

Northwest Vipassana Center Dessert Recipes

All recipes are egg-free. Many are vegan.

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Sugar Plum Cake

Number of Students		24	48	72	96
Flour (cups)		3 $\frac{3}{4}$	7 $\frac{1}{2}$	11 $\frac{1}{4}$	15
Whole Wheat Flour (cups)		3 $\frac{3}{4}$	7 $\frac{1}{2}$	11 $\frac{1}{4}$	15
Salt (t)		1 $\frac{1}{4}$	2 $\frac{1}{2}$	3 $\frac{3}{4}$	5
Baking Soda (T)		$\frac{3}{4}$	1 $\frac{1}{2}$	2 $\frac{1}{4}$	3
Grated Orange Rind (T)		2 $\frac{1}{2}$	5	7 $\frac{1}{2}$	10
Ground flax (cups)		$\frac{1}{4}$ c	$\frac{1}{2}$ c	$\frac{3}{4}$ c	1
Cinnamon (T)		1	2	3	4
Ground cloves (t)		1	2	3	4
Nutmeg (t)		$\frac{1}{2}$	1	1 $\frac{1}{2}$	2
Butter (cups)		$\frac{1}{2}$	1 $\frac{1}{4}$	1 $\frac{3}{4}$	3
Brown sugar (cups)		1 $\frac{1}{4}$	2 $\frac{1}{2}$	3 $\frac{3}{4}$	5
Prunes (leftovers) (cups)		1 $\frac{3}{4}$	3 $\frac{3}{4}$	5 $\frac{1}{2}$	7 $\frac{1}{2}$
Prune juice (cups)		$\frac{1}{2}$	1 $\frac{1}{4}$	1 $\frac{3}{4}$	3
Milk (cups)		3	7	10 $\frac{1}{2}$	14
Water (cups)		$\frac{2}{3}$	1	1 $\frac{1}{2}$	2 $\frac{1}{4}$
Turbinado Sugar (cups)		$\frac{3}{4}$	1 $\frac{1}{2}$	2 $\frac{1}{4}$	3

Directions:

1. Preheat oven to 350'
2. Mix Flour(s), salt, baking soda, orange rind, ground flax, cinnamon, ground cloves, & nutmeg into a large bowl.
3. Mix butter & brown sugar together.
4. Mash the prunes up – use the leftovers from breakfast (the blender can be used – but make sure there are no pits)!!!
5. Add the prunes, prune juice, milk & water to the butter mixture.
6. Mix the wet & dry ingredients together in a large bowl.
7. Pour into well-oiled pans (**about 1" deep**).
8. Sprinkle top with plenty of sugar.
9. Bake for about 30-45 minutes – test for doneness with a knife.

Pineapple Up-Side-Down Cake

Number of Students	12	24	36	48	60	72	84
Butter – melted (T)	2	4	6	8	10	12	14
Brown Sugar (cups)	1	2	3	4	5	6	7
Crushed pineapple (cups)	2 ½	5	7 ½	10	12 ½	15	17 ½
Unbleached white flour (cups)	1 ½	3	4 ½	6	7 ½	9	10 ½
Baking Powder (T/t)	2t	4t	2T	2T, 2t	3T, 1t	4T	4T, 2t
Salt (t)	½	1	1 ½	2	2 ½	3	3 ½
Brown Sugar (cups)	¾	1 ½	2 ¼	3	3 ¾	4 ½	5 ¼
Ground flax (T/t/cups)	1T, 1t	2T, 2t	¼ c	1/3 c	1/3 c, 1T	½	½ c, 1T
Water (cups)	¾ c	1 ½	2 ¼	3	3 ¾	4 ½	5 ¼
Butter (cups)	½ c	1	1 ½	2	2 ½	3	3 ½

Directions:

1. Preheat oven to 400°
2. Mix the melted butter & brown sugar (**highlighted amounts above**) together and pour into the bottom of the baking pan(s).
3. Cover this mixture in the pan(s) with the crushed pineapple & then set aside.
4. Mix flour, baking powder, salt, brown sugar, & flax together.
5. Mix water & melted butter together in a separate bowl.
6. Combine the wet and dry ingredients – stir until smooth.
7. Pour over pineapple.
8. Bake for about 35 minutes (test for doneness with knife).
9. Let cool for 30 minutes & then place a flat platter or serving tray over the pan and flip over. Careful not to drop cake! – do this over the counter.

