

German Chocolate Cake - pg 132-133



Polish Karpatka 'Cream Puff Cake' - pg 134-135



Raspberry Lemon Cake - pg 140-141



Reese's Peanut Butter Cup Cupcakes - pg 122-123



Cannoli Vergognosi - pg 146-147





# Dessert Section

---

## **SECTION INTRODUCTION:**

Essential Dessert Ingredients ... pg 86-87  
Cupcake Recipe Walkthrough ... pg 86-92  
Converting My Cupcakes Into Cakes ... pg 93

## **CUPCAKES:**

Blueberry Lemon ... pg 94-95  
Boston Cream Pie ... pg 96-97  
Caramel Apple Pie ... pg 98-99  
Carrot Cake ... pg 100-101  
Coconut Cream Pie ... pg 102-103  
Death By Chocolate ... pg 104-105  
Guinness and Baileys ... pg 106-107  
Hostess-ish ... pg 108-109  
Hummingbird ... pg 110-111  
Lemon Meringue ... pg 112-113  
Mexican Hot Chocolate ... pg 114-115  
Peanut Butter Bombs ... pg 116-117  
Peanut Butter and Jelly ... pg 118-119  
Pumpkin Spice with Caramel ... pg 120-121  
Reese's PB Cup ... pg 122-123  
S'mores ... pg 124-125  
White Chocolate Mocha ... pg 126-127



*Coconut Cream Pie Cupcakes ... pg 102-103*



*Cream Puffs w/White Chocolate Pudding Filling ... pg 148-149*

## **CAKES:**

Blueberry Lemon ... pg 128  
Boston Cream Pie ... pg 129  
Coconut Cream Cake ... pg 130  
Death By Chocolate ... pg 131  
German Chocolate ... pg 132-133  
Karparka 'Cream Puff Cake' ... pg 134-135  
Peanut Butter & Jelly ... pg 136-137  
Pumpkin Pie Cake ... pg 138-139  
Raspberry Lemon ... pg 140-141  
Reese's Peanut Butter Cup Cake ... pg 142  
'Southern' Hummingbird ... pg 143  
Steamed Cake ... pg 144  
White Chocolate Mocha ... pg 145

## **SPECIAL DESSERTS:**

Cannoli Vergognosi ... pg 146-147  
Choux Pastry Dough (*cream puffs*) ... pg 148-149  
Lemon Bars ... pg 150-151  
New York Cheesecake ... pg 152-153  
Ricotta 'cannoli' Cheesecake ... pg 154-155  
Sugar Free Cake 'base recipe' ... pg 156-157  
- with gluten free & vegan options



# Essential Ingredients

Highlighting some of the specific ingredients that are used in these recipes

I know that a lot of you folks might be intimidated by some of the weird, unfamiliar ingredients in my desserts. I want to be as helpful as possible, so figured that I'd showcase some of the most important ones to these recipes. Besides... every picture I add in this thing is another minute that I'm not chasing toddlers around. So, it's a win win.

## Flavored Baking Extracts:

- Newer cooks in the kitchen might have no idea what a flavored extract is, or where to get them, so... here ya go. They are found in the spice or baking aisle at your grocery store. They are usually all lined up with Vanilla being the only one you may be familiar with. There are LOTS of flavors, however, and each of them gives a concentrated punch of flavor.
- Scan them. Some of them gain points once you hit 1 or 2 teaspoons, depending on the flavors and whether or not you get an imitation or natural flavored one. I personally use imitation vanilla extract, rather than natural, because imitation vanilla extract lets you have 1 Tbsp for 0 points, while regular only lets you have 1 teaspoon for 0 points.

## Sugar Free Cake Mixes:

- For the sake of convenience, most of my cake and cupcake recipes are made with store bought sugar free

cake mixes. My inspiration for trying to make my very first cake, in WW, was because of the beautiful cakes that [@mlivinrn1](#) would post in Connect. If you don't follow her, you should! She inspired me to start making sweet treats early in my journey. If your local stores don't carry Sugar Free Pillsbury cake mixes, you can order them CHEAP off of Walmart.com. If you would like to use REGULAR cake mix, you can, but adjust your recipe points. **SWERVE** makes a **sugar free AND gluten free** cake mix, though it's pricey. ALSO... my chocolate cakes call for Pillsbury sugar free devil's food cake mixes. Those are extremely hard to find in some areas, while those same areas have an abundance of the sugar free YELLOW cake mixes. If you can't find the devil's food mix, simply use a box of sugar free yellow cake mix... then add 1/2 cup of unsweetened cocoa powder to it. It'll add points to your dessert, but it's worth it. Or, use MY sugar free cake recipes on pg. 154.

## Sugar Free Pudding & Gelatin

- I use sugar free pudding in my cupcakes and cakes as both a flavor enhancer AND a thickening agent.
- When you are entering a recipe in the WW app, if you search for sugar free pudding & pie mix, there is a huge issue. The app DOES NOT SPECIFY if you are selecting a large box or a small box. You have no way of knowing which you've selected, unless you already know the point values, or scan the box yourself.
- The dried contents of Jell-O sugar free instant pudding packets do not contain dairy (as of 3/14/22). You can use them, without added dairy, if you have sensitivities.

