

the KIPPY COOKBOOK



A Collection of Recipes from
Summer 2013

Apple Pie Egg Rolls

Ingredients:

1. 2 apples (about 2 heaping cups worth)
2. 3 tbs lemon juice
3. 1/3 cup sugar
4. 4 tbs flour
5. 2 tsp ground cinnamon
6. 1/4 tsp all spice
7. 1/8 tsp salt
8. 16 egg roll wrappers
9. 1 egg lightly beaten
10. Cinnamon (to sprinkle on top)



Directions:

1. Preheat oven to 375 degrees F
2. Peel and chop up apples. Add to a medium bowl.
3. Add remaining filling ingredients to bowl and stir together until well combined.
4. Lay 1 egg roll wrapper onto a clean surface and brush edge with a 1 inch perimeter of egg wash.
5. Spread 2-3 tablespoons of the filling across one side of the prepared egg roll wrapper. You do not want to over stuff these.
6. Fold the sides over and brush with egg wash.
7. Carefully roll filling tightly in the wrapper and press gently to seal.
8. Brush with melted butter and cinnamon.
9. Place onto a baking sheet lined with parchment and coat with a thin layer of cooking spray.
10. Bake egg rolls for 20 to 25 minutes or until golden brown and crisp.

60 Second Chocolate Chip Muffin

Ingredients:

1. 1 tsp melted and cooled coconut oil
2. 2 tbs mashed ripe banana (Or applesauce)
3. 1 tbs beaten egg
4. 1/2 tsp vanilla
5. 2 1/2 tbs whole wheat pastry flour
6. 1/4 tsp baking soda
7. dash of salt
8. 2-3 tbs chocolate chips

Directions:

1. In a small/medium ramekin add oil.
2. Then add in banana, egg, and vanilla and stir together until combined.
3. Next add in the dry ingredients.
4. Mix together until combined, then stir in chocolate chips.
5. Microwave for 60 seconds.



Banana Oatmeal Chocolate Chip Muffins

Ingredients

1. 1 ½ cups all purpose-flour
2. 1 cup quick rolled oats
3. ½ cup white sugar
4. ½ cup brown sugar, packed
5. 2 tsp baking powder
6. 1 tsp baking soda
7. ¼ tsp salt
8. 2 eggs
9. 2 tbs milk
10. ½ cup applesauce
11. 2 tsp vanilla
12. 2 large, ripened bananas
13. 1 cup chocolate chips



Directions

1. Preheat oven to 375 degrees Fahrenheit.
2. Line muffin tin with liners.
3. Combine flour, oats, baking powder, baking soda, and salt.
4. In a large bowl, beat the eggs and sugars lightly. Add the milk, butter, vanilla, and the mashed bananas. Combine thoroughly, but do not over mix.
5. Stir in dry ingredients.
6. Stir in chocolate chips.
7. Spoon into prepared muffin tin. Sprinkle a few oats on top of each muffin as a garnish.
8. Bake for 17 minutes, or until golden a fork comes out clean.

Glazed Donut Muffins

Ingredients:

Batter:

1. 1/4 cup butter
2. 1/4 cup vegetable oil
3. 1/2 cup granulated sugar
4. 1/3 cup brown sugar
5. 2 large eggs
6. 1 1/2 tsp baking powder
7. 1/4 tsp baking soda
8. 3/4 tsp ground nutmeg
9. 1 tsp cinnamon
10. 3/4 tsp salt
11. 1 tsp vanilla extract
12. 2 2/3 cups all-purpose flour
13. 1 cup milk

Glaze:

1. 3 tbs butter; melted
2. 1 cup confectioners' sugar; sifted
3. 3/4 tsp vanilla
4. 2 tbs hot water

Directions:

1. Preheat the oven to 425°F. Line tin with muffin papers, and grease the cups with non-stick vegetable oil spray
2. In a medium-sized mixing bowl, cream together the butter, vegetable oil, and sugars till smooth
3. Add the eggs, beating to combine.
4. Stir in the baking powder, baking soda, nutmeg, cinnamon, salt, and vanilla.
5. Stir the flour into the butter mixture alternately with the milk, beginning and ending with the flour and making sure everything is thoroughly combined.
6. Spoon the batter evenly into the prepared pan, filling the cups nearly full.
7. Bake the muffins for 15 to 17 minutes
8. In a medium bowl, prepare the glaze by mixing together the melted butter, confectioners' sugar, vanilla and water. Whisk until smooth
9. When muffins have cooled slightly, dip the muffin crown into the glaze.