Chocolate Cake (or cupcakes) Non-Dairy

Number of Students	12	24	36	48	60	72	84
Flour (cup)	2 1/4	4 1/2	6 3/4	9	11 1/4	13 1/2	15 3/4
Sugar (cup)	3/4	1 1/2	2 1/4	3	3 3/4	4 1/2	5 1/4
Brown sugar (cup)	3/4	1 1/2	2 1/4	3	3 3/4	4 1/2	5 1/4
Cocoa powder (cup)	1/3	2/3	1	1 1/3	1 2/3	2	2 1/3
Baking soda (T)	1 1/2t	1T	1 1/2t	2T	2 1/2	3T	3 1/2T
Salt (tsp)	1/4t	1/2t	3/4t	1t	1 1/4t	1 1/2t	1 3/4t
Water (cup)	1 1/2	3c	3 1/2	6	7 1/2	9	10 1/2
Oil (cup)	1/3	2/3	1	1 1/3	2/3	2	2 1/3

4 cups= 1 Quart

Directions:

1. Mix dry ingredients together in a large bowl.
2. Mix wet ingredients together in a smaller bowl.
3. Pour wet into dry and mix **VERY WELL**. Use a whisk or electric beater – as if the lumps are still there – you will find chunks of unmixed flour in the baked cake.
4. Pour into well grease pan(s). Or use cupcake paper cups – but still oil the top of the cupcake pans
5. Bake at 350° for about 30 minutes for the large pans (or 18-20 minutes for cupcakes) In either case use a knife to check for doneness.

Carrot Cake or Zucchini Cake

(This cake is super-moist – and if made the day before – tastes even better).

Number of Students	20	40	60	80	100
Carrots or Zucchini (lbs)	1	2	3	4	5
Oil (cups)	1	2	3	4	5
Pineapple Juice (cups)	¼	½	¾	1	1 ¼
Pineapple - crushed (oz)	8 oz	16 oz	24 oz	32 oz	40oz
Ground Flaxseed (cups)	¼	½	¾	1	1 ¼
Flour (cups)	3	6	9	12	15
Sugar (cups)	2 ½	5	7 ½	9	11 ½
Cinnamon (T)	1	2	3	4	5
Baking Soda (T)	1	2	3	4	5
Salt (T)	½	1	1 ½	2	2 ½
Walnuts (optional) (cups)	1 ½	3	4 ½	6	7 ½

Directions:

1. Preheat oven(s) to 350'
2. Boil carrots in water until soft. **If using zucchini – do not cook it – just grate it and go on to step 4.**
3. Strain carrots and mash well.
4. Wisk oil, and strain pineapple and pineapple juice into carrot (or zucchini) mixture.
5. Mix all dry ingredients and nuts together in large bowl.
6. Add wet carrot mixture to dry ingredients – do not over stir.
7. Pour the cake batter – **no more than 1 ½ inches deep** into well-oiled pans.
8. Bake for 45 minutes. Check for doneness with a knife. **This cake may need more time to bake.**

Applesauce Cake (Non-Dairy)

Number of Students	35	50	75	100
Applesauce (cups)	7	10	15	20
Cinnamon (t)	3 ½	5	7 ½	10
Nutmeg (t)	2	3	4 ½	6
Vanilla (t)	2	3	4 ½	6
Oil (cups)	1 ¾	2 ¼	3 ½	5
Brown Sugar (cups)	1 ¾	2 ¼	3 ½	5
Whole Wheat Flour (cups)	3 ½	5	7 ½	10
White Flour (cups)	3 ½	5	7 ½	10
Raisins (optional) (cups)	1 ¾	2 ¼	3 ½	5
Baking Soda (T/t)	1T 2t	2T 1t	3T 2t	5T

Directions:

1. Mix oil, sugar, vanilla and applesauce together in bowl.
2. Add dry ingredients together in another bowl.
3. Combine wet mixture into dry mixture – do not over stir.
4. Pour batter into oiled pans (no more than 2 inches deep).
5. Bake for 45-55 minutes – check for doneness with knife.

