

Dessert Recipe Tips

Parting ideas for tweaks and changes to my dessert recipes

Most of my recipes take advantage of sugar free products to reduce their calories. Some folks are allergic and others simply don't like them. Please take the time to read over these following points... I get asked about them a LOT.

1. "I don't like all the sugar free products in Daniel's cakes/cupcakes. What can I do?"

That's simple... don't use them. If you know me, you know that first and foremost I am a huge supporter of people customizing my recipes. If you can't have Pillsbury SUGAR FREE cake mixes... use the REGULAR ones. Can't have Jell-O sugar free instant pudding because of the sweeteners? Use regular pudding. Use whatever you actually CAN have. Tweak what you must, then simply adjust the points.

2. "I'm allergic to dairy, what can I do about your desserts that have pudding or Greek yogurt based frosting?"

I bet you didn't know this... but Jell-O sugar free instant pudding mixes are dairy and gluten free, in their powdered forms. For every 1 cup of COLD MILK a box of pudding asks for, instead, use half as much unsweetened almond milk or cold water. It'll set like pudding. If the package says to use 2 cups cold milk for pudding, use 1 cup of cold water. If you want frosting, use 3/4 cup so it's thicker. Want an alternative to strained Greek yogurt for the frostings? I know this sounds gross... but you can use semi-firm tofu, blended with water or almond milk to thin it. Flavor it with Watkins 'cream cheese' flavoring and vanilla extract. Then, add 0 calorie confectioners sugar replacement for sweetness. Heck, toss in a packet of instant pudding mix while you're at it, if you want. Play around with it till you get it to taste how you want. Or, go the easy route and buy dairy free cream cheese or yogurt. But, always, adjust your points if you modify the recipes. You do you, Boo.

3. "Can I use your sugar free cake mix recipe from pages 156-157, in place of Pillsbury cake mix in your other recipes?"

Yup. Instead of the batter recipe listed for the various cakes/cupcakes in the dessert section, use MY sugar free cake mix recipe. My sugar free devil's food cake recipe is fluffiest if you use Greek yogurt, rather than applesauce. However there IS one cake that I beg you to PLEASE not try. **Do NOT try steaming the cakes from pg 156-157.** For some reason, the steam reacts poorly to the baking soda & vinegar combo in the batter... it's gnarly.

4. LEMON BAR INFORMATION:

Lemon bars are getting a special mention here, because I had to go through a LOT of trial and error to get that recipe right. Of note... Erythritol-based sweeteners like granulated swerve, Lakanto monkfruit, or even erythritol based confectioners sugar replacements WERE HORRIBLE when used for the lemon filling. I found that 'baking sugar alternative/substitute', such as King Arthur brand, had much less erythritol. Therefore, it created no detectable 'crystals' in the filling.

5. GRANULATED SPLENDA (1 to 1 mix):

This has to be said for full transparency. I know all of my recipes recommend using monkfruit or other expensive sweeteners. That's primarily just to appease the "Sweetener Nazis" in the crowd. When simply cooking for myself, I prefer to use granulated Splenda. Hey, I'm on a budget. The stuff's inexpensive, dissolves great, plus it's one of those personal things. I don't count the points for it when I use it. Honestly, the only recipe I've ever used it for, where I was NOT happy with how it turned out, is the lemon bars.

6. DO NOT BE AFRAID TO BE CURIOUS & TWEAK THINGS!!!

Use my recipes as a template to create your own variations. I'd rather start the gears turning in your head so YOU start creating things, rather than just following my recipes.

Try mixing and matching frostings and fillings, in the cakes and cupcakes. Use the principles/ideas of how I made one of my fillings, to create your own unique spin. Make your own masterpieces. Everything in this book is simply taking the principles from the first cookbook to create new recipes. You can do it too, it just takes practice.

7. SUGAR FREE SYRUP:

I use sugar free pancake syrup in place of honey, a lot. My recipes tend to only use 1-1/2 Tbsp, because any more gains a point. If YOUR brand lets you use more, for 0... use it.



Acknowledgments

(Original acknowledgement from 2019, with 1 tweak)

Well, it's that time again. Here we are at the end of book 2, never in a million years would I have thought that I'd be here doing this. I can't even begin to express what a complete and utterly surreal ride this entire past year has been. The response that I received from my very first book, "The 2019 Cooking Guide", was so insanely positive and overwhelming. You people have completely changed my life, my family's lives and you've continued to give me the opportunity to help people by doing something that I love.

