



"Getting kids excited about wholesome, healthy food"

Sweet Treats

Menu

Lemon Curd in Coconut Flour Tart with Blueberries

Apple Crisp

Strawberry Rhubarb Pie in a Mason Jar

Apple Pie Clafoutis

Sautéed Peaches with Shortbread and Cream

Raspberry Fool

Coconut Flour Pie Crust

Ingredients

½ cup coconut oil or butter, melted
2 eggs
¼ teaspoon sea salt
1 cup coconut flour (may need more)
1-3 tablespoons honey

Directions

Preheat oven to 400 degrees. In a medium bowl beat butter, eggs, honey and salt together with a fork. Add coconut flour. Stir until dough holds together. Gather the dough into a ball, then pat into a 9" greased pie pan. Prick the dough with a fork. Bake for 8-10 minutes or until lightly brown. Let cool.

Lemon Curd

Ingredients

1 large egg
4 large egg yolk
100 g sugar
70 ml lemon juice
25g butter, cubed

Directions

In a bowl, over a saucepan of simmering water, combine egg yolks sugar lemon juice, whisk until mixture begins to thicken, about 2-3 minutes. Slowly whisk in butter until everything is incorporated.

Apple Crisp

Ingredients

5 each apple
1/4 cup sugar
1/2 teaspoon cinnamon

For topping:

1/2 cup all-purpose flour
1/2 cup oats
1/4 cup brown sugar
1/2 teaspoon cinnamon
1/4 cup butter

Directions

Mix apples with sugar, cinnamon and a touch of salt.
Place sliced apples in 8 inch square greased baking pan.
For the topping, in a medium bowl, mix together flour, sugar, cinnamon & oats.
Mix in butter until you have coarse crumbs. Sprinkle the topping over the apples.
Preheat oven to 375°F.
Bake for 35 to 45 minutes, or until apples are tender and crumbs are golden.

Food Processor Pie Dough

Ingredients

12 tablespoons (1 1/2 sticks) very cold unsalted butter
3 cups all-purpose flour
1 teaspoon kosher salt
1 tablespoon sugar
1/3 cup very cold vegetable shortening
6 to 8 tablespoons (about 1/2 cup) ice water

Directions

Dice the butter and return it to the refrigerator while you prepare the flour mixture. Place the flour, salt, and sugar in the bowl of a food processor fitted with a steel blade and pulse a few times to mix. Add the butter and shortening. Pulse 8 to 12 times, until the butter is the size of peas. With the machine running, pour the ice water down the feed tube and pulse the machine until the dough begins to form a ball. Dump out on a floured board and roll into a ball. Wrap in plastic wrap and refrigerate for 30 minutes.

Strawberry Rhubarb Pie Filling

Ingredients

4 cups chopped red rhubarb, fresh
4 cups de-stemmed, washed and cut strawberries (in larger pieces)
2 cups sugar
3 tablespoons tapioca
1 1/2 tablespoon all-purpose flour
1/2 teaspoon lemon zest
1 teaspoon lemon juice
1 teaspoon ground cinnamon
2 teaspoons vanilla extract

Directions

Combine all ingredients in a large saucepan, and bring to a rolling boil until thickened.

Apple Pie Clafoutis

Ingredients

Batter:

3 each eggs
1 cup milk
1/2 cup unsalted butter, melted
1 teaspoon vanilla extract
2/3 cup all-purpose flour
1/2 cup sugar
1/2 teaspoon salt

Apples:

1/4 cup unsalted butter
4 each tart apples, peeled, cored, and sliced
1/2 cup sugar
3 tablespoons apple cider
1 teaspoon ground cinnamon

Directions

Preheat oven to 400°. Put milk, eggs, 6 tbsp. of the butter, vanilla, flour, sugar, and salt into a blender, blend until smooth, and set aside. Grease a 10" pie plate with remaining butter, then set in oven to heat.

Melt butter in a large skillet over medium-high heat. Add apples, ½ cup of the sugar, and brandy and cook until apples are glazed and warm, about 5 minutes.

Remove pie plate from oven and immediately pour in half the batter. Arrange warm apple slices over batter, reserving juices, then pour remaining batter over apples. Sprinkle remaining sugar and a little cinnamon over batter and bake until clafouti is golden and set in the center, 25–30 minutes. Drizzle with warmed reserved apple juices.

Sautéed Peaches

Ingredients

6 tablespoons unsalted butter
6 tablespoons sugar
12 large ripe peaches, pitted and each cut into 8 wedges

Directions

In a large skillet, melt unsalted butter over medium heat. Stir in sugar. Add peaches. Cook, stirring, until sugar has dissolved and peaches are warmed through and coated, 2 to 5 minutes. Serve immediately.

Shortbread Cookies

Ingredients

1 cup (2 sticks) unsalted butter, room temperature
1/2 cup plus 1 tablespoon sugar
2 1/2 cups all-purpose flour, plus more for work surface

Directions

Preheat oven to 300 degrees. Line two baking sheets with parchment paper; set aside. In the bowl of an electric mixer fitted with the paddle attachment, cream together butter and sugar. With the mixer on low, slowly add flour. Continue mixing until dough comes together to form a ball. Transfer dough to a lightly floured work surface; roll out dough to about 1/4-inch thickness, dusting rolling pin with flour as necessary to prevent sticking. Using a 2 1/4-inch round, fluted cutter, cut out dough. Transfer to prepared baking sheet, spacing about 1 inch apart. Gather up any scraps, gently re-roll, and repeat cutting process. Take care not to overwork dough. Transfer baking sheet to oven and bake until shortbread just begins to turn golden, about 30 minutes. Transfer cookies to a wire rack to cool. Shortbread may be stored in an airtight container for up to 3 days.

Raspberry Fool

serves 6

Ingredients

2 cups raspberries
1/2 cup sugar
1 1/2 cups heavy cream

Directions

Place the raspberries in a medium bowl and slightly mash with the back of a large spoon. Add 1/4 cup of the sugar and stir gently.

Whip the cream with the remaining sugar to stiff peaks. Gently fold in the raspberries, leaving streaks throughout the cream.
Spoon the fool into individual dessert glasses or bowls.