Banana Bread

Number of Students	12	24	36	48	60	72	84	96
Butter (soft) (cups)	$\frac{1}{2}$	1	$1\frac{1}{2}$	2	$2\frac{1}{2}$	3	$3\frac{1}{2}$	4
Sugar (cups)	$\frac{2}{3}$	$1\frac{1}{3}$	2	$2\frac{2}{3}$	$3\frac{1}{3}$	4	$4\frac{2}{3}$	$5\frac{1}{3}$
Bananas (cups)	$1\frac{1}{2}$	3	$4\frac{1}{2}$	6	$7\frac{1}{2}$	9	$10\frac{1}{2}$	12
Flour (cups)	$1\frac{3}{4}$	$3\frac{1}{2}$	$5\frac{1}{4}$	7	$8\frac{3}{4}$	$10\frac{1}{2}$	$12\frac{1}{4}$	14
Baking Powder (T/t)	$2\frac{1}{4}$ t	$4\frac{1}{2}$ t	2T, 1t	3T	3T, 2t	4T	4T, 2t	6T
Salt (tsp)	$\frac{1}{2}$	1	$1\frac{1}{2}$	2	$2\frac{1}{2}$	3	$3\frac{1}{2}$	4
Soy milk (cups)	$\frac{1}{2}$	1	$1\frac{1}{2}$	2	$2\frac{1}{2}$	3	$3\frac{1}{2}$	4
Chocolate Chips (cups)	$\frac{3}{4}$	$1\frac{1}{2}$	$2\frac{1}{4}$	3	$3\frac{3}{4}$	$4\frac{1}{2}$	$5\frac{1}{4}$	6

Directions:

1. Preheat oven to 350'
2. Blend softened butter and sugar together in a bowl.
3. Add in mashed bananas & soymilk and stir until combined.
4. In a separate bowl mix flour, baking powder & salt.
5. Mix wet and dry ingredients together.
6. Add in chocolate chips.
7. Oil baking pans and pour in mixture
8. Put in oven for about 1 hour (test for doneness with a knife).

Be Happy Bars

BARS

Number of Students	25	50	75	100
Butter (cups)	$\frac{3}{4}$	$1\frac{2}{3}$	$2\frac{1}{3}$	$3\frac{1}{3}$
Honey (cups)	$\frac{3}{4}$	$1\frac{1}{2}$	$2\frac{1}{4}$	3
Rolled Oats (cups)	$4\frac{1}{2}$	9	$13\frac{1}{2}$	18
Flour (cups)	$\frac{1}{3}$	$\frac{2}{3}$	1	$1\frac{1}{3}$
Vanilla (t)	$2\frac{1}{2}$	5	$7\frac{1}{2}$	10

Directions:

1. Melt the butter and honey and add in oats, flour and vanilla.
2. Bake at 350' for 15 minutes until golden brown
3. Cool in pan
4. Below is the frosting recipe

FROSTING

Number of Students	25	50	75	100
Carob (T)	3	6	9	12
Butter (T)	5	10	15	20
Honey (cups)	$\frac{3}{4}$	$1\frac{1}{2}$	$2\frac{1}{4}$	3
Peanut Butter (cups)	1	2	3	4

Directions:

1. Bring the carob, butter and honey to a boil.
2. Add the peanut butter and mix well.
3. Spread over top of the bars
4. Cut and serve in pan.

Chocolate Chip Treasure Bars

Number of Servings	12	30	60	90
Graham Cracker Crumbs (cups)	1 ½	3 ½	7 ½	11
Flour (cups)	½	1 ¼	2 ½	3 ¾
Baking Powder (t/T)	2t	5t	3T 1t	5T
Condensed Milk (14 oz can)	1	2 ½	5	7 ½
Butter (cups)	½	1 ¼	2 ½	3 ¾
Coconut Flakes (cups)	1 1/3	3 1/3	6 2/3	10
Chocolate Chips (cups)	2	5	10	15
Walnuts - chopped (cups)	1	2 ½	5	7 ½

Directions:

1. Preheat oven to 375'
2. In a bowl mix together graham cracker crumbs, flour and baking powder.
3. In another bowl beat together sweetened condensed milk and butter until smooth.
4. Add the graham cracker crumb mixture to the butter mixture: mix well.
5. Stir in coconut, chocolate chips and walnuts (you may need to use your hands to do this).
6. Press into large baking sheets (about ½ inch thick)
7. Bake for 25-30 minutes (check that you don't over cook them and blacken the bottoms).

Bliss Balls

Number of Students	20	40	60	80	100
Tahini (cups)	2	4	6	8	10
Honey (cups)	1	2	3	4	5
Carob Powder (t/T/cups)	6T & 2t	¾ c & 1T	1 ¼ c	1 ¾ c	2c & 1T

Directions:

1. Stir together tahini & honey in a bowl.
2. Stir in Carob powder until well mixed.
3. Refrigerate for about 1 hour or more (even overnight).
4. Roll into small 1 inch balls, or smaller.
5. Roll them in Gomasio or Carob Powder.
6. Refrigerate until right up to the time before serving – otherwise they go kinda soft.

