, pitted, and chopped peaches

## Directions

1. Set your oven to 400 degrees F before doing anything else and grease 16 cups of the muffin tins.
2. In a large bowl, mix together the flour, baking soda, cinnamon and salt.
3. In another bowl, add the sugar, eggs and oil and beat till well combined.
4. Add the egg mixture into the flour mixture and mix till well combined.
5. Gently, fold in the peaches and transfer the mixture into the prepared muffin cups.
6. Cook in the oven for about 25 minutes.

# Fantastic Peach Bread



Prep Time: 30 mins



Total Time: 1 hr 30 mins

Servings per Recipe: 20

Calories 203 kcal

Fat 10.1 g

Carbohydrates 26.6g

Protein 2.6 g

Cholesterol 31 mg

Sodium 157 mg

## Ingredients

1 1/2 C. white sugar

1/2 C. butter

2 eggs

2 1/2 C. pureed peaches

2 C. all-purpose flour

1 tsp baking soda

1 tsp baking powder

1/2 tsp ground cinnamon

1/4 tsp salt

1 tsp almond extract

1 1/4 C. chopped toasted pecans

## Directions

1. Set your oven to 325 degrees F before doing anything else and grease a 9x5-inch loaf pan.
2. In a large bowl, add the butter and sugar and beat till creamy.
3. Add the eggs, one at a time and beat till fluffy and light.
4. Stir in the peach puree.
5. Add the remaining ingredients except the pecans and mix till well combined.
6. Gently, fold in the pecans and transfer the mixture into the prepared loaf pan.
7. Cook in the oven for about 50-60 minutes.
8. Remove from the oven and keep on the wire rack for about 10 minutes before removing from the loaf pan.

# GERMAN Peach Pancakes



Prep Time: 15 mins

Total Time: 44 mins

Servings per Recipe: 6

Calories 273 kcal

Fat 9 g

Carbohydrates 42.5g

Protein 5.8 g

Cholesterol 110 mg

Sodium 287 mg

## Ingredients

1 (15.25 oz.) can Del Monte(R) Sliced Peaches in Heavy Syrup  
3 eggs  
1/3 C. sugar  
2 tbsp butter, melted  
1 tsp finely shredded lemon zest  
1/2 tsp salt  
2/3 C. all-purpose flour

2/3 C. milk  
1 tbsp butter  
1 1/2 C. fresh blueberries  
Powdered sugar  
1 tbsp finely shredded fresh basil

## Directions

1. Set your oven to 325 degrees F before doing anything else.
2. Drain the peaches, reserving about 1/4 C. of the syrup.
3. In a bowl, add the sugar, eggs, 2 tbsp of the melted butter, lemon zest and salt and beat till well combined.
4. Add the milk and flour and beat till well combined.
5. In a 10-inch oven proof skillet, melt 1 tbsp of the butter on medium heat.
6. Add the flour mixture and immediately, place the peach slices over the mixture evenly then transfer the skillet into the oven.
7. Cook in the oven for about 25-30 minutes.
8. Meanwhile for compote in a pan, add the blueberries and reserved peach syrup on medium heat and cook for about 4-5 minutes.
9. While serving, sprinkle the pancakes with the powdered sugar and basil and serve alongside the blueberry compote.



# Overnight Peach French Toast Casserole



Prep Time: 9 hrs



Total Time: 9 hrs 45 mins

Servings per Recipe: 8

Calories 362 kcal

Fat 15 g

Carbohydrates 51.3g

Protein 7.2 g

Cholesterol 147 mg

Sodium 276 mg

## Ingredients

- 1 C. packed brown sugar
- 1/2 C. butter
- 2 tbsp water
- 1 (29 oz.) can sliced peaches, drained
- 12 (3/4 inch thick) slices day-old French bread
- 5 eggs
- 1 tbsp vanilla extract
- 1 pinch ground cinnamon

## Directions

1. In a pan, mix together the butter, brown sugar and water and bring to a boil.
2. Reduce the heat to low and simmer, stirring occasionally for about 10 minutes.
3. Transfer the brown sugar mixture in the bottom of a 13x9-inch baking dish evenly.
4. Arrange the peach slices over the sugar coating in a layer and top with the bread slices.
5. In a medium bowl, add the eggs and vanilla and beat well.
6. Place the egg mixture over the bread slices evenly and top with the cinnamon.
7. Refrigerate, covered for about 8 hours or overnight.
8. Remove the dish from the refrigerator and keep aside in the room temperature for about 30 minutes.
9. Set your oven to 425 degrees F.
10. Cook in the oven for about 25-30 minutes.

# FRENCH STYLE Candy



Prep Time: 10 mins



Total Time: 8 hrs 30 mins

Servings per Recipe: 25

Calories 81 kcal

Fat 0 g

Carbohydrates 21g

Protein 0 g

Cholesterol 0 mg

Sodium 1 mg

## Ingredients

1 lb. ripe peaches - peeled, pitted and sliced

1 tbsp lime juice

2 C. white sugar, divided

3 tbsp liquid pectin

1/2 C. white sugar, for sprinkling

## Directions

1. Line an 8x8-inch baking dish with the plastic wrap.
2. In a blender, add peaches and lemon juice and pulse till smooth.
3. Transfer the peach mixture in a pan on medium heat.
4. Stir in the 1/2 C. of the sugar and bring to a boil.
5. Stir in the pectin and remaining 1/2 C. of the sugar and heat to 205 degrees F.
6. Cook for about 10 minutes, stirring continuously.
7. Remove from the heat and transfer the mixture into the prepared baking dish.
8. Shake the baking dish gently and then, tap on the counter top to remove the air bubbles.
9. Refrigerate, covered for about 8 hours.
10. Spread about 1/4 C. of the sugar over a silicon baking mat evenly.
11. Carefully, invert the peach mix over the sugar.
12. Remove the plastic wrap and spread the remaining sugar on top.
13. Cut the mix into equal sized 25 squares.

# Satisfying Peach Crumble



Prep Time: 35 mins



Total Time: 1 hr 25 mins

Servings per Recipe: 8

Calories 319 kcal

Fat 23.3 g

Carbohydrates 26.2g

Protein 4.5 g

Cholesterol 15 mg

Sodium 231 mg

## Ingredients

2 tsp coconut oil, melted  
8 fresh peaches  
1/4 C. coconut sugar  
2 tsp arrowroot powder  
1 tsp ground cinnamon  
1/2 tsp freshly grated nutmeg  
Crumble Topping:  
1 C. almond flour  
1/2 C. chopped pecans

1/2 C. unsweetened shredded coconut  
1/4 C. coconut sugar  
1 tsp sea salt  
1 tsp ground cinnamon  
1/4 C. unsalted butter, chilled and cut into small cubes

## Directions

1. Set your oven to 350 degrees F before doing anything else and lightly, grease a 13x9-inch baking dish.
2. Cut the each peach in half, keeping pit intact.
3. In a large pan, add the water and bring to a boil.
4. Remove from the heat and immediately, add the peaches for about 10 minutes.
5. Remove from the pan and keep aside to cool.
6. In a small bowl, mix together the arrowroot powder, 1/4 C. of the coconut sugar, cinnamon and nutmeg.
7. In another large bowl, mix together the almond flour, coconut, pecans, remaining coconut sugar, cinnamon and salt.
8. With your fingers, rub the cold butter till the mixture becomes crumbly.
9. Remove pit from the peach halves and peel them, then cut the flesh in the slices.
10. Place the peach slices into the prepared baking dish and sprinkle with the coconut sugar mixture. Spread the flour mixture on top evenly.
11. Cook in the oven for about 35- 40 minutes.

# DELICIOUS

## Fruity Tartlets



Prep Time: 10 mins



Total Time: 32 mins

Servings per Recipe: 18

Calories 185 kcal

Fat 10.4 g

Carbohydrates 21.5g

Protein 2.1 g

Cholesterol 0 mg

Sodium 74 mg

### Ingredients

1 (17.3 oz.) package frozen puff pastry,  
thawed

2 peaches - peeled, pitted, and thinly  
sliced

3/4 C. apricot preserves, divided

2 tsp hot water

### Directions

1. Set your oven to 425 degrees F before doing anything else and line 2 baking sheets with the parchment papers.
2. Cut each sheet of the puff pastry into 9 (3-inch) squares.
3. Place about a small amount of the apricot preserves in the middle of each square.
4. Arrange 3 slices of peach over the preserves in a fan shape, leaving a little border of pastry exposed.
5. Place a small amount of apricot preserves over the peach slices.
6. Cook in the oven, 1 baking sheet at a time for about 10 minutes.
7. For glaze in a small bowl, mix together the remaining apricot preserves and hot water.
8. Place some of the glaze over each baked tartlet and cook in the oven for about 2 minute further.
9. Repeat with the second baking sheet.