I'd like to take this time to thank a small handful of people. There are a ton of you that are in Connect, who KNOW that I view you as a friend, but these are the people that I have to thank directly, for helping me with this project. If I was going to thank all of my in-system buddies, it'd put "war and piece" to shame.

Mlivinn1, thank you for being the first person in Connect to truly open my eyes to the wonderful world of desserts. Prior to seeing that first cake of yours, I never imagined that WW friendly cakes or cupcakes could EVER be anything more than a box mix with some applesauce. Seriously folks, she's a TREMENDOUS cook, follow her!

Mudhustler. Thank you for being an encouragement to me from the very beginning of all this, back in Fall 2018. I appreciate how you've always taken the time out of your busy schedule to let me get your opinion on things, no matter how small.

MariaRachael12, Jody and **Missvw40**. Thank you. Earlier this year, when I was at a low point, due to Cruella Deville, you three helped get me out of it. You allowed me, a stranger, to be a part of your lives. You THEN made me start thinking about making appetizers... and here we are. Thank you.

69gabygal. Lady... there ain't enough space in a stack of blank journals, to let me properly express how thankful I am for everything you've done for me over the past year. I don't know how you haven't turned into a raging alch by now. But booooy do I know that I'm in trouble if you ever write those "tell-all" memoirs. You've got some serious blackmail on hand, if I ever run for office.

Kygoatgirl and **EmilyBronte**, thank you for being 2 of the people who were the most encouraging to me, in Connect, back when I first started sharing recipes and was being verbally ripped apart every time over it. It was completely against the thought process of so many members back then, that there was value to truly digging into recipes, like I do. You 2 would always stick up for me and my style of cooking. It kept me going back then.

Oh goodness... how could I forget. I HAVE to thank all of the wonderful therapists and staff at Pediatric Therapy of Santa Clarita and all the awesome Behavioral Therapists at California Psych-Care, that not only TREAT my 2 kiddos.... but allow me to use their office spaces during treatments, so that I can set up my laptop and get some work done. You have no idea how much of this book was only made possible because of that little bit of time I'd get, once per week.

Aaaaaaaand my wife, who has had to share her husband with the hungry masses. Who has had to deal with only having half a husband, for almost an entire year now. I'm taking a gooooooood few months break after this gets published. Thankfully, next year when Jesse's in school with normal hours, I can get work done during the day... and not have to stay up till 3-4am every night. You deserve a whole lot of attention to be showered on'ya for a good while. Thank you for your patience, understanding and allowing me to work on this grand project. Te Amo, chica.

Nutritional Values

All those crazy macro-thingies, that you folks jabber-on about.



Once again, until I eveeeeenually get permission from a certain corporation, allowing me to link directly from my cookbook's recipes TO the WW database, all QR codes on my recipe pages will have to take you to my website. In the future, when I get the 'all clear', I'll automatically update the QR links to open your App. Sorry for the inconvenience.



DIPS & SPREADS	POINTS RANGE 1 serving	SERVING SIZE	CALORIES	FAT (grams)	CARBS (grams)	SUGAR (grams)	PROTEIN (grams)	PAGE #
Artichoke Spinach	1-1	1/4 cup	40	1	4	1	4	12
Argentinian Black Bean	0-0	1/4 cup	90	0	15	1	5	13
Cheddar Cheese Beer Dip	1-1	1/4 cup	40	0	6	3	3	14
Chick Fil A Copycat	1-1	1/4 cup	60	1.5	11	7	2	15
Chimichurri	1-2	1/4 cup	70	4.5	4	1	4	16
Cocktail Sauce	0-0	1/4 cup	40	3	6	3	1	17
French Onion Dip	0-1	1/4 cup	80	2	13	9	4	18
Gringo Guacamole	1-1	1/4 cup	40	3	4	1	1	19
Herbed Goat Cheese	1-2	1/4 cup	60	1.5	4	2	9	20
Hummus	1-1	1/4 cup	70	2.5	9	2	3	21
Ketchup	0-0	1/4 cup	15	0	5	2	1	22
Mango Salsa	0-1	1/4 cup	49	1	1	8	1	23
Pico de Gallo	0-0	1/4 cup	25	0	6	3	1	23
Red Onion Bacon Jam	1-1	1/4 cup	50	1.5	7	4	3	24
Roasted Red Pepper Balsamic	0-1	1/4 cup	40	0	7	5	2	25
Smoked Salmon	0-1	1/4 cup	70	2	8	6	6	26
Sweet & Sour Sauce	0-0	1/4 cup	15	0	33	0	0	27
Tartar Sauce	0-1	1/4 cup	70	2	11	9	3	28
Thai Peanut (Satay) Sauce	1-1	1/4 cup	60	1.5	12	2	5	29
Thai Sweet Chili Sauce	0-0	1/4 cup	15	0	33	0	0	28