Chewy Chocolate Ginger Bread Cookies

Number of Students	24	48	72	96	120	144
Chocolate Chips (cups)	1	2	3	4	5	6
Flour (cups)	1 ½	3	4 ½	6	7 ½	9
Ginger powder (t)	1 ¼	2 ½	3 ¾	5	6 ¼	7 ½
Cinnamon (t)	1	2	3	4	5	6
Cloves (t)	¼	½	¾	1	1 ¼	1 ½
Nutmeg (t)	¼	½	¾	1	1 ¼	1 ½
Cocoa Powder (T)	1	2	3	4	5	6
Butter (cups)	½	1	1 ½	2	2 ½	3
Freshly grated ginger (T)	1	2	3	4	5	6
Brown Sugar (cups)	½	1	1 ½	2	2 ½	3
Molasses (cups)	¼	½	¾	1	1 ¼	1 ½
Baking Soda (t)	1	2	3	4	5	6
Boiling water (t)	1 ½	3	4 ½	6	7 ½	9
Turbinado sugar (cups)	¼	½	¾	1	1 ¼	1 ½

Directions:

1. Mix Flour, ginger powder, cinnamon, cloves, nutmeg, cocoa, & baking soda into a bowl.
2. In a separate bowl, mix butter & fresh ginger. Add in brown sugar, molasses & water – mix really well.
3. Mix wet and dry ingredients together.
4. Stir in Chocolate chips.
5. Wrap in suran-wrap and place in fridge over night – if there is enough time. If not a couple of hours will do.
6. Preheat oven to 325'
7. Oil cookie sheets.
8. Measure turbinado sugar out onto a plate.
9. Roll 1½ " balls out of the cookie dough and press into sugar.
 - 9a. Place them sugar side up on cookie sheets and put into oven.
 - 9b . Bake for 13-15 minutes.

Energy Balls

Number of Students	20	30	40	60	80	100
Almonds (cups)	1/3	½	2/3	1	1 1/3	1 2/3
Granola (cups)	1/3	½	2/3	1	1 1/3	1 2/3
Sunflower Seeds (cups)	1/3	½	2/3	1	1 1/3	1 2/3
Raisins (cups)	2/3	1	1 1/3	2	2 2/3	3 1/3
Tahini (cups)	2/3	1	1 1/3	2	2 2/3	3 1/3
Honey (cups)	1/3	½	2/3	1	1 1/3	1 2/3
Coconut (enough to roll balls in)						

Directions:

1. Mix all of the ingredients together in a large bowl.
2. Roll into 1 inch balls.
3. Roll balls in shredded coconut.

Refrigerate until they are ready to be served.

Coconut Raisin Cookies

Number of Students	25	50	75	100
Butter (cups)	1	2	3	4
Brown Sugar (cups)	$\frac{3}{4}$	1 $\frac{1}{2}$	2 $\frac{1}{4}$	3
White sugar (cups)	$\frac{1}{4}$	$\frac{1}{2}$	$\frac{3}{4}$	1
Vanilla (t)	1	2	3	4
Whole Wheat Flour (cups)	2	4	6	8
Baking Soda (t)	1	2	3	4
Salt (t)	$\frac{1}{2}$	1	1 $\frac{1}{2}$	2
Boiling Water (cup)	$\frac{1}{4}$	$\frac{1}{2}$	$\frac{3}{4}$	1
Oatmeal (cups)	2	4	6	8
Coconut (cups)	$\frac{3}{4}$	1 $\frac{1}{2}$	2 $\frac{1}{4}$	3
Raisins (cups)	1	2	3	4

Directions:

1. Preheat oven to 350'
2. Beat butter, sugars and vanilla until light and fluffy
3. Add flour and salt – mix well.
4. Add boiling water and baking soda together in a small bowl.
5. Add boiling water and baking soda mixture to butter & sugar mix.
6. Stir in oats, coconut and raisins.
7. Drop by spoonfuls on oiled cookie sheets.
8. Bake until slightly browned (12-14 minutes).