# Homemade Asian Plum Sauce



Prep Time: 5 mins



Total Time: 20 mins

Servings per Recipe: 10

Calories 102 kcal

Fat 0.1 g

Carbohydrates 25.1g

Protein 0.2 g

Cholesterol 0 mg

Sodium 11 mg

## Ingredients

3/4 (16 oz.) jar plum jam  
2 tbsp vinegar  
1 tbsp brown sugar  
1 tbsp dried minced onion  
1 tsp crushed red pepper flakes

1 clove garlic, minced  
1/2 tsp ground ginger

## Directions

1. In a pan, mix together the jam, vinegar, brown sugar, dried onion, red pepper, garlic and ginger on medium heat and bring to a boil, stirring continuously.
2. Remove from the heat.









# COUNTRYSIDE

## Plum Crisp



Prep Time: 15 mins



Total Time: 55 mins

Servings per Recipe: 6

Calories 414 kcal

Fat 16.7 g

Carbohydrates 64.7g

Protein 4.3 g

Cholesterol 72 mg

Sodium 631 mg

### Ingredients

12 plums, pitted and chopped

1 C. white sugar, divided

1 C. sifted all-purpose flour

1 1/2 tsp baking powder

1 tsp salt

1 beaten egg

1/2 C. melted butter

### Directions

1. Set your oven to 350 degrees F before doing anything else and grease an 8x8-inch baking dish.
2. In the bottom of the prepared baking dish, arrange the chopped plums and sprinkle with 1/4 C. of the sugar.
3. In a bowl, mix together 3/4 C. of the white sugar, flour, baking powder and salt.
4. Add the beaten egg and mix till combined.
5. Place the flour mixture over the plums evenly and drizzle with the melted butter.
6. Cook in the oven for about 40 minutes.

# Potato and Plum Dumplings



Prep Time: 1 hr 30 mins



Total Time: 2 hrs 15 mins

Servings per Recipe: 16

Calories 231 kcal

Fat 4 g

Carbohydrates 44.6g

Protein 5.3 g

Cholesterol 19 mg

Sodium 80 mg

## Ingredients

- 3 tbsp butter
- 1 C. dry bread crumbs
- 4 large russet potatoes, peeled
- 1 tbsp butter
- 2 C. all-purpose flour
- 1 egg
- 1 pinch salt
- 16 Italian prune plums, pitted and left whole
- 16 tsp white sugar, divided

## Directions

1. In a skillet, melt 3 tbsp of the butter on medium-low heat and stir fry the bread crumbs for about 2 minutes. Remove from the heat and keep aside.
2. In a pan of water, add the potatoes on medium heat and boil for about 20-30 minutes.
3. Drain the potatoes and keep aside to cool for several minutes.
4. Through a potato ricer, squeeze the potatoes into a bowl.
5. Add 1 tbsp of the butter into the potatoes and let it melt.
6. Add the flour and mix till well combined. Add the egg and salt and mix well.
7. Place the potato mixture onto a generously floured surface and knead for about 10 minutes.
8. Divide the dough into quarters and subdivide each quarter into fourths to make 16 portions.
9. Make a ball from each portion and roll the ball out on a floured surface to form a 3 1/2-inches circle.
10. Place a pitted plum in the center of each circle and place a tsp of sugar into each plum.
11. Roll and pinch the dough around the plum to seal.
12. In a pan, add the lightly salted water and bring to a boil on medium heat.
13. Add the dumplings into the boiling water and boil for about 5 minutes.
14. With a slotted spoon, gently remove the dumplings and roll in the toasted bread crumbs.

EASY

# Homemade Plum Cake



Prep Time: 30 mins



Total Time: 1 hr 15 mins

Servings per Recipe: 12

Calories 522 kcal

Fat 20.1 g

Carbohydrates 80.9g

Protein 6.8 g

Cholesterol 82 mg

Sodium 337 mg

## Ingredients

7 C. pitted and quartered plums

2/3 C. butter, softened

1 1/2 C. white sugar

2 eggs

3 C. sifted all-purpose flour

1 tbsp baking powder

1/2 tsp salt

2 C. milk

2 tsp vanilla extract

1 C. white sugar

1/2 C. butter, softened

1/4 C. all-purpose flour

1 tsp cinnamon

## Directions

1. Set your oven to 350 degrees F before doing anything else and grease a 13x9 -inch baking dish.
2. Arrange the plums into the bottom of the prepared baking dish.
3. In a large bowl, add 2/3 C. of the butter, 1 1/2 C. of the white sugar and mix till a smooth and creamy mixture forms.
4. Add the eggs, one at a time, beating continuously.
5. Stir in 3 C. of the flour, baking powder and salt.
6. Add the milk and vanilla extract and mix till a smooth mixture forms.
7. Place the mixture over the plums evenly.
8. In a bowl, add 1 C. of the sugar, 1/2 C. of the butter, 1/4 C. of the flour and cinnamon and mix till a crumbly topping forms.
9. Spread the topping over the mixture.
10. Cook in the oven for about 45-50 minutes or till a toothpick inserted in the center comes out clean.

# Cinnamon Clove and Plum Bread



Prep Time: 10 mins



Total Time: 1 hr 30 mins

Servings per Recipe: 12

Calories 510 kcal

Fat 26.2 g

Carbohydrates 66.7g

Protein 5.3 g

Cholesterol 46 mg

Sodium 170 mg

## Ingredients

1 C. vegetable oil  
3 eggs  
2 (6 oz.) jars plum baby food  
2 C. white sugar  
1 tsp red food coloring  
2 C. all-purpose flour  
1 tsp ground cloves  
1 tsp ground cinnamon  
1/2 tsp ground nutmeg

1/2 tsp salt  
1/2 tsp baking soda  
1 C. chopped walnuts  
1 C. confectioners' sugar  
2 1/2 tbsp lemon juice

## Directions

1. Set your oven to 350 degrees F before doing anything else and grease and flour bundt pan.
2. In a large bowl, mix together the vegetable oil, white sugar, eggs, baby food and food coloring.
3. In another bowl, mix together flour, cloves, cinnamon, nutmeg, salt, baking soda and nuts.
4. Add the egg mixture into the flour mixture and mix till well combined.
5. Transfer the mixture into the prepared bundt pan.
6. Cook in the oven for about 50-60 minutes or till a toothpick inserted in the center comes out clean.
7. Remove from the oven and cool for about 10 minutes before turning out onto wire rack to cool.
8. In a bowl, mix together the confectioner's sugar and lemon juice.
9. Brush the top of hot cake with the lemon mixture.

# GERMAN Plum Cake (Kuchen)



Prep Time: 15 mins

Total Time: 50 mins

Servings per Recipe: 12

Calories 232 kcal

Fat 5.6 g

Carbohydrates 43.5g

Protein 3.1 g

Cholesterol 31 mg

Sodium 153 mg

## Ingredients

Batter:

1/2 C. white sugar

2 tbsp margarine

2 eggs, beaten

1 C. all-purpose flour

1 tsp baking powder

1/4 tsp salt

1 tsp vanilla extract

10 Italian plums, halved and pitted

Topping:

1 C. white sugar

1/2 C. all-purpose flour

3 tbsp margarine, melted

1/2 tsp ground cinnamon

## Directions

1. Set your oven to 375 degrees F before doing anything else and grease and flour an 11x7-inch baking dish.
2. In a bowl, add 1/2 C. of the sugar and 2 tbsp of the margarine and with an electric mixer, beat till smooth and creamy.
3. Add the eggs, 1 C. of the flour, baking powder and salt and vanilla and mix till well combined.
4. Transfer the mixture into the prepared baking dish and top with the plums, skin side-down.
5. In a bowl, add 1 C. of the sugar, 1/2 C. of the flour, 3 tbsp of the margarine and cinnamon and mix till a crumbly mixture forms.
6. Place the crumbly mixture over the plums.
7. Cook in the oven for about 35 minutes.