Sopapilla Cheesecake

Ingredients:

1. 2 cans Pillsbury butter crescent rolls
2. 2 (8oz) packages cream cheese (softened)
3. 1 cup sugar
4. 1 tsp vanilla
5. 1/4 cup butter (melted)
6. 1 tbs cinnamon
7. 1/4 c sugar



Directions:

1. Preheat oven to 350 degrees (325 for glass pan).
2. Unroll and spread one can of crescent rolls on bottom of ungreased 9x13 inch pan.
3. Make sure to smooth out seams.
4. Combine softened cream cheese, sugar, and vanilla in a bowl.
5. Spread mixture over crescent rolls.
6. Unroll and spread remaining crescent rolls over mixture, being sure to press together any seams.
7. Spread melted butter over the top and sprinkle with cinnamon and sugar.
8. Bake for 20-30 minutes.

Spinach and Cream Cheese Wontons

Ingredients:

1. Wonton Wrappers
2. 8 oz of low fat Cream Cheese
3. Frozen Spinach - 12 oz -
thawed and rinsed of excess liquid
4. Olive Oil
5. Pinch of Cayenne Pepper
6. ½ tsp of Garlic Powder
7. ½ tsp of Pepper
8. Pinch of Salt



Directions:

1. Preheat oven to 375F
2. In a bowl mix all the ingredients together except the wonton wrappers and oil
3. Place 2 teaspoons of cream cheese mixture in the middle of each wrapper and fold wrapper in half so it creates a triangle. Run your finger along the edges with a little water to secure the edges. Brush a little oil on top and place on cookie sheet lined with parchment paper
4. Bake for about 15 minutes or till wrappers brown

Makes approximately 20.

Blueberry Streusel Muffins

Ingredients:

Batter:

1. 2 cups all-purpose flour
2. 2/3 cups granulated sugar
3. 2 tsp baking powder
4. 1/2 tsp baking soda
5. pinch of salt
6. zest of 1 lemon
7. 2/3 cup buttermilk at room temperature
8. 3/4 stick of butter, unsalted
9. 2 large eggs, at room temperature
10. 1 1/2 tsp pure vanilla extract
11. 2/3 cup of fresh blueberries



Streusel:

1. 1/4 cup firmly packed brown sugar
2. 1/4 cup all-purpose flour
3. 1 tsp ground cinnamon
4. 2 tbs butter, melted

Directions:

1. Line 12 muffin cups with paper liners
2. Preheat oven to 400 degrees F
3. Whisk together first 5 ingredients
4. In a separate bowl, melt butter in microwave 25-35 seconds.
5. Whisk in buttermilk and lemon zest to melted butter.
6. Add eggs and vanilla to buttermilk mixture, whisking until combined
7. Make a well in dry ingredients and add buttermilk mixture
8. Fold dry and wet together until just combined
9. With small cookie dough scoop or teaspoon, add 1 amount to muffin liners so they are 1/4 full with batter
10. Top with 4-5 blueberries and cover with another scoop of batter
11. Combine all streusel ingredients, except butter, in separate bowl.
12. Stir well and then add butter. Sprinkle over muffin batter.
13. Bake for 18-20 minutes.

Buttermilk Biscuits

Ingredients:

1. 2 cups unbleached all-purpose flour, plus more for dusting the board
2. 1/4 tsp baking soda
3. 1 tbs baking powder
4. 1 tsp kosher salt
5. 6 tbs unsalted butter, very cold
6. 1 cup buttermilk (approx)



Directions:

1. Preheat your oven to 450°F.
2. Combine the dry ingredients in a bowl, or in the bowl of a food processor.
3. Cut the butter into chunks and cut into the flour until it resembles coarse meal.
4. Add the buttermilk and mix JUST until combined.
5. If it appears on the dry side, add a bit more buttermilk. It should be very wet.
6. Turn the dough out onto a floured board.
7. Gently, gently PAT (do NOT roll with a rolling pin) the dough out until it's about 1/2" thick. Fold the dough about 5 times, gently press the dough down to a 1 inch thick.
8. Use a round cutter to cut into rounds.
9. Place the biscuits on a cookie sheet- if you like soft sides, put them touching each other. If you like "crusty" sides, put them about 1 inch apart- these will not rise as high as the biscuits put close together.
10. Bake for about 10-12 minutes- the biscuits will be a beautiful light golden brown on top and bottom.