Metta Balls

Number of Students	30	60	90	120
Peanut Butter (cups)	2	4	6	8
Tahini (cups)	1	2	3	4
Honey (cups)	$\frac{1}{2}$	1	1 $\frac{1}{2}$	2
Choc. OR Carob powder (cups)	$\frac{1}{2}$	1	1 $\frac{1}{2}$	2
Sesame Seeds - ground (cups)	$\frac{1}{2}$	1	1 $\frac{1}{2}$	2
Cinnamon (T)	1	2	3	4
Cardamom Powder (t)	1	2	3	4
Clove Powder (t)	$\frac{1}{2}$	1	1 $\frac{1}{2}$	2
Ginger Powder (t)	1	2	3	4

Directions:

1. Mix all of the ingredients together.
2. Add extra chocolate powder/carob powder and honey alternately to achieve proper sweet taste.
3. Chill for a few hours.
4. Roll into balls.
5. Roll balls in 1-2 cups of toasted ground sesame seeds.

Banana Bran Muffins

*** This recipe makes really large muffins ***

Number of Students	12	24	36	48	60	72	84	96
WW Flour (cups)	2	4	6	8	10	12	14	16
Sugar (cups)	¼	½	¾	1	1 ¼	1 ½	1 ¾	2
Bran (cups)	3	6	9	12	15	18	21	24
Molasses (cups)	½	1	1 ½	2	2 ½	3	3 ½	4
Oil (cups)	½	1	1 ½	2	2 ½	3	3 ½	4
Baking Soda (t)	1	2	3	4	5	6	7	8
Baking Powder (T)	1	2	3	4	5	6	7	8
Raisins (cups)	1/2	1	1 ½	2	2 ½	3	3 1/2	4
Water (cups)	1	2	3	4	5	6	7	8
Yoghurt (cups)	1 ¼	2 ½	3 ¾	5	6 ¼	7 ½	8 ¾	10
Banana (ripe) (each)	3	6	9	12	15	18	21	24

Directions:

1. Preheat oven to 350'
2. In a large bowl add all of the dry ingredients together.
3. In another bowl add all of the wet ingredients and mix the wet ingredients with a whisk.
4. Mash the bananas well and add to the wet ingredients – stir.
5. Pour the wet ingredients into the dry ingredients – gently stir just enough to get it all mixed up. **DO NOT OVER MIX.**
6. Oil muffin pans well and scoop out about 1/2 cup of mixture into each muffin cup.
7. Bake for about 25-30 minutes – check with a knife for doneness.
8. Let muffins cool about 10 minutes before removing them from tray.
9. Cool muffins on rack once they have been removed from pans.

Bran Muffins (Low Fat & Non-Dairy)

Number of Students	12	24	36	48	60	72	84	96
Flour (cups)	1 ½	3	4 ½	6	7 ½	9	10 ½	12
Bran (cups)	1 ½	3	4 ½	6	7 ½	9	10 ½	12
Baking Powder (T)	1	2	3	4	5	6	7	8
Cinnamon (T)	½	1	1 ½	2	2 ½	3	3 ½	4
Brown Sugar (T)	½	1	1 ½	2	2 ½	3	3 ½	4
Applesauce (cups)	1	2	3	4	5	6	7	8
Soymilk (cups)	¾	1 ½	2 ¼	3	3 ¾	4 ½	5 ¼	6
Fruit (cups)	1 ½	3	4 ½	6	7 ½	9	10 ½	12

Directions:

1. Preheat oven
2. Mix Flour, Bran, Baking Powder & Cinnamon together in a bowl.
3. Mix Brown Sugar, Apple sauce & Soymilk together in a bowl.
4. Add the wet and dry ingredients together.
5. Stir in Fruit.
6. Oil muffin pans & pour/spoon in muffin mixture.
7. Bake for 30 minutes.

Berry Muffins

Number of Students	12	24	36	48	60	72	84	96
Flour (cups)	2	4	6	8	10	12	14	16
Sugar (cups)	$\frac{3}{4}$	1 $\frac{1}{2}$	2 $\frac{1}{4}$	3	3 $\frac{3}{4}$	4 $\frac{1}{2}$	5 $\frac{1}{4}$	6
Berries (cups)	1	2	3	4	5	6	7	8
Wheat Germ (cups)	1	2	3	4	5	6	7	8
Baking powder (T)	1	2	3	4	5	6	7	8
Baking soda (t)	1	2	3	4	5	6	7	8
Oil (cups)	$\frac{1}{2}$	1	1 $\frac{1}{2}$	2	2 $\frac{1}{2}$	3	3 $\frac{1}{2}$	4
Water (cups)	1	2	3	4	5	6	7	8
Yoghurt (cups)	1 $\frac{1}{4}$	2 $\frac{1}{2}$	3 $\frac{3}{4}$	5	6 $\frac{1}{4}$	7 $\frac{1}{2}$	8 $\frac{3}{4}$	10