# A Very Light Flan



Prep Time: 15 mins



Total Time: 3 hrs 50 mins

Servings per Recipe: 5

Calories 148 kcal

Fat 2.1 g

Carbohydrates 30.6g

Protein 3.4 g

Cholesterol 7 mg

Sodium 30 mg

## Ingredients

- 2 C. plums, pitted and sliced
- 1 tbsp water (optional)
- 1 (.25 oz.) package unflavored pectin
- 1/2 C. hot water
- 1/2 C. white sugar
- 2 tbsp lemon juice
- 1/2 C. evaporated milk

## Directions

1. In a pan, add the plums on medium-low heat and simmer, covered for about 5-10 minutes, stirring occasionally.
2. If the mixture becomes too thick or starts to burn, add a tbsp of water.
3. Remove from the heat and keep aside to cool.
4. In a bowl, add the pectin and 1/2 C. of the hot water and stir to dissolve.
5. Add the cooled plums, sugar and lemon juice and mix till the pectin and sugar are dissolved.
6. Refrigerate to chill for about 30 minutes.
7. In a bowl, add the evaporated milk and with an electric mixer, beat till thick.
8. Gently, add the whipped milk into the plum mixture and with electric mixer beat till fluffy and well combined.
9. Refrigerate to chill for at least 3 hours before serving.

# PLUM JELLY

## 101



Prep Time: 30 mins

Total Time: 2 hrs 50 mins

Servings per Recipe: 128

Calories 48 kcal

Fat 0 g

Carbohydrates 12.4g

Protein 0 g

Cholesterol 1 mg

Sodium 1 mg

### Ingredients

4 1/2 C. pitted, chopped plums  
1/2 C. water  
7 1/2 C. white sugar  
1/2 tsp butter (optional)

1 (1.75 oz.) package powdered fruit pectin  
8 half-pint canning jars with lids and rings

### Directions

1. In a large pan, add the plums and water and bring to a boil.
2. Reduce the heat to medium-low and simmer, covered for about 5 minutes.
3. Stir in the sugar, then add the butter to reduce the foaming.
4. Bring them to a full, rolling boil over high heat, stirring continuously.
5. Immediately, stir in the pectin and bring to a full boil.
6. Boil for about 1 minute, stirring continuously.
7. Remove from the heat and skim off and discard any foam.
8. Sterilize the jars and lids in boiling water for at least 5 minutes.
9. Place the plum jam into the hot, sterilized jars, filling the jars to within 1/8-inch of the top.
10. Run a knife around the insides of the jars to remove any air bubbles.
11. With a moist paper towel, wipe the rims of the jars to remove any food residue.
12. Top with lids and screw on rings.
13. Place a rack in the bottom of a large pan and fill halfway with the water and bring to a boil on high heat.
14. With a holder carefully, lower the jars into the pan, leave a 2-inch space between the jars.
15. Bring the water to a full boil and process, covered for about 10 minutes.
16. Remove the jars from the pan and place onto a wood surface, several inches apart to cool.
17. After cooling, press the top of each lid with a finger, ensuring that the seal is tight.
18. Store in a cool, dark area. Refrigerate opened jars for up to 3 weeks.

# How to Make Tapioca Pudding



Prep Time: 15 mins



Total Time: 50 mins

Servings per Recipe: 6

Calories 468 kcal

Fat 13 g

Carbohydrates 86.1g

Protein 5.1 g

Cholesterol 2 mg

Sodium 641 mg

## Ingredients

12 plums, pitted and halved  
1 C. white sugar  
1/2 C. water  
2 tbsp tapioca  
1/2 tsp ground cinnamon  
2 1/4 C. all-purpose baking mix

3 tbsp white sugar  
2/3 C. milk  
3 tbsp margarine, melted

## Directions

1. Set your oven to 350 degrees F before doing anything else.
2. In a 2 quart baking dish, mix together the plums, 1 C. of the sugar, water, tapioca and cinnamon.
3. Cook in the oven for about 25 minutes.
4. Now, set the oven temperature to 450 degrees F.
5. In a bowl, add the baking mix, 3 tbsp of the sugar, milk and melted margarine and mix till a biscuit dough forms.
6. With spoonfuls, place the mixture over the plum mixture.
7. Cook in the oven for about 10 minutes.
8. Remove from the oven and keep aside to cool slightly before serving.

# RUSTIC Pie



Prep Time: 30 mins



Total Time: 1 hr 30 mins

Servings per Recipe: 8

Calories 685 kcal

Fat 24.9 g

Carbohydrates 109.1g

Protein 9.5 g

Cholesterol 99 mg

Sodium 424 mg

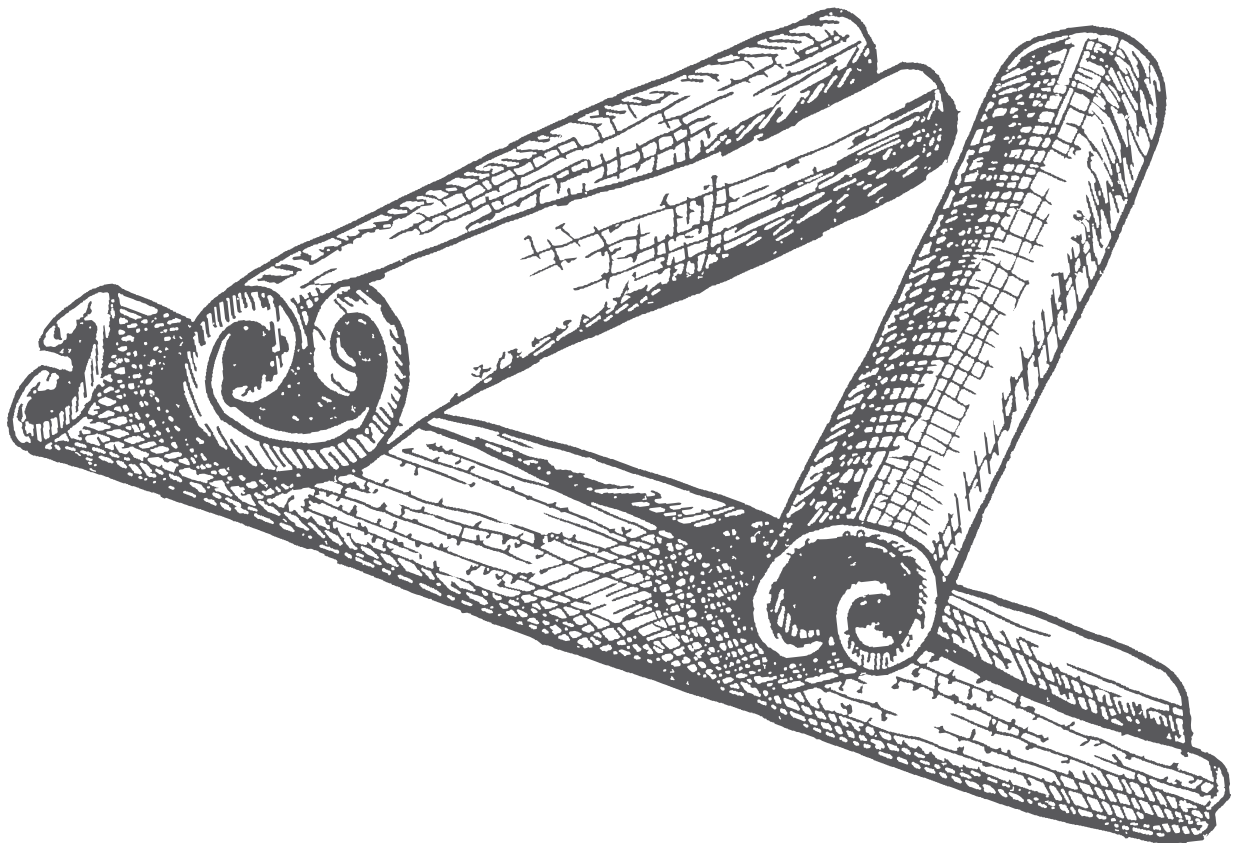
## Ingredients

3 C. all-purpose flour	1/4 tsp salt
3/4 C. white sugar	1/3 C. chopped hazelnuts
2 1/2 tsp baking powder	1 tsp lemon zest
1/8 tsp salt	3 tbsp butter
2/3 C. butter	5 C. plums, pitted and sliced
2 eggs	1 C. white sugar
1 tsp vanilla extract	1/4 C. all-purpose flour
3 tbsp milk	1 tsp ground cinnamon
1/2 tsp lemon zest	1/2 tsp ground nutmeg
1/2 C. all-purpose flour	
1/4 C. packed brown sugar	
1/2 tsp ground cinnamon	