SALAD DRESSINGS	POINTS RANGE 1 serving	SERVING SIZE	CALORIES	FAT (grams)	CARBS (grams)	SUGAR (grams)	PROTEIN (grams)	PAGE #
Apple vinaigrette	0-1	1/4 cup	35	0	8	7	0	30
Blue Cheese	1-2	1/4 cup	60	2.5	6	4	4	30
Carrot Ginger	1-1	1/4 cup	35	1.5	3	1	1	30
Catalina	0-0	1/4 cup	25	1.5	9	1	0	30
Caesar	1-1	1/4 cup	60	3.5	4	3	3	31
Classic Coleslaw Dressing	1-2	entire batch	170	4	26	23	8	32
Creamy Chipotle	0-1	1/4 cup	60	1.5	10	7	4	32
Creamy Cilantro	0-1	1/4 cup	50	1	9	5	3	32
Creamy Roasted Garlic & Onion	0-0	1/4 cup	45	1	6	4	2	32
Creamy Greek Feta & Dill	1-1	1/4 cup	30	0	5	4	2	33
Dijon Vinaigrette	0-1	1/4 cup	60	1	5	4	3	33
French	0-0	1/4 cup	15	0	8	1	1	33
Honey (maple) Mustard	1-1	1/4 cup	25	0.5	3	1	1	33
Italian Dressing	0-1	1/4 cup	35	1.5	3	1	1	34
Peppercorn Parmesan	1-1	1/4 cup	60	1.5	8	5	4	34
Ranch	0-1	1/4 cup	60	1	8	6	4	34
Raspberry Vinaigrette	0-1	1/4 cup	35	0	9	8	1	34
Rice Wine Vinegar	0-0	1/4 cup	45	1	8	5	2	35
Sesame Ginger	1-1	1/4 cup	60	2	8	5	3	35
Thousand Island	0-1	1/4 cup	45	1	7	5	3	35

PLEEEEEASE LEAVE A REVIEW ON AMAZON

If you found the info/recipes in this book helpful, PLEASE pay it back by leaving a review, folks.

I'm self published, so every review counts. Though LOTS of people bought this cookbook in 2022,

only 1 SINGLE PERSON has left a review on Amazon this ENTIRE YEAR (as of 11/20/2022). C'mon, help a guy out lol.

APPETIZERS	POINT RANGE 1 serving	SERVING SIZE	CALORIES	FAT (grams)	CARBS (grams)	SUGAR (grams)	PROTEIN (grams)	PAGE #
Arancini	1-1	1 rice ball	90	2.5	9	1	7	38-39
Artichoke Spinach Pinwheels	1-1	1 pinwheel	29	1	5	1	1	40-41
Bolitas de Tamal	1-2	1 tamale ball	80	1.5	10	5	8	42-43
Breaded Calamari	1-1	1 cup	200	4.5	18	1	25	44-45
Chicken Croquettes	0-0	1 croquette	60	1	4	1	10	46-47
Chicken Satay	0-0	1 skewer	30	0.5	1	0	5	48-49
Chorizo Stuffed Peppers	0-0	1 pepper	25	0	3	1	3	50-51
Cuban Meatballs	0-0	1 meatball	50	1.5	3	2	7	52-53
Focaccia Bread	1-1	1 slice	30	0	7	1	1	54-55
Garlic Mushrooms	0-0	1/2 cup	25	0.5	4	2	3	56-57
Lebanese Kafta Kababs	0-0	1 skewer	50	0.5	2	1	10	58-59
Mussels with Saffron	0-0	1/2 lb mussels	140	6	7	1	13	60-61
Onion Rings	1-1	1/4 tray	100	2.5	15	4	5	62-63
Pineapple Jerk Skewers	0-1	1 skewer	45	0.5	6	2	4	64-65
Portuguese Clams	0-0	7-8 clams	120	3	6	0	28	66-67
Rotolo il Lasagne	0-0	1 roll	90	2.5	10	3	7	68-69
Salmon Cakes	0-0	1 cake	130	3.5	9	3	15	70-71
Sausage Stuffed Mushrooms	0-0	1 mushroom	20	0	3	1	2	72-73
Seared Scallops	0-0	1 big scallop	60	1	4	0	18	74-75
Shrimp for Shrimp Cocktail	0-0	1/2 lb shrimp	110	2	2	2	10	76-77
Tomato & Feta Bread Bites	1-1	1 piece	33	1	6	1	1	78-79
Wellington Bites	1-1	1 (3/4") slice	74	1.2	9	1	6.3	80-81
Wheat Crackers	1-1	1oz (20-22 crackers)	70	1	5.3	0.2	3	82-83