Directions:

1. Preheat oven to 350'
2. In a large bowl add all of the dry ingredients together – including the berries.
3. In another bowl add all of the wet ingredients and mix the wet ingredients with a whisk.
4. Pour the wet ingredients into the dry ingredients – gently stir just enough to get it all mixed up. **DO NOT OVER MIX.**
5. Oil muffin pans well and scoop out about $\frac{1}{4}$ - $\frac{1}{2}$ cup of mixture into each muffin cup.
6. Bake for about 30 minutes – check with a knife for doneness.
7. Let muffins cool about 10 minutes before removing them from tray.
8. Cool muffins on rack once they have been removed from pans.

Glory Muffins

Number of Students	24	48	72	96	120
Oil (cups)	1	2	3	4	5
Sugar (cups)	1 $\frac{1}{2}$	3	4 $\frac{1}{2}$	6	7 $\frac{1}{2}$
Vanilla (T)	1 $\frac{1}{3}$	2 $\frac{2}{3}$	4	5 $\frac{1}{3}$	6 $\frac{2}{3}$
Raisins (cups)	1 $\frac{1}{4}$	2 $\frac{1}{2}$	3 $\frac{3}{4}$	5	6 $\frac{1}{4}$
Carrots (grated) (cups)	3 $\frac{1}{2}$	7	10 $\frac{1}{2}$	14	17 $\frac{1}{2}$
Apples (grated) (cups)	3	6	9	12	15
Flour (cups)	4 $\frac{1}{2}$	9	13 $\frac{1}{2}$	18	22 $\frac{1}{2}$
Cinnamon (tsp)	4	8	12	16	20
Allspice (T)	1	2	3	4	5
Nutmeg (tsp)	2	4	6	8	10
Cardamom powder (tsp)	2	4	6	8	10
Baking powder (T)	1	2	3	4	5

Directions:

1. Preheat Oven to 375'
2. Mix the oil, carrots and apples into one bowl.
3. Measure out all the dry ingredients into a large bowl and stir.
4. Add the wet ingredients to the dry – do not over mix.
5. Pour muffin batter into well oiled muffin pans
6. Bake for 20-25 minutes (check for doneness before removing them from the oven).

Butterscotch Pudding

****Needs to be tested for serving sizes****

Number of Students		8?
Milk	(cups)	3 1/2
Butter	(T)	6
Brown Sugar	(cups)	1 1/2
Arrowroot Powder	(cups)	4-Jan
Salt	(t)	4-Mar
Vanilla	(T)	2-Jan

*** Cornstarch can be substituted for arrowroot powder***

Directions:

1. In a bowl mix together arrowroot powder, salt and a small amount of the milk. Whisk well. Then add in the rest of the milk, whisking really well. **Set bowl aside.**
2. Melt butter with sugar. Allow it to heat up until boiling point and sugar dissolves in butter – and it becomes a uniform bubbly mass.
3. **SLOWLY** drizzle the milk mixture into the bubbling butter mixture on the stove – there will be a big *CHOUNG* noise and some of the sugar may harden - that is OK – the sugar will dissolve.
4. Bring the mixture to a boil on med-low heat stirring constantly – so nothing is sticking to the bottom. *Once boiling it will begin to thicken.*
5. Lower heat and stir for another 3-4 minutes.
6. Remove from heat and stir in vanilla.
7. Pour into serving dishes and cool until read to serve.

**** Good hot or cold****

Baked Apples

Number of Students		24	36	48	60	72	84
Apples	(each)	24	36	48	60	72	84
Toasted Wheat Germ	(cups)	1½	2¼	3	3¾	4½	5¼
Raisins	(cups)	1½	2¼	3	3¾	4½	5¼
Walnuts (chopped)	(cups)	1½	2¼	3	3¾	4½	5¼
Lemons	(each)	3	4½	6	7½	9	1½
Cinnamon	(t)	¾	1	1½	1¾	2¼	2½
Vanilla	(t)	1½	2¼	3	3¾	4½	5¼
Flour	(cups)	¼	½	¾	1	1¼	1½
Apple Juice	(cups)	4½	6¾	9	11 ¼	13½	15¾

Directions:

1. Preheat oven to 350'
2. Core and slice apples and place slices in a dry baking dish (the apples should fit snugly).
3. Mix wheat germ, raisins, nuts, lemon juice, cinnamon and honey in a bowl.
4. Press this mixture lightly into apple slices.
5. Mix the flour and apple juice together and pour over the apples.
6. Bake for 40 minutes or until the apples are very soft. Pans may need to be covered with tin foil after a half hour or so – if they start to get too brown.