## Directions

1. Set your oven to 375 degrees F before doing anything else.
2. For crust in a large bowl, mix together 3 C. of the flour, 3/4 C. of the white sugar, baking powder and 1/8 tsp of the salt.
3. With a pastry cutter, cut in 2/3 C. butter till pieces are the size of small peas.
4. Add the eggs, vanilla extract, milk and lemon zest and mix till just combined.
5. Refrigerate the dough till serving.
6. For streusel topping in a bowl mix together 1/2 C. of the flour, brown sugar, 1/2 tsp of the cinnamon, 1/4 tsp of the salt, chopped nuts and grated lemon zest.
7. Add the butter and with the fingers, mix till all the Ingredients are well combined.
8. For fruit filling in a large bowl, add the pitted and sliced fruit.
9. In a small bowl, mix together the remaining sugar, flour, cinnamon, and nutmeg.
10. Place the sugar mixture over the fruit and stir gently until all fruit is evenly coated.

11. Roll out pie crust and arrange in a 9-inch pie pan.
12. Trim and flute the edges.
13. Place the fruit filling over the crust and top with the streusel topping evenly.
14. Cook in the oven for about 45-55 minutes.
15. Serve warm or at room temperature.









## MOIST

# Homemade Plum Lemon Cake



Prep Time: 10 mins



Total Time: 1 hr 10 mins

Servings per Recipe: 12

Calories 164 kcal

Fat 9.1 g

Carbohydrates 18.4g

Protein 2.9 g

Cholesterol 67 mg

Sodium 93 mg

## Ingredients

3 eggs, whites and yolks separated

1/2 C. butter, softened

1/2 C. white sugar

1 tsp lemon zest

1 C. all-purpose flour

1/2 tsp baking powder

1 1/4 C. plums, pitted and sliced

## Directions

1. Set your oven to 375 degrees F before doing anything else and grease and flour a 9 - inch tube pan.
2. In a small bowl, add the egg whites and beat till stiff peaks form.
3. In a large bowl, add the butter and sugar and beat till creamy and smooth.
4. Add the egg yolks and lemon zest and beat to combine.
5. In another bowl, mix together the flour and baking powder.
6. Add the flour mixture into the butter mixture and mix to combine.
7. Gently fold in the egg whites.
8. Transfer the mixture into the prepared pan evenly and top with the plums, skin side down, attractively.
9. Cook in the oven for about 40 minutes or till a toothpick inserted in the center comes out clean.
10. Remove from the oven and cool for about 10 minutes before turning out onto wire rack to cool completely.

# Traditional French Dessert



Prep Time: 10 mins



Total Time: 1 hr 10 mins

Servings per Recipe: 8

Calories	186 kcal
Fat	3.1 g
Carbohydrates	34.9g
Protein	5.6 g
Cholesterol	73 mg
Sodium	63 mg

## Ingredients

6 tbsp white sugar, divided	2 tsp vanilla
14 Italian prune plums, halved and pitted	1 pinch salt
3 eggs	1/2 tsp ground cinnamon
1 1/3 C. milk	2 tbsp confectioners' sugar
2/3 C. all-purpose flour	
1 1/2 tsp grated lemon zest	

## Directions

1. Set your oven to 375 degrees F before doing anything else and butter a 10-inch pie plate, then sprinkle 1 tbsp of the sugar over the bottom.
2. In the bottom of the prepared pan, place the plum halves evenly, cut side down and sprinkle with 2 tbsp of the sugar.
3. In a blender, add the remaining 3 tbsp of the sugar, eggs, milk, flour, lemon zest, cinnamon, vanilla and salt and pulse till smooth.
4. Place the pureed mixture over the plum evenly.
5. Cook in the oven for about 50-60 minute.
6. Remove from the oven and keep aside for about 5 minutes before slicing.
7. Dust with the confectioner's sugar before serving.

# JALAPENO Plum Chipotle Sauce



Prep Time: 1 hr

Total Time: 4 hrs 40 mins

Servings per Recipe: 128

Calories 50 kcal

Fat 0.1 g

Carbohydrates 12.5g

Protein 0.2 g

Cholesterol 0 mg

Sodium 179 mg

## Ingredients

5 quarts very ripe plums, pitted  
4 cloves garlic, pressed  
1 onion, finely chopped  
6 C. white sugar  
2 tbsp Southwest chipotle seasoning  
1 tbsp roasted garlic seasoning  
1 jalapeno pepper, finely chopped  
(remove seeds for milder flavor if desired)

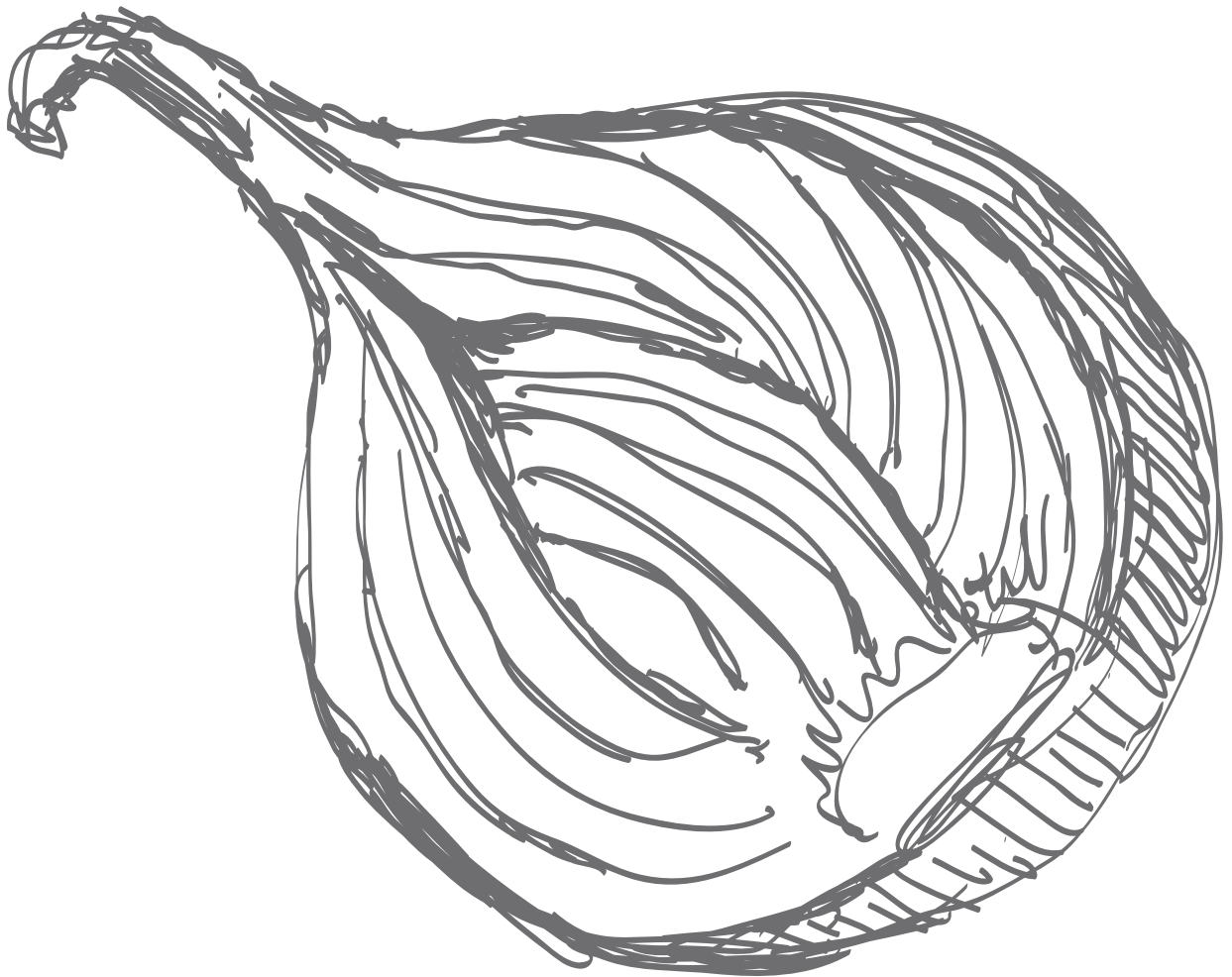
1/2 C. apple cider vinegar  
7 tsp salt  
1 tsp liquid smoke flavoring (optional)  
8 half - pint canning jars with lids and rings