DESSERTS

---- CUPCAKES

Blueberry Lemon	3-3	1 cupcake	120	1.5	25	5	2	94-95
Boston Cream Pie	3-3	1 cupcake	110	2.5	20	1	3	96-97
Caramel Apple Pie	2-3	1 cupcake	110	1.5	26	7	2	98-99
Carrot Cake	2-3	1 cupcake	110	1.5	28	8	2	100-101
Coconut Cream Pie	3-3	1 cupcake	160	5	25	6	2	102-103
Death By Chocolate	3-4	1 cupcake	100	3	18	3	2	104-105
Guinness and Baileys	3-3	1 cupcake	100	2	19	3	2	106-107
Hostess-ish	4-4	1 cupcake	110	3	21	4	2	108-109
Hummingbird	2-3	1 cupcake	100	1.5	20	3	2	110-111
Lemon Meringue	2-3	1 cupcake	150	2.5	28	6	6	112-113
Mexican Hot Chocolate	2-2	1 cupcake	90	2	16	1	2	114-115
Peanut Butter Bombs	4-4	1 cupcake	280	4.5	25	5	8	116-117
Peanut Butter & Jelly	3-3	1 cupcake	140	3	26	3	6	118-119
Pumpkin Spice	2-2	1 cupcake	110	1	25	1	2	120-121
Reese's PB Cup	4-4	1 cupcake	150	5	24	5	4	122-123
S'mores	3-3	1 cupcake	110	2.5	24	4	2	124-125
White Chocolate Mocha	4-4	1 cupcake	130	3	25	6	3	126-127

---- CAKES

Blueberry Lemon	6-6	1/12 slice	230	3.5	47	10	4	128
Boston Cream Pie	6-6	1/12 slice	230	6	41	2	6	129
Coconut Cream Pie	7-7	1/12 slice	310	11	49	12	4	130
Death By Chocolate	7-7	1/12 slice	200	6	37	5	5	131
German Chocolate	7-8	1/12 slice	270	12	48	1	3	132-133
Karpatka (cream puff) Cake	6-6	1/12 slice	232	16	59	0.3	6	134-135
Peanut Butter & Jelly	6-6	1/12 slice	280	9	52	6	12	136-137
Pumpkin Spice Cake	5-5	1/12 slice	220	2	51	4	4	138-139
Raspberry Lemon Cake	6-7	1/12 slice	250	4	55	11	5	140-141
Reese's PB Cup Cake	8-8	1/12 slice	280	9	46	3	8	142
'Southern' Hummingbird Cake	5-6	1/12 slice	200	3	40	6	4	143
Steamed Cake	4-4	1/12 scoop	150	4	29	0	3	144
White Chocolate Mocha	8-8	1/12 slice	260	6	50	12	6	145

---- BONUS DESSERTS

Cannoli Vergognosi	6-6	1 regular sized cannoli	201	11	41	9	3	146-147
Cream Puff Shells	1-1	1 shell	33	2	4	0	1	148-149
Lady Fingers	0-0	1 cookie	22	0.8	6	0.03	1	150-151
New York-ish Cheesecake	6-7	1/12 slice	244	12	39	7	14	152-153
Ricotta Cheesecake	6-7	1/12 slice	243	11	58	7.5	14	154-155
Sugar Free Cake Mix (base recipe)	4-4	1/12 slice	153	2	59	0.7	8	156-157