*** For best flavor – let cool slightly before serving ***

Sujika Halva (Semolina Pudding)

Number of Servings		20	30	40	50	60
Water OR Milk	(cups)	5 ½	8 ¼	11	13 ¾	16 ½
Sugar	(cups)	3	4 ½	6	7 ½	9
Nutmeg	(t)	1	1 ½	2	2 ½	3
Raisins	(cups)	½	1/3	1	1 ¼	1 ½
Walnuts (optional)	(cups)	½	1/3	1	1 ¼	1 ½
Butter	(cups)	1 ½	2 ¼	3	3 ¾	4 ½
Semolina	(cups)	3	4 ½	6	7 ½	9

Directions:

1. Lightly toast the nuts, chop coarsely and set aside.
2. Combine water **or** milk, sugar, and nutmeg into a saucepan and boil for 1 minute.
3. Add in raisins and lower the heat and simmer.
4. Melt butter in pan over low heat.
5. Add in the semolina and stir-fry for 10-15 minutes, until semolina is golden brown and the butter begins to separate from the grains.
6. Slowly pour the liquid into the semolina with one hand and stir with the other hand. Stir briskly to break up lumps. **TAKE CARE** - the mixture will sputter as the liquid hits the hot semolina.
7. Add nuts to mixture. Cover and simmer for 2-3 minutes – or until all of the liquid has been absorbed.
8. Finally give the halva a few quick stirs to fluff it up.
9. Serve hot or at room temperature.

Apple Crumble (Vegan)

Number of Students		20	40	60	80	100
Oats	(cups)	2 ½	5	7 ½	10	12 ½
W.W. Flour	(cups)	1 ¼	2 ½	3 ¾	5	6 ¼
Brown Sugar	(cups)	1 ¼	2 ½	3 ¾	5	6 ¼
Cinnamon	(T)	1/4T	½ T	¾ T	1T	1 ¼ T
Salt	(tsp)	1/3t	¾ t	1 ¼ t	1 ½ t	1 ¾ t
Nutmeg	(tsp)	½ t	1t	1 ½ t	2t	2 ½ t
Coriander powder	(tsp)	½ t	1t	1 ½ t	2t	2 ½ t
Canola Oil	(cups)	¾	1 ½	2 ¼	3	3 ¾
Apples	(Amount varies - read below)					

Directions:

1. Fill shallow hotel pan with peeled, cored & sliced apples. **(1 Pan will provide about 25 servings)**. Fill nearly to the top.
2. Sprinkle each pan with cinnamon (amounts not listed).
3. Pour 2 cups of apple juice and ½ cup of lemon juice into each tray.
4. Mix all of the dry ingredients together in a large bowl.
5. Stir in canola oil to make the crumble.
6. Divide up the crumble and sprinkle over the apples.
7. Bake at 350' for 40 minutes – until the apples are soft. Then turn up heat to 400' and bake for another 20 minutes

Old Fashioned Bread Pudding

****NEEDS TESTING FOR QUANTITIES****

***This is a great way to use up bread ends and leftover fruit from teatime & breakfast
~ As well as leftover prunes.

Number of Students		10	20	30	40	50
Mixed Fruit	(cups)	4	8	12	16	20
Bread (cut up)	(cups)	4	8	12	16	20
Milk OR Soymilk	(cups)	2	4	6	8	10
Honey	(cups)	¼	½	¾	1	1 ½
Vanilla	(t)	1	2	3	4	5
Cinnamon	(t)	1	2	3	4	5
Nutmeg	(t)	¼	½	¾	1	1 ½
Salt	(t)	¼	½	¾	1	1 ½

Hint: Hard Fruit:

Soft Fruit: Berries, Plums, Prunes or any over-ripe fruit etc...