## Directions

1. Arrange a colander over a large bowl.
2. Place the plums in the colander and with gloved hands, squeeze the plums in the colander, forcing the juice through the holes of the colander.
3. Discard the spent pulp, and repeat to produce 8 C. of the plum juice.
4. In a small pan, add 3/4 C. of the plum juice, garlic and onion on medium heat and bring to a boil.
5. Reduce the heat to medium - low and simmer for about 5 minutes.
6. In a large pan, add the juice-onion mixture with the remaining 7 1/2 C. of plum juice, sugar, apple cider vinegar, Southwest chipotle seasoning, roasted garlic seasoning, jalapeño pepper, salt and liquid smoke flavoring and stir till the sugar is dissolved.
7. Bring to a boil on medium heat.
8. Reduce heat to a simmer and cook for about 1 1/2 hours, stirring occasionally.
9. Sterilize the jars and lids in boiling water for at least 5 minutes.
10. Place the sauce into the hot, sterilized jars, filling the jars to within 1/4 - inch of the top.
11. Run a knife around the insides of the jars to remove any air bubbles.



12. With a moist paper towel, wipe the rims of the jars to remove any food residue.
13. Top with the lids and screw on rings.
14. Place a rack in the bottom of a large pan and fill halfway with the water.
15. Bring to a boil on high heat.
16. With a holder carefully, lower the jars into the pan, leaving a 2-inch space between the jars.
17. Bring the water to a full boil and process, covered for about 10 minutes.
18. Remove the jars from the pan and place onto a wood surface, several inches apart to cool.
19. After cooling, press the top of each lid with a finger, ensuring that the seal is tight.
20. Store in a cool, dark area.



# PERSIAN INSPIRED

## Cardamom and Plum Jam



Prep Time: 5 hrs 30 mins



Total Time: 7 hrs 30 mins

Servings per Recipe: 100

Calories 42 kcal

Fat 0.1 g

Carbohydrates 10.7g

Protein 0.2 g

Cholesterol 1 mg

Sodium 1 mg

### Ingredients

5 lb. fresh Damask plums

1 C. water

12 whole cardamom pods

4 C. white sugar

1/4 tsp butter

### Directions

1. Rinse the plum and remove the stems.
2. In a thick-bottomed and deep pan, add the plums, water and cardamom pods and bring them to a gentle boil on medium heat.
3. Reduce the heat to low and simmer, uncovered for about 1 1/2 hours.
4. Remove from the heat and keep aside to cool.
5. Place the plums in a colander and with your hands, press the cooled plums to extract the juice in a large bowl.
6. Pick up the pit-and-fruit slurry in the colander by small handfuls and squeeze the plum pulp and skins gently into the bowl with the syrup.
7. Return the plum juice in the pan with the sugar and butter on very low heat.
8. Simmer for about 4 hours.
9. Place the hot jam into hot, sterile jars.
10. Wipe the rims clean and place sterile lids on, then tighten the screw caps.
11. Keep the jars in room temperature to cool.



# New Age Plum Cake



Prep Time: 30 mins



Total Time: 1 hr 20 mins

Servings per Recipe: 8

Calories 264 kcal

Fat 13 g

Carbohydrates 35g

Protein 3.7 g

Cholesterol 77 mg

Sodium 306 mg

## Ingredients

1/2 C. whole wheat flour  
1/2 C. all-purpose flour  
1 tsp baking powder  
1/2 tsp salt  
1/2 C. butter, softened  
3/4 C. white sugar

2 eggs  
3 plums, pitted and sliced  
1 tbsp white sugar  
1 tsp cinnamon

## Directions

1. Set your oven to 350 degrees F before doing anything else and grease an 11x7-inch baking dish.
2. In a bowl, mix together the whole wheat flour, white flour, baking powder and salt.
3. In another large bowl, add the butter and 3/4 C. of the sugar and beat till creamy.
4. Add the eggs, one at a time, beating till well combined.
5. Add the flour mixture into the egg mixture and gently, mix till just combined.
6. Transfer the mixture into the prepared baking dish and with the sliced plums.
7. Sprinkle 1 tbsp sugar and cinnamon over the plums.
8. Cook in the oven for about 50-55 minutes or till a toothpick inserted in the center comes out clean.

# AGAVE Butter



Prep Time: 15 mins



Total Time: 2 hrs

Servings per Recipe: 40

Calories 50 kcal

Fat 0.2 g

Carbohydrates 13g

Protein 0.2 g

Cholesterol 0 mg

Sodium 1 mg

## Ingredients

- |   |                           |
|---|---------------------------|
| 2 lb. plums, pitted and sliced            | 1 1/2 tsp ground cinnamon |
| 2 lb. apples - peeled, cored, and chopped | 1 tsp ground cloves       |
| 1 C. apple juice                          | 1 tsp ground nutmeg       |
| 1 C. agave nectar                         | 1 tsp ground ginger       |

## Directions

1. In a large pan, mix together the plums, apples and apple juice on medium heat and simmer, covered for about 15 minutes.
2. With a potato masher, mash the fruit.
3. Stir in the agave nectar, cinnamon, cloves, nutmeg and ginger and simmer for about 30-50 minutes, stirring occasionally.
4. Remove from heat and keep aside for at least 1 hour to cool completely.
5. Place the apple butter into jars and cover with a lid.
6. Refrigerate for up to 3 weeks or freeze for up to 6 months.

# *Fruity* Plum Rolls German Style



Prep Time: 40 mins



Total Time: 1 hr 30 mins

Servings per Recipe: 12

Calories 499 kcal

Fat 24.9 g

Carbohydrates 62.7g

Protein 8.8 g

Cholesterol 34 mg

Sodium 618 mg

## Ingredients

1 C. chopped almonds  
1 1/3 C. cream cheese  
1/2 C. milk  
1/2 C. vegetable oil  
1 pinch salt  
5/8 C. white sugar  
1 tsp ground cinnamon

4 C. all-purpose flour  
1/4 C. baking powder  
7/8 C. plum butter  
1 3/4 lb. plums, pitted and diced  
2 tbsp butter, melted

## Directions

1. Set your oven to 350 degrees F before doing anything else and grease a 10-inch spring form pan.
2. Heat a skillet on medium-high heat and toast the almonds till browned.
3. Remove from heat and keep aside to cool.
4. In a bowl, add the cream cheese, milk, oil, salt, sugar and cinnamon and beat till well combined.
5. Add the flour and baking powder and knead the mixture till smooth.
6. Place the dough onto a lightly floured surface and roll into a 20-inch square.
7. Spread the plum butter, plums, and toasted almonds over the dough and roll tightly like a jelly roll.
8. Cut the dough roll into 12 equal sized slices.
9. Place the rolls in the prepared pan in a single layer and coat the top of each roll with the butter.
10. Cook in the oven for about 40-55 minutes.

## PLUM

# Poblano Salsa



Prep Time: 15 mins



Total Time: 1 hr 15 mins

Servings per Recipe: 12

Calories 20 kcal

Fat 0.2 g

Carbohydrates 4.6g

Protein 0.6 g

Cholesterol 0 mg

Sodium 101 mg

### Ingredients

- 2 large tomatoes, diced
- 1/2 small red onion, diced
- 4 plums, pitted and diced
- 1 Poblano chili pepper, seeded and finely chopped
- 8 sprigs fresh cilantro, chopped (optional)
- 1 tsp minced garlic
- 1 tsp lime juice
- 1/2 tsp salt
- 1/4 tsp freshly ground black pepper
- 1/4 tsp chili powder

### Directions

1. In a large bowl, mix together the tomatoes, onion, plums, Poblano chili pepper, cilantro, garlic, lime juice, salt, black pepper and chili powder.
2. With a plastic wrap, cover the bowl and refrigerate for at least 1 hour.