## Unsweetened Cocoa Powder:

- Once the 'new program' went Live, generic 'unsweetened cocoa powder' became 1 point for 1 Tbsp. However, **Hershey's brand is still 0 points** for 1 Tbsp. So, all of my recipes are calculated using Hershey's cocoa.





## Low-ish Point and Calorie Milk & Cream Alternatives

Because of calories and points, I don't really use regular milk or cream in ANYTHING. I pretty much use almond milk, soy milk, or CARBMaster brand (from Kroger stores) lactose free milk in everything. They are all extremely low in points and calories, but equally as important, they are all THICKER THAN REGULAR MILK, which makes them ideal for helping to thicken pudding and sauces.

My coconut cupcakes and cake, call for "coconut flavored beverage", rather than canned, Light coconut milk. I use Silk or So Delicious brands, because they are 2 points for an entire cup of thick and light coconut milk. If your local store doesn't have them (they can be found by the almond milk), you can most likely find an almond/coconut milk blend that you can use in its place. If you are allergic to nuts and can't use almond milk in one of my recipes that calls for it, use ANY low point and calorie milk you can find. Carbmaster is my top pick, though.

## Stevia, Truvia, Monkfruit & Sweeteners

DO NOT USE CONCENTRATED SWEETENERS! For the love of God, don't put 1 cup of 'Sweet-n-Low' coffee sweetening packets into your frosting. **Buy a sweetener that states, on the packaging, it's a "1 to 1 replacement for sugar in recipes"!!!!**

I have absolutely no problem whatsoever with using Sweeteners. "They aren't natural!" There are plenty of natural sweeteners that are NOT white sugar. My personal favorite is Lakanto 'classic', and Truvia 0 calorie brown sugar blend.. I have to warn you on one though... "Monkfruit In The Raw" brand has the worst artificial aftertaste ever, in my opinion. Do not buy granulated '\_\_\_\_' in the Raw' sweeteners.

My primary reason for using sugar replacements is calories. First and foremost, I am most concerned with cutting calories from my recipes, without cutting flavor or portion sizes. Using sweeteners instead of sugar, if you have no food sensitivities to them, is a no brainer. 1 cup of sugar has nearly 800 calories.

**SWERVE!** Imho the points for "Swerve" in the app are jacked up. The app gives granulated Swerve points. IT HAS 0 CALORIES!!! Also, the carbs are non-glycemic, so they don't get absorbed as sugar. Other erythritol-based sweeteners have 0 points in the app... but for some reason, it assigns points to Swerve. I personally ignore that.

## How To Ensure That You Won't Binge Eat Cupcakes

Two words... FREEZE THEM!!! For all of the time I've been making my cupcakes, there has been one common comment, that has been repeated time and time again. "I can't make the cupcakes, because I'd eat them all!" Hey, I have that same temptation, I always have. Thankfully, there's a really simple and easy way to manage that. By freezing the cupcakes, you pretty much make it impossible to binge eat them. You may WANT to shove 5 down your face... but it's kind of tough when they are frozen solid. Plus, you can't put them in the microwave, to thaw out faster... because you'll completely melt the topping, or turn the filling into liquid magma. You have to let them sit out to defrost, and it takes about 1 to 1.5 hours to thaw out completely.

"Well, how do you freeze them?" I use a super fancy method. It involved going to the 99 cent store and buying some cheap tupperware containers, that are tall enough to allow for the peak of frosting on the cupcakes. It cost maybe \$5 for all the containers I'd need freeze an entire batch of 24 cupcakes. There's nothing to it. I don't wrap them in plastic, don't do any crazy voodoo chants over them... Just put the cupcakes in the containers, then put them in the freezer. If you have limited freezer space, you can freeze them, 1 plate at a time, then put the frozen cupcakes into gallon sized ziplock bags and back into the freezer. Once they are frozen, it doesn't matter if the frosting touches against others.

Each night, if you've done well that day and stayed on plan... take 1 or 2 out of the freezer, let them thaw out and enjoy. Even if you want to gorge, you have plenty of time to talk yourself out of it and put them back in, as they slowly defrost. When you defrost the cupcakes or cakes, you MUST LEAVE THEM UNCOVERED!!! Otherwise, while they defrost, the cake will absorb all the moisture and turn the cupcakes into squishy sponges o' sadness. No lids while defrosting. No, no, no.







# Cupcake Recipe Tutorial

A step by step, guided picture walkthrough of one of my cupcake recipes

One of the things that separates my humble little cooking guides and recipe books apart, is that I honestly feel that it is my duty to show you how to not just cook differently, but also to make you comfortable preparing my recipes. Look, I know that most of you reading this are pretty new to the idea of having snazzy cupcakes on-plan. Most of you are used to just swapping yogurt, applesauce, a can of pumpkin, or a can of pineapple, for all of the oil, water, and sometimes even eggs, in a cake mix.