Chocolate Chip Cookies

Ingredients:

1. 2 cups minus 2 tablespoons cake flour
2. 1 2/3 cups (8 1/2 ounces) bread flour
3. 1 1/4 tsp baking soda
4. 1 1/2 tsp baking powder
5. 1 1/2 tsp coarse salt
6. 2 1/2 sticks (1 1/4 cups) unsalted butter
7. 1 1/4 cups (10 ounces) light brown sugar
8. 1 cup plus 2 tablespoons (8 ounces) granulated sugar
9. 2 large eggs
10. 2 tsp pure vanilla extract
11. 16 oz semi-sweet chocolate chips
12. Sea Salt



Directions:

1. Preheat oven to 350 degrees Fahrenheit and grease cookie sheet.
2. Sift flours, baking soda, baking powder and salt into a bowl. Set aside.
3. Cream butter and sugars together with mixer until very light, about 5 minutes.
4. Add eggs, one at a time, mixing well after each addition.
5. Stir in the vanilla.
6. Add dry ingredients and mix until just combined.
7. Scoop heaping table spooned sized portions of cookie dough onto baking sheet.
8. Sprinkle lightly with sea salt and bake for 12 minutes.

Glazed Lemon Cookies

Ingredients:

Dough:

1. 2 cups all-purpose flour
2. 1/2 tsp baking soda
3. 1/2 tsp salt
4. 1 tbs grated lemon zest
5. 2 tbs fresh lemon juice
6. 1/2 cup unsalted butter
7. 1 cup granulated sugar
8. 1 large egg
9. 1 tsp pure vanilla extract

Glaze:

1. 2 cups confectioners' sugar
2. 2 tbs finely grated lemon zest
3. 1/3 cup fresh lemon juice

Directions:

1. Preheat oven to 350 degrees.
2. In a medium bowl, whisk together flour, baking soda, salt, and lemon zest.
3. In a large bowl, using a mixer, beat butter and granulated sugar until light and fluffy.
4. Add egg, vanilla, and lemon juice and beat until combined.
5. With mixer on low, beat in flour mixture.
6. Drop dough by heaping tablespoons, 1 inch apart, onto two baking sheets.
7. Bake until edges are golden, 15 to 20 minutes, rotating sheets halfway through.
8. In a medium bowl, whisk together 2 cups confectioners' sugar, 2 tablespoons finely grated lemon zest, and 1/3 cup fresh lemon juice until smooth.
9. Spread cookies with glaze.



Snickerdoodle Muffins

Ingredients:

1. 2 sticks unsalted butter
2. 1 cup sugar
3. 2 tsp vanilla
4. 2 eggs
5. 3/4 tsp baking soda
6. 3/4 tsp baking powder
7. 3/4 tsp cream of tartar
8. 3/4 tsp freshly grated nutmeg
9. 1 1/4 cup sour cream
10. 2 1/4 cups all-purpose flour
11. 1/2 cup sugar and 1 tbs cinnamon mixed together for rolling



Directions:

1. Preheat oven to 350 degrees Fahrenheit.
2. Cream the butter and sugar until soft about 3 to 5 minutes. Add in the vanilla. Add in the eggs one at a time and mix until each is incorporated.
3. In a separate bowl, mix together the flour, baking soda, baking powder, cream of tartar and nutmeg.
4. Add the flour mixture and the sour cream alternately to the egg-butter mixture in the additions. Start with the flour and end with the flour. Scrape the bowl occasionally.
5. Using an ice cream scoop, scoop out muffin batter one at a time and drop into a shallow bowl filled with the cinnamon sugar mixture. Roll the muffin around in the mixture until it is covered completely in cinnamon sugar.
6. Place muffin into muffin tin. Depending on the size of your tins, you should get about 12 to 14 muffins. Bake them for approx. 20-22 minutes in a 350F oven or until they are golden brown.

Cream Cheese Squares

Ingredients:

1. 1 box yellow cake mix
2. 3 eggs
3. 8 oz cream cheese, softened
4. 1/2 cup (1 stick) butter, melted
5. 4 cups (1 lb) powdered sugar



Directions:

1. Preheat oven to 300 and spray a 9×13 dish with cooking spray.
2. Mix cake mix, melted butter and one egg to a soft dough.
3. Press into the bottom of the pan.
4. Mix powdered sugar, softened cream cheese and remaining two eggs until smooth, about 1-2 mins.
5. Pour on top of crust.
6. Bake at 300 for 40-50 minutes until top is golden brown.

Fresh Strawberry Bread

Ingredients:

1. 3 cup flour
2. 1 tsp baking soda
3. 1 tsp cinnamon
4. 1 tsp salt
5. 2 cup sugar
6. 4 eggs, beaten
7. 1/2 cup oil
8. 1 tsp vanilla
9. 2-1/2 cup strawberries, sliced
10. 1 tbs of sugar for topping



Directions:

1. Preheat oven to 350 degrees Fahrenheit.
2. Prepare loaf pans with cooking spray.
3. Combine dry ingredients in a bowl.
4. Mix together eggs, oil, and vanilla in separate bowl.
5. Pour wet ingredients into dry ingredients.
6. Stir in strawberries.
7. Place batter in pans.
8. Sprinkle on sugar.
9. Bake for 35 minutes.