# Plum No Sugar Butter



Prep Time: 10 mins



Total Time: 2 hrs 25 mins

Servings per Recipe: 16

Calories 10 kcal

Fat 0 g

Carbohydrates 2.4g

Protein 0.1 g

Cholesterol 0 mg

Sodium 1 mg

## Ingredients

1 C. finely chopped, peeled peaches  
1 C. pitted, chopped plums  
1 tbsp water  
1/2 tsp ground cinnamon

1/2 tsp ground ginger  
1/2 C. granular no-calorie sucralose sweetener  
(such as Splenda(R))

## Directions

1. In a microwave-safe glass bowl, mix together the peaches, plums and water and microwave on high for about 15 minutes, stirring after every 3 minutes.
2. Stir in the cinnamon, ginger and sweetener.
3. Place the fruit butter into a jar and refrigerate, covered before serving.







# ASIAN INSPIRED Chicken



Prep Time: 10 mins



Total Time: 50 mins

Servings per Recipe: 4

Calories 496 kcal

Fat 21.1 g

Carbohydrates 37.6g

Protein 37.9 g

Cholesterol 120 mg

Sodium 217 mg

## Ingredients



- 1 (2.5 lb.) whole chicken, cut into pieces
- 1 1/4 tsp prepared horseradish (optional)
- salt and ground black pepper to taste
- 2/3 C. plum jam
- 1 1/2 tsp ground black pepper
- 1 1/2 tsp minced fresh ginger root

## Directions

1. Set your oven to 350 degrees F before doing anything else and grease a baking sheet.
2. Season the chicken pieces with the salt and pepper.
3. In the prepared baking sheet, place the chicken, skin-side-up.
4. Cook in the oven for about 20 minutes.
5. Meanwhile in a bowl, mix together the plum jam, 1 1/2 tsp of the pepper, ginger and horseradish.
6. Remove the chicken from the oven and coat the plum glaze.
7. Cook in the oven for about 20-30 minutes more.



# Strawberry Drinks

 Prep Time: 5 mins  
 Total Time: 5 mins

Servings per Recipe: 2

Calories	161.8
Fat	2.4g
Cholesterol	8.5mg
Sodium	32.7mg
Carbohydrates	33.4g
Protein	2.4g

## Ingredients

1 C. strawberry, sliced  
1/2 C. milk  
1/2 C. water  
1/4 C. caster sugar

1/2-2/3 tsp vanilla

## Directions

1. Slice up enough fresh strawberries to fill one cup.
2. In a food processor, add strawberries and remaining Ingredients and pulse till smooth.

# STRAWBERRY Shortcake 101



Prep Time: 20 mins

Total Time: 20 mins

Servings per Recipe: 12

Calories 296.8

Fat 11.5g

Cholesterol 20.8mg

Sodium 235.3mg

Carbohydrates 46.5g

Protein 3.7g

## Ingredients

1 quart fresh strawberries

1/2 C. sugar

8 oz. cream cheese, softened

1 (8 oz.) containers frozen whipped  
topping

1 C. powdered sugar

1 (14 oz.) angel food cake, cut into cubes

## Directions

1. Wash, stem and halve the strawberries.
2. In a bowl, add the strawberries and sugar and toss to coat well.
3. Refrigerate to chill.
4. In another bowl, add the cream cheese and powdered sugar and beat well.
5. Fold in the whipped topping and cake cubes.
6. Place the cake into an ungreased 13x9 -inch baking dish.
7. Refrigerate, covered for at least 2 hours.
8. Cut the chilled cake into squares and serve with the topping of the strawberries.

# Bread for Brunch



Prep Time: 15 mins



Total Time: 1 hr 15 mins

Servings per Recipe: 10

Calories 283.7

Fat 12.7g

Cholesterol 67.5mg

Sodium 272.6mg

Carbohydrates 39.0g

Protein 3.9g

## Ingredients

1 3/4 C. flour  
1/2 tsp baking powder  
1/4 tsp baking soda  
1/2 tsp salt  
1/4 tsp cinnamon  
1/2 C. butter, softened  
3/4 C. sugar  
1/4 C. light brown sugar

2 eggs, room temperature  
1/2 C. sour cream, room temperature  
1 tsp vanilla  
1 1/4 C. strawberries, fresh & coarsely  
chopped  
3/4 C. walnuts (optional)

## Directions

1. Set your oven to 350 degrees F before doing anything else and grease an 8x4-inch loaf pan.
2. In a large bowl, mix together the flour, baking powder, baking soda, salt and cinnamon and keep aside.
3. In small bowl, add the butter and beat till creamy.
4. Slowly, add the sugar, beating continuously till light and airy.
5. Add the brown sugar and mix well.
6. Add the eggs, one at a time, beating continuously till well combined.
7. Add the sour cream and vanilla and beat till well combined.
8. Add the flour mixture and mix till just moistened.
9. Fold in the strawberries and walnuts.
10. Transfer the mixture into the prepared loaf pan.
11. Cook in the oven for about 60-65 minutes.
12. Remove from the oven and keep onto wire rack for about 10 minutes.
13. Carefully, invert the cakes onto wire rack to cool completely.

## WEEKEND

# Breakfast Muffins



Prep Time: 10 mins



Total Time: 35 mins

Servings per Recipe: 1

Calories 242.6

Fat 9.0g

Cholesterol 52.7mg

Sodium 297.1mg

Carbohydrates 37.1g

Protein 3.7g

## Ingredients



2 C. flour	1/2-1 C. unsalted butter, melted
2 tbsp baking powder	1/2 C. milk
1/2 tsp salt	1 tsp vanilla extract
1 C. sugar	
6 tsp sugar	
1 1/2 C. chopped strawberries	
2 eggs	

## Directions

1. Set your oven to 375 degrees F before doing anything else and line the cups of muffin pans with the paper liners.
2. In a large bowl, mix together the flour, baking powder, salt and 1 C. of the sugar.
3. Add the strawberries and toss to coat well.
4. In another bowl, add the eggs, butter, milk and vanilla and beat till well combined.
5. Add the egg mixture Ingredients to the flour mixture and mix till just combined.
6. Transfer the mixture into the prepared muffin cups evenly and sprinkle with 1/2 tsp of the sugar evenly.
7. Cook in the oven for about 25 minutes or till a toothpick inserted in the center comes out clean.



# John the Juice Smoothie

 Prep Time: 5 mins  
 Total Time: 5 mins

Servings per Recipe: 1

Calories	168.4
Fat	6.1g
Cholesterol	22.7mg
Sodium	83.6mg
Carbohydrates	23.8g
Protein	5.7g

## Ingredients

1 1/2 C. milk	1 C. crushed ice
1 C. strawberry	
2 tbsp sugar	
1 tsp lemon juice	

## Directions

1. In a blender, add all the Ingredients and pulse till smooth.

# GRACE'S Strawberry Jam



Prep Time: 30 mins



Total Time: 45 mins

Servings per Recipe: 1

Calories 997.7

Fat 0.9g

Cholesterol 0.8mg

Sodium 23.8mg

Carbohydrates 256.3g

Protein 1.3g

## Ingredients

2 quarts strawberries, cut and crushed  
to yield 5 C. crushed berries

7 C. sugar



1/2 tsp butter

1 (1 3/4 oz.) boxes pectin

## Directions

1. In a bowl, place the sugar and keep aside.
2. In a large boiler, place the crushed berries.
3. Add the package of Sure-Jell and mix.
4. Add the butter and bring to a boil.
5. Add the sugar and cook, stirring continuously.
6. Again bring to a boil and boil for about 1 minute, stirring continuously.
7. Remove from the heat and with a metal spoon, skim foam from the top.
8. Immediately, transfer the mixture into the cleaned and preheated jars.
9. With clean hot cloth, clean the rims of the jars.
10. Place the heated lids on jars and tighten the rings.
11. Arrange the jars in water bath canner for about 5 minutes.
12. Remove the jars from canner and turn them upside down for about 5 minutes.
13. Return the jars to upright position and keep in room temperature to cool completely before storing.