Book Index

Chronicling the Adventures of Captain Cupcake

A

Arancini ... 38-39

Artichoke Spinach Dip ... 12

APPETIZERS ... 36 – 83

Arancini ... 38-39

Artichoke & Spinach Pinwheels ... 40-41

Bolitas de Tamal (tamale balls) ... 42-43

Breaded Calamari Rings ... 44-45

Chicken Croquettes ... 46-47

Chicken Satay Skewers ... 48-49

Chorizo Stuffed Sweet Peppers ... 50-51

Cuban Picadillo Meatballs ... 52-53

Focaccia Bread ... 54-55

Garlic Mushrooms ... 56-57

Kafta Kabobs ... 58-59

Mussels with Saffron Sauce ... 60-61

Onion Rings (crispy baked) ... 62-63

Pineapple Jerk Skewers ... 64-65

Portuguese Steamed Clams ... 66-67

Rotolo il Lasagne (lasagna coils) ... 68-69

Salmon Cakes ... 70-71

Sausage Stuffed Mushrooms ... 72-73

Seared Scallops with Cream Sauce ... 74-75

Shrimp Cocktail ... 76-77

Tomato, Feta & Basil Bread Bites ... 78-79

Wellington Bites ... 80-81

Wheat Thin-ish Crackers ... 82-83

Apple Vinaigrette Dressing ... 30

B

Black Bean Dip ... 13

Blueberry Lemon Cake ... 128

Blueberry Lemon Cupcakes ... 94-95

Blue Cheese Dressing ... 30

Bolitas de Tamal (tamale balls) ... 42-43

Boston Cream Pie Cake ... 129

Boston Cream Pie Cupcakes ... 96-97

C

CAKES ... 93, 128-145, 156-157

Blueberry Lemon ... 128

Boston Cream Pie ... 129

Coconut Cream Pie ... 130

Death By Chocolate ... 131

German Chocolate ... 132-133

Karparka (Polish Cream Cake) ... 134-135

Peanut Butter & Jelly ... 13-137

Pumpkin Spice ... 138-139

Raspberry Lemon ... 140-141

Reese's Peanut Butter Cup ... 142

Southern Hummingbird Cake ... 143

Steamed Chocolate ... 141

Sugar Free, Gluten Free, Vegan Cake ... 156-157

White Chocolate Mocha ... 145

Cannoli ... 146-147

Caesar Dressing ... 31

Calamari ... 44-45

Caramel Apple Cupcakes ... 94-95

Captain Cupcake ... 145

Carrot Cake Cupcakes ... 96-97

Carrot Ginger Dressing ... 30

Catalina Dressing ... 30

Cheddar, Beer & Bacon Dip ... 14

Cheesecakes ...

Chicken Croquettes ... 46-47

Chicken Satay Skewers ... 48-49

Chick Fil A Sauce (Dip) ... 15

Chimichurri Dip ... 16

Chorizo Stuffed Sweet Peppers ... 50-51

Cocktail Sauce ... 17

Coconut Cream Pie Cake ... 130

Coconut Cream Pie Cupcakes ... 98-99

Coleslaw Dressing ... 32

Cream Puff Shells ... 150-151

Creamy Chipotle Dressing ... 32

Creamy Cilantro Dressing ... 32

Creamy Roasted Garlic & Onion Dressing ... 32

Creamy Greek Feta & Dill Dressing ... 32

Cuban Picadillo Meatballs ... 54-55

CUPCAKES ... 88-127

Blueberry Lemon ... 94-95

Boston Cream Pie ... 96-97

Caramel Apple ... 98-99

Carrot Cake ... 100-101

Coconut Cream Pie ... 102-103

Death By Chocolate ... 104-105

Guinness & Bailey's ... 106-107

Hostess ... 108-109

Hummingbird ... 110-111

Lemon Meringue ... 112-113

Mexican Hot Chocolate ... 114-115

Peanut Butter Bombs ... 11-117

Peanut Butter Jelly ... 118-119

Pumpkin Spice Cupcakes ... 120-121

Reese's Peanut Butter Cup ... 122-123

S'mores Cupcakes with Crust ... 124-125

White Chocolate Mocha ... 126-127

Cupcake & DIY Cake Tutorials ... 88-93

D

Death By Chocolate Cake ... 131

Death By Chocolate Cupcakes ... 104-105

Dessert Essentials/Tutorial ... 86-92

Dessert Tips ... 158

Dijon Vinaigrette ... 33

DIPS & SPREADS ... 10-29

Artichoke Spinach ... 12

Black Bean ... 13

Cheddar Beer & Bacon ... 14

Chick Fil A (copycat) ... 15

Chimichurri ... 16

Cocktail Sauce ... 17

French Onion ... 18

Guacamole ... 19

Herbed Goat Cheese ... 20

Hummus ... 21

Ketchup ... 22

Mango Salsa ... 23
 Pico de Gallo ... 23
 Red Onion & Balsamic Bacon Jam ... 24
 Roasted Red Pepper & Balsamic ... 25
 Smoked Salmon ... 26
 Sweet & Sour ... 27
 Tartar Sauce ... 28
 Thai Peanut Sauce (satay) ... 27