Buttery Soft Pretzels

Ingredients:

1. 4 tsp active dry yeast
2. 1 tsp white sugar
3. 1 $\frac{1}{4}$ cups warm water
4. 5 cups all-purpose flour
5. $\frac{1}{2}$ c white sugar
6. 1 $\frac{1}{2}$ tsp salt
7. 1 tbs vegetable oil
8. $\frac{1}{2}$ cup baking soda
9. 4 cups hot water
10. $\frac{1}{4}$ cup kosher salt (for topping)



Directions:

1. In a small bowl, dissolve yeast and 1 teaspoon sugar in warm water. Let stand until creamy, about 10 minutes.
2. In a large bowl, mix together flour, $\frac{1}{2}$ cup sugar, and salt. Make a well in the center; add the oil and yeast mixture. Mix and form into a dough. If the mixture is dry, add one or two tablespoons of water. Knead the dough until smooth, about 7 to 8 minutes. Lightly oil a large bowl, place the dough in the bowl and turn to coat with oil. Cover with plastic wrap and let rise in a warm place until doubled in size, about 1 hour.
3. Preheat oven to 450 degrees F (230 degrees C). In a large bowl, dissolve baking soda in hot water.
4. When risen, turn dough out onto a lightly floured surface and divide into 12 equal pieces. Roll each piece into a rope and twist into a pretzel shape. Once all of the dough is all shaped, dip each pretzel into the baking soda solution and place on a greased baking sheet. Sprinkle with kosher salt.
5. Bake in preheated oven for 8 minutes, until browned.

Flondies

Ingredients:

1. 1 cup sifted all-purpose flour
2. 1/2 tsp baking powder
3. 1/8 tsp baking soda
4. 1/2 tsp salt
5. 1/3 cup melted butter
6. 1 cup packed brown sugar
7. 1 egg, beaten
8. 1 tbs vanilla
9. 1 cup white chocolate chips



Directions

1. Preheat oven to 350 degrees F.
2. Grease a 9x9-inch baking pan.
3. Measure 1 cup sifted flour. Add baking powder, baking soda, and salt. Sift again. Mix well and set aside.
4. Stir the brown sugar into the melted butter and mix well. Cool slightly.
5. Mix the beaten egg and vanilla into the brown sugar mixture. Add flour mixture, a little at a time, mixing just until combined.
6. Spread the batter into the prepared pan. Sprinkle 1/2 to 1 cup chocolate chips on top. Bake in the preheated oven until a toothpick inserted in the center comes out clean, about 20 to 25 minutes.

Chicken Roll Ups

Ingredients:

1. 12 oz cream cheese
2. 2 cups chopped cooked chicken
3. 2 tbs milk
4. 1 can crescent rolls
5. 1 tbs grated onion
6. 1/4 cups melted butter



Directions:

1. Preheat oven to 350 degrees F.
2. In a large bowl, mix softened cream cheese and milk until smooth.
3. Stir in onion and chicken.
4. Mix well.
5. Place 1/4 cup of chicken mixture in each roll.
6. Fold edges of roll around filling.
7. Brush top of rolls with melted butter.
8. Place on greased cookie sheet.
9. Bake for 20-25 min.

Pinwheel Calzones

Ingredients:

1. 1/2 c ricotta cheese
2. 1 tsp Italian seasoning
3. 1/4 tsp salt
4. 1/4 cup grated parmesan cheese
5. 1/2 cup shredded mozzarella cheese
6. 1/2 cup chopped pepperoni
7. 1/4 cup finely chopped fresh mushrooms
8. 1/4 cup finely chopped green bell pepper
9. 2 tbs finely chopped onion
10. 1 can crescent rolls
11. 1 (14 oz.) jar pizza sauce



Directions:

1. Preheat oven to 350 degrees F.
2. In a medium bowl, stir together the ricotta cheese, Italian seasoning, salt, parmesan cheese, mozzarella cheese, pepperoni, mushrooms, green pepper and onion. Set aside.
3. Unroll crescent roll dough and separate into 4 rectangles. Press the remaining perforations together to seal. Spread the filling evenly into the rectangles. Roll up the filling inside the dough starting and the short side. Slice each finished roll into four slices, and place cut side down on a baking sheet.
4. Bake for 10 to 12 minutes in a preheated oven, until lightly browned. While the pinwheels are baking, warm the pizza sauce. Serve the pinwheels with pizza sauce in small cups for dipping.