# Northern California Lemonade

 Prep Time: 10 mins  
 Total Time: 10 mins

Servings per Recipe: 8

Calories 100.6

Fat 0.2g

Cholesterol 0.0mg

Sodium 16.2mg

Carbohydrates 25.8g

Protein 0.5g

## Ingredients

3 C. water, cold

1 quart fresh strawberries

3/4 C. sugar

3/4 C. lemon juice

2 C. club soda, cold

Lemon slice (optional)

## Directions

1. In a blender, add the water, strawberries and sugar and pulse till smooth.
2. Add the lemon juice and soda and pulse till combined.
3. Serve immediately with a garnishing of the lemon slices.

# 5-INGREDIENT Cinnamon Strawberry Crisp



Prep Time: 10 mins



Total Time: 25 mins

Servings per Recipe: 2

Calories 256.8

Fat 7.3g

Cholesterol 15.2mg

Sodium 60.3mg

Carbohydrates 46.7g

Protein 3.2g

## Ingredients

1 tbsp butter

1/2 C. uncooked oatmeal

1/4 C. packed brown sugar

1/2 tsp cinnamon

1 C. sliced strawberry

## Directions

1. Set your oven to 375 degrees F before doing anything else.
2. In a small pan, melt the butter on low heat.
3. Add the oatmeal, brown sugar and cinnamon and mix well.
4. Immediately, remove from the heat.
5. Place the strawberries in 2 oven-proof dishes evenly and top with the oatmeal mixture.
6. Cook in the oven for about 15 minutes.

# Perfect Strawberry Topping



Prep Time: 10 mins



Total Time: 20 mins

Servings per Recipe: 12

Calories 58.6

Fat 0.2g

Cholesterol 0.0mg

Sodium 13.8mg

Carbohydrates 14.7g

Protein 0.5g

## Ingredients

2 lb. ripe strawberries, hulled

1/2 C. granulated sugar

2 tsp cornstarch

1/2 lemon, juice of

1 pinch salt

## Directions

1. In a medium pan, mix together all the Ingredients on medium-low heat and cook for about 10 minutes, stirring gently.
2. Remove from heat and keep aside to cool.







# ZANZIBAR Pie



Prep Time: 10 mins



Total Time: 40 mins

Servings per Recipe: 6

Calories 343.4

Fat 10.3g

Cholesterol 98.0mg

Sodium 308.6mg

Carbohydrates 58.7g

Protein 5.4g

## Ingredients

3 eggs, beaten

2 1/2 C. rhubarb, red, 1 inch slices

1 1/4 C. sugar

1 1/2 C. strawberries, fresh, sliced

1/4 C. enriched flour

1 9" pastry crust with lattice top

1/4 tsp salt

1 tbsp butter

1/2 tsp nutmeg

Whole strawberries, as required

## Directions

1. Set your oven to 400 degrees F before doing anything else.
2. In a large bowl, add the eggs, sugar, flour, salt and nutmeg and mix well.
3. In another bowl, mix together the rhubarb and sliced strawberries.
4. Arrange the pastry crust into a 9 - inch pie dish.
5. Place the strawberry mixture over the crust evenly and top with the egg mixture evenly.
6. Place the butter on top in the form of dots.
7. Arrange the lattice crust on top, crimping the edge high.
8. Cook in the oven for about 40 minutes.
9. Fill the openings of the lattice crust with whole strawberries.
10. Serve warm.

# Lunch Box Salad



Prep Time: 3 mins



Total Time: 45 mins

Servings per Recipe: 18

Calories 345.4

Fat 15.9g

Cholesterol 34.2mg

Sodium 499.3mg

Carbohydrates 48.2g

Protein 4.4g

## Ingredients

- 2 C. crushed pretzels
- 3/4 C. butter, melted
- 3 tbsp white sugar
- 1 (8 oz.) packages cream cheese, softened
- 1 C. white sugar
- 1 (8 oz.) cartons frozen whipped topping, thawed
- 2 (3 oz.) packages strawberry gelatin
- 2 C. boiling water
- 2 (10 oz.) packages frozen strawberries

## Directions

1. Set your oven to 400 degrees F before doing anything else.
2. In a bowl, add the crushed pretzels, melted butter and 3 tbsp of the white sugar and mix till well combined.
3. In the bottom of 13x9 -inch baking dish, place the pretzel mixture and press to smooth the surface.
4. Cook in the oven for about 8-10 minutes.
5. Remove from the oven and keep aside to cool.
6. In a large bowl, add the cream cheese and white sugar and beat till creamy.
7. Fold in the whipped topping.
8. Place the cream cheese mixture over the cooled crust.
9. In a bowl of the boiling water, dissolve the gelatin.
10. Stir in the frozen strawberries and keep aside to set slightly.
11. Place the strawberry mixture over the cream cheese mixture evenly.
12. Refrigerate till set completely.

# ARTISANAL Syrup



Prep Time: 10 mins



Total Time: 15 mins

Servings per Recipe: 1

Calories 738.9

Fat 0.4g

Cholesterol 0.0mg

Sodium 3.3mg

Carbohydrates 189.9g

Protein 1.0g

## Ingredients

- 1 pint fresh strawberries
- 2 C. sugar
- 1/4 tsp lemon juice

## Directions

1. In a food processor, add the strawberries and pulse till smooth.
2. Through a wire-mesh strainer, strain the strawberry puree into a pan
3. Discard the seeds.
4. In the pan, add the sugar and juice on low heat and cook till the sugar dissolves, stirring continuously.
5. Increase the heat to medium-high and bring to a boil.
6. Reduce the heat and simmer for about 5 minutes, skimming the froth from the top.
7. Remove from the heat and keep aside to cool.

# Fruity Nachos



Prep Time: 1 hr 30 mins



Total Time: 1 hr 38 mins

Servings per Recipe: 6

Calories 284.3

Fat 14.0g

Cholesterol 22.8mg

Sodium 234.4mg

Carbohydrates 37.0g

Protein 4.5g

## Ingredients

3 C. sliced fresh strawberries	6 6 -inch flour tortillas
1/4 C. sugar	2 tbsp melted butter
1/4 C. almond flavored liqueur (such as Amaretto)	2 tsp sugar
3/4 C. sour cream	1/4 tsp cinnamon
2 tbsp sugar	2 tbsp sliced almonds, toasted
1/4 tsp cinnamon	1 tbsp shaved semisweet chocolate

## Directions

1. In a bowl, add the strawberries, 1/4 C. of the sugar and almond-flavored liqueur and mix well.
2. Refrigerate, covered for at least 1 hour.
3. In another bowl, add the sour cream, 2 tbsp of the sugar and 1/4 tsp of the cinnamon and mix till well combined.
4. Refrigerate, covered till using.
5. Set your oven to 400 degrees F.
6. With a pastry brush, lightly coat 1 side of the tortillas with the melted butter.
7. Cut each tortilla into 6 equal sized wedges.
8. Place the tortilla wedges onto 2 ungreased baking sheets in a single layer and sprinkle with 2 tsp of the sugar and 1/4 tsp of the cinnamon.
9. Cook in the oven for about 6 - 8 minutes.
10. Remove from the oven and keep aside to cool.
11. Remove the strawberries from the refrigerator and drain completely.
12. Divide the tortilla wedges into 6 dessert bowls and top with the strawberries and a little of the sour cream mixture.
13. Serve with a topping of the toasted almonds and shaved chocolate.

# MEDITERRANEAN Strawberries



Prep Time: 15 mins



Total Time: 2 hrs 15 mins

Servings per Recipe: 6

Calories 39.9

Fat 0.1g

Cholesterol 0.0mg

Sodium 1.8mg

Carbohydrates 9.6g

Protein 0.4g

## Ingredients

- 1 pint ripe strawberry
- 2 tbsp sugar
- 2 tbsp balsamic vinegar

## Directions

1. Hull the strawberries and cut into quarters lengthwise.
2. In a bowl, add the strawberries, vinegar and sugar and toss to coat well.
3. Cover the bowl and keep aside for about 1 hour.
4. Now, refrigerate to chill for about 1 hour.
5. Remove from the refrigerator and toss again before serving.