Directions:

1. Cut bread up into little pieces and put into a large bowl.
2. Add the cinnamon, nutmeg and salt – stir until well mixed.
3. **Hard fruit** (apples & pears etc...) should be chopped up into smallish pieces and placed into a saucepan, cook until the fruit becomes softened, then add to bowl of bread bits.
Soft fruit (berries, plums, prunes or any over-ripe fruit etc...) can be added directly to the bowl of bread bits.
4. Add all fruit to bowl of bread bits and stir.
5. Add in the milk **OR** soymilk, honey and vanilla – stir well.
6. Pour ingredients into large pans (no more than 2" thick).
7. Bake for about 45' minutes.
8. Serve hot or warm.

Fruit Kanten

Number of Students	20	40	60	80	100
Water (cups)	2 ½	5	7 ½	10	12 ½
Salt (t)	¼	½	¾	1	1 ¼
Agar Agar Flakes (T)	2 1/2	5	7 1/2	10	12 1/2
Honey (T)	1	2	3	4	5
Fruit Juice (grape, apple etc) (cups)	4	8	12	16	20
Chopped Fruit ***** (cups)	5 ½	10	15 ½	20	25 ½
Almonds (oz)	3 ¼	6 ½	9 ¾	13	16 ¼

*****Bananas do not work well – and they get soggy quickly.

Directions:

1. Sprinkle agar-agar flakes into water with salt.
2. Bring to a boil and simmer 5 minutes – stirring constantly to dissolve the flakes.
3. Arrange fruit on lightly buttered trays.
4. Add fruit juice to simmering water, stirring constantly.
5. Add in the honey and pour over fruit.
6. Sprinkle 2/3 of the almonds into the juice on the trays (save the rest for the topping).
7. Cool for at least a few hours. Cut into square serving portions.
8. Sprinkle the remaining almonds on the top of the cut squares.
9. Serve with whip cream (optional).

Whipping Cream

Number of Students	20	40	60	80	100
Whipping Cream (cups)	¾	1 ½	2 ¼	3	3 ¾

Directions:

1. Whip cream with a little honey with hand blender or whisk.
2. Serve in side bowl beside dessert.

Orange Whipped Cream (non-dairy)

**** Please test for quantities)****

Number of Students	15?
Tofu (broken up into small bits) (lbs)	1
Coconut Milk (can)	1
Vanilla (t)	1
OJ Concentrate (cup)	¼
Salt (pinch)	pinch

Directions:

1. Blend all ingredients in food processor until it resembles whipped cream. (If too thick – add water, if too thin – add more tofu).

Great as a topping for: muffins, apple crisp, pie, fruit Kanten etc...

Hot Cross Buns

Number of Students	10	20	40	60	80	100
Milk (cups)	1 ¼	2 ½	5	7 1/2	10	12 ½
Butter (T/cups)	3T	6T	¾ c	1c & 2T	1 ½ c	1 ¾ c & 2T
Salt (t/T)	1t	2t	1T & 1t	2T	2T & 2t	3T & 1t
Flour (cups)	3	6	12	18	24	29
Cinnamon (t/T)	1 ½	1T	2T	3T	¼ c	1/3c
Allspice (t/T)	¾ t	1 ½ t	1T	1 ½ T	2T	2 ½ T
Nutmeg (t/T)	¾ t	1 ½ t	1T	1 ½ T	2T	2 ½ T
Sugar (T)	3T	1/3c & 1T	¾ c	1c & 2T	1 ½ c	2c less 2T
Baking Yeast (t/T/cups)	2t	4t	2T & 2T	¼ C	1/3C & 1T	1/3C & 2T
Dried Fruit (cups)	1	2	3	4	5	6
Icing Sugar (cups)	1	2	3	4	5	6
Milk (T)	1	2	3	4	5	6

Directions:

- Mix milk, butter, salt, flour, cinnamon, allspice, nutmeg, sugar & baking yeast into a large bowl.
- Drop onto floured counter and kneed for about 15 - 20 minutes.
- Oil the inside of a clean bowl and plop dough into it, turning a few times to cover the top in oil.
- Cover with a clean cloth and put somewhere warm for about 2 hours (or until it has risen quiet a bit).
- Plop dough onto counter and kneed in dried fruit until well mixed.
- Let rest for 10 minutes.
- Divide dough into amounts needed (10 servings = 10 buns)
- Form each piece into a smooth ball, pinching at bottom to seal, place seam side down in greased baking pan.
- Flatten buns slightly and place in a warm area to rise for 30 minutes.
- Brush tops of buns with water.
- Bake at 350' for 30 minutes – or till done.
- In a small bowl mix the icing sugar & enough milk to make the icing a little runny.
- Pour over the warm buns. (yum yum)!