DRESSINGS ... 30 – 35

Apple Vinaigrette (panera) ... 30
 Blue Cheese ... 30
 Carrot Ginger (benihana) ... 30
 Catalina ... 30
 Caesar ... 31
 Classic Coleslaw ... 32
 Creamy Chipotle ... 32
 Creamy Cilantro ... 32
 Creamy Roasted Garlic & Onion ... 32
 Creamy Greek Feta & Dill ... 33
 Dijon Vinaigrette ... 33
 French ... 33
 Honey (maple) Mustard ... 33
 Italian (olive garden) ... 34
 Peppercorn & Parmesan ... 34
 Ranch ... 34
 Raspberry Vinaigrette ... 34
 Rice Wine Vinegar Dressing ... 35
 Sesame Ginger (panera) ... 35
 Thousand Island ... 35

E

F

Focaccia Bread ... 54-55
 French Dressing ... 33
 French Onion Dip ... 18

G

Gadgets ... 9
 Garlic Mushrooms ... 56-57
 German Chocolate Cake ... 132-133
 Go write a review (too subtle?)
 Guacamole ... 19
 Guinness & Bailey's Cupcakes ... 106-107

H

Herbed Goat Cheese Dip ... 20
 Hostess Cupcakes ... 108-109
 Hummingbird Cake ... 143
 Hummingbird Cupcakes ... 110-111
 Hummus ... 21

I

Italian Dressing ... 34

J

Jerk Skewers ... 66-67

K

Kafta Kabobs ... 58-59
 Karparka (Polish Cream Cake) ... 134-135
 Ketchup ... 22

L

Lady Fingers ... 150-151
 Lemon Meringue Cupcakes ... 112-113

M

Mango Salsa ... 23
 Mexican Hot Chocolate Cupcakes ... 114-115
 Mussels with Saffron Sauce ... 62-63

N

New York-ish Cheesecake ... 152-153
 Nutritional Information ... 160-161

O

Onion Rings (baked) ... 62-63

P

Peanut Butter Bomb Cupcakes ... 116-117
 Peanut Butter Jelly Cake ... 118-119
 Peanut Butter Jelly Cupcakes ... 136-137
 Peppercorn & Parmesan Dressing ... 34
 Pico de Gallo ... 23
 Pineapple Jerk Skewers ... 64-65
 Portuguese Steamed Clams ... 66-67
 Pumpkin Spice Cake ... 138-139
 Pumpkin Spice Cupcakes ... 120-121

Q

R

Ranch Dressing ... 34
 Raspberry Lemon Cake ... 140-141
 Raspberry Vinaigrette ... 34
 Red Onion Balsamic Bacon Jam ... 24
 Reese's Peanut Butter Cup Cake ... 142
 Reese's Peanut Butter Cupcakes ... 122-123
 Rice Wine Vinegar Dressing ... 35
 Ricotta Cheesecake ... 154-155
 Roasted Red Pepper & Balsamic Dip ... 25
 Rotolo il Lasagne (Lasagna coils) ... 68-69

S

Salmon Cakes ... 71-72
 Sausage Stuffed Mushrooms ... 72-73
 Scallops with Cream Sauce ... 74-76
 Sesame Ginger Dressing ... 37
 Shrimp Cocktail ... 76-77
 Smoked Salmon Dip ... 26
 S'mores Cupcakes with Crust ... 124-125
 Steamed Chocolate Cake ... 144
 Sugar Free Cake 'Base' Mix ... 156-157
 Sweet & Sour Sauce ... 27

T

Tartar Sauce (Dip) ... 28
 Thai Sweet Chili Sauce (Dip) ... 27
 Thousand Island Dressing ... 35
 Thai Peanut/Satay Sauce (Dip) ... 27
 Tomato, Feta & Basil Bread Bites ... 78-79

U

U... should REALLY write a review.

V

W

Wellington Bites ... 80-81
 Wheat Thin-ish Crackers ... 82-83
 White Chocolate Mocha Cake ... 145
 White Chocolate Mocha Cupcakes ... 126-127

X

Y

You... should write an Amazon review.

Z

Captain Cupcake stopping a Buttercream Meteor - Issue #427