# Fiesta Strawberry



Prep Time: 45 mins



Total Time: 45 mins

Servings per Recipe: 15

Calories 343.6

Fat 13.1g

Cholesterol 16.6mg

Sodium 281.8mg

Carbohydrates 53.6g

Protein 4.6g

## Ingredients

1 angel food cake  
1 (16 oz.) containers Cool Whip  
8 oz. cream cheese  
1 C. sugar, divided  
1 tsp vanilla extract  
1 quart fresh strawberries, sliced  
3 tbsp cornstarch

1 (3 oz.) packages strawberry Jell-O gelatin  
dessert  
1 tbsp lemon juice  
1 C. water

## Directions

1. In a medium pan, add 1/2 C. of the sugar, cornstarch, Jell-O, lemon juice and water on medium heat and cook till mixture becomes thick, stirring continuously.
2. Remove from the heat and keep aside to cool slightly.
3. Add the sliced strawberries and stir to combine.
4. Torn the angel food cake into 1-inch pieces.
5. In a bowl, add the cake pieces and 2 C. of the Cool Whip and toss to coat.
6. In another bowl, add the cream cheese, 1/2 C. of the remaining sugar and vanilla and beat till smooth.
7. Stir in the remaining Cool Whip.
8. In a 13x9-inch baking dish, place the cake mixture and press to smooth the surface.
9. Place the cream cheese mixture over the cake mixture evenly and top with the cooled strawberry mixture.
10. Refrigerate for about 2-3 hours before serving.

# SPRING

## Sorbet 101



Prep Time: 20 mins



Total Time: 2 hrs 20 mins

Servings per Recipe: 6

Calories 125.0

Fat 0.2g

Cholesterol 0.0mg

Sodium 1.5mg

Carbohydrates 31.7g

Protein 0.5g

### Ingredients

1 C. water

3/4 C. sugar

1 pint fresh strawberries

1/2 C. orange juice

### Directions

1. Combine water & sugar in a pan, stir over low heat until sugar dissolves.
2. Bring to a boil & boil gently for 5 minutes without stirring.
3. Set aside to cool.
4. Wash berries.
5. Remove caps.
6. Puree fruit in a blender or food processor until almost smooth.
7. In a medium bowl, combine fruit with cooled syrup and orange juice.
8. If you have an ice cream freezer, you can put the puree mixture into that & process using the directions
9. In a pan, add the water and sugar on low heat and cook till the sugar dissolves, stirring continuously.
10. Bring to a boil and then boil for about 5 minutes without stirring.
11. Remove from the heat and keep aside to cool.
12. Wash the strawberries and hull them.
13. In a blender, add the strawberries and pulse till smooth.
14. In a bowl, mix together the strawberry puree, cooled sugar syrup and orange juice.
15. Transfer the mixture into ice cream maker and process according to manufacturers

# Strawberry Smoothie Bowl



Prep Time: 15 mins



Total Time: 15 mins

Servings per Recipe: 8

Calories 127.2

Fat 5.7g

Cholesterol 20.3mg

Sodium 20.2mg

Carbohydrates 18.4g

Protein 1.6g

## Ingredients

500 g strawberries, hulled  
2 large egg whites, at room temperature  
1/2 C. caster sugar  
1/2 C. whipping cream  
1/4-1/2 tsp vanilla

6 -8 strawberries, sliced, for garnish  
Mint leaf

## Directions

1. In a blender, add the strawberries and pulse till smooth.
2. In a bowl, add the strawberry puree, egg whites and sugar and beat till stiff and glossy.
3. In another bowl, add the cream and vanilla and beat till peaks form.
4. Gently fold the cream mixture into the strawberry mixture.
5. Transfer the mixture into a serving bowl and top with the strawberry slices and mint.
6. With a plastic wrap, cover the bowl and refrigerate before serving.

# ALTERNATIVE Jam



Prep Time: 5 mins



Total Time: 5 mins

Servings per Recipe: 1

Calories 578.4

Fat 1.0g

Cholesterol 0.0mg

Sodium 6.4mg

Carbohydrates 145.8g

Protein 2.4g

## Ingredients

2 1/2 C. coarsely chopped hulled  
strawberries

1/2 C. sugar

2 1/2 tbsp cornstarch

## Directions

1. In a heavy small pan, add all the Ingredients and bring to a boil, crushing the berries slightly with the back of spoon.
2. Now, boil for about 2 minutes, stirring continuously.
3. Transfer the mixture into a bowl and refrigerate to cool completely.

# Strawberry Cake Jello Bowl



Prep Time: 30 mins



Total Time: 30 mins

Servings per Recipe: 1

Calories 3980.5

Fat 178.4g

Cholesterol 652.1mg

Sodium 4036.6mg

Carbohydrates 558.4g

Protein 61.3g

## Ingredients

1 angel food cake	1 1/4 C. boiling water
1 (1 lb) container frozen strawberries, with juice, thawed	1 pint heavy cream, whipped
1 (6 oz.) packages strawberry Jell-O gelatin dessert	

## Directions

1. Tear the angel cake into small pieces and transfer into a bowl.
2. In 1 1/4 C. of the boiling water, dissolve the Jell-O.
3. Add the strawberries and juices and stir to combine.
4. Keep aside to cool completely.
5. After cooling, fold in the whipped cream.
6. Place the strawberry mixture over the angel cake pieces and stir to combine.
7. Transfer the mixture into a bundt pan and refrigerate till firm.
8. Carefully, invert the cake onto a serving platter and cut into desired slices.
9. Serve with a topping of the whipped cream and strawberries.









# STRAWBERRY Pavlova



Prep Time: 30 mins



Total Time: 2 hrs

Servings per Recipe: 8

Calories 308.8

Fat 22.2g

Cholesterol 81.5mg

Sodium 44.1mg

Carbohydrates 26.1g

Protein 3.0g



## Ingredients

3 egg whites  
1 pinch cream of tartar  
3/4 C. granulated sugar  
1 tsp vanilla  
2 C. whipping cream  
4 C. strawberries, sliced

## Directions

1. Set your oven to 275 degrees F before doing anything else and line a baking sheet with a piece of foil.
2. In a large bowl, add the egg whites and cream of tartar and beat till soft peaks form.
3. Add the sugar, 1 tbsp at a time and beat till glossy peaks form.
4. Add the vanilla and beat till well combined.
5. Place the meringue onto the prepared baking sheet into a 10-inch circle, pushing up the edges to form a slight ridge.
6. Cook in the oven for about 1 1/2 hours.
7. Turn off the oven but leave the meringue in the oven to dry completely.
8. Remove from the oven.
9. Carefully, remove the foil and keep aside to cool completely.
10. Arrange the meringue onto a serving platter.
11. Spread the whipped cream over the meringue and top with the strawberries.
12. Cut into the wedges and serve.

# Lancaster Strawberries

 Prep Time: 5 mins  
 Total Time: 5 mins

Servings per Recipe: 4

Calories 401.0

Fat 41.4g

Cholesterol 144.0mg

Sodium 204.9mg

Carbohydrates 4.0g

Protein 4.5g

## Ingredients

8 oz. cream cheese

1 C. whipping cream

1/2 tsp vanilla extract

Strawberry, 1 C. for each serving

Powdered sugar

Mint leaves

## Directions

1. In a bowl, add the cream cheese and beat till softened.
2. Slowly, add the cream and beat till the mixture is smooth.
3. Stir in the vanilla extract and powdered sugar.
4. Wash and hull the strawberries and transfer into another bowl.
5. Refrigerate the bowls of strawberries and cream mixture till serving.
6. Divide the strawberries into serving dishes bowls and top with the cream mixture.
7. Serve with a garnishing of the garnish mint leaves.

# KANSAS Lemonade



Prep Time: 30 mins



Total Time: 30 mins

Servings per Recipe: 6

Calories 171.4

Fat 0.1g

Cholesterol 0.0mg

Sodium 5.3mg

Carbohydrates 45.2g

Protein 0.4g

## Ingredients

1 C. lemon juice

1 C. sugar

1 1/2 C. strawberries, washed and  
hulled

2 tbsp light corn syrup

Water, to fill 2 quart pitcher

## Directions

1. In a blender, add the strawberries and corn syrup and pulse till smooth.
2. Through a fine sieve, strain the strawberry puree and discard the pulp and seeds.
3. In a 2 quart pitcher, add the strawberry puree, lemon juice and sugar and mix till the sugar is dissolved.
4. In serving glasses, place the ice.
5. Pour the lemonade over the ice and serve.



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