That's how I made them back when I first read about how to have low point cupcakes, in Connect. Someone said to swap out the oil and water, then use just as much Greek yogurt... "It'll make 2 point cupcakes!" they said. "They're wonderful!" they said. Well... they lied. They tasted like dense, flavorless, dry sadness.

My goal is to pack as much flavor and texture into a cupcake as humanly possible, without EVER going over my own personal rule for points. Namely, that I will NEVER make a cupcake that is higher than 3 points for the first 1, on the 'regular' plan.

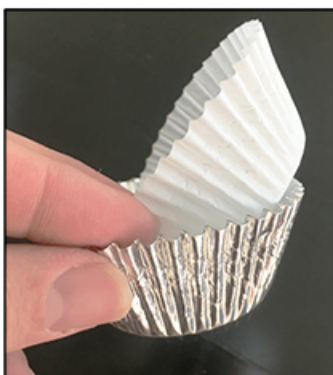
That way, you can have an insanely gourmet dessert, one that you can look forward to all day, one that makes you feel like you're not on a diet, one that makes you KNOW that you can beat the cravings. The purpose of this tutorial is to help the new cooks, or even those of you who just want to step out of your comfort zones.

**NOTE:** This is not the recipe, this is a guided walkthrough.



- 2 Mix all of the listed batter ingredients together until well combined, then spoon the batter into the cupcake liners. Because I use foil liners, I don't spray them with cooking spray. If I do, the cupcakes pull away from the liners, once cooked. Have I mentioned yet that I hate paper cupcake liners?

## Step 1: Making The Batter



- 1 First, the liners. I HATE paper liners. Whenever I use them, my cupcakes always fuse to them. Use them if you want, but I don't. I buy foil cupcake liners and remove the paper liners between each layer. I only use the foil part. Line your cupcake pans with'em.



- 3 Bake the cupcakes for 22-25 minutes at 325 degrees, or until a toothpick inserted into them comes out clean. Remove them from the oven, and set them aside to cool to room temperature. You need them to cool before you try to fill or frost them.



## Step 2: Making The “Jelly” Filling



- 4 The process for making all of my “jelly” fillings is pretty much the same, regardless of the cupcake, just change the fruit, extract, and flavored gelatin if that particular recipe calls for it. In THIS case... place the frozen strawberries, water, sweetener, strawberry gelatin packet and extract in a pot. Bring it up to a simmer and let it cook for a few minutes.

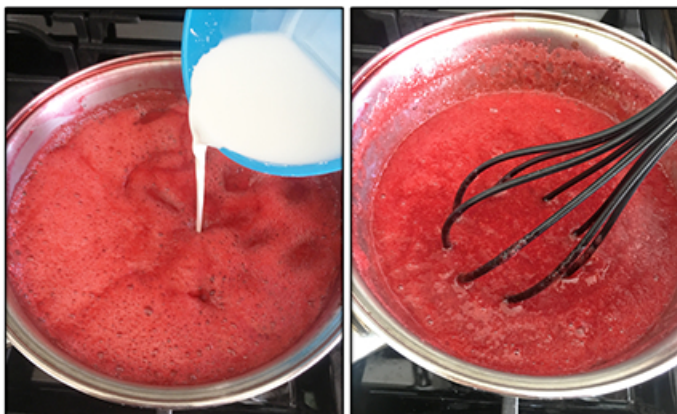


- 5 Use a blender or an immersion blender to blend the hot strawberry mixture into a smooth puree. If you are going to use an immersion blender, make sure that you are using a tall sauce pot, so that you don't accidentally send hot strawberry liquid magma flying across the room. Your kitchen should NOT resemble Pompeii when you are finished with this.

When the strawberries are pureed, return them to the pot and bring the mixture back up to a low simmer.



- 6 Some of you have never worked with cornstarch before, so this might seem intimidating, but it's not. This is how we're going to thicken the puree into “jelly”. Put the cornstarch in a small bowl and then mix it with a small amount of water, so that it dissolves completely. It doesn't take a lot.



- 7 With the strawberry puree bubbling over heat, pour in the cornstarch mixture and immediately start whisking. It will begin to thicken up almost immediately. Allow it to thicken, while whisking, for 3-4 minutes, then turn off the heat.

- 8 Pour the hot, thickened jelly into a dish that can withstand the high heat of the puree. Let it sit and cool on the counter for 15 minutes. Stir the puree, cover the dish with plastic wrap, and set it in the fridge to set for at least 2-3 hours. The longer it gets to cool, the better.





### Step 3: Making The Frosting



Though all of my frostings have different recipes, they all follow a very similar process. This one happens to be based off of my standard sugar free pudding-based frostings.



- 9 Put the powdered peanut butter, pudding mixes, salt and coooooooold water into a mixing bowl (I love using empty 32oz yogurt containers). Use an electric hand mixer, and mix on high speed.



- 10 Mix until all of the ingredients are smooth and creamy. It should resemble a very thick pudding. Cover and set aside in the fridge, to set.

### Step 4: Crushed Peanut Topping



- 11 Alright, this part is pretty much a no brainer, but if I'm going to go through the trouble to make a step by step tutorial... I might as well put this too. Fill a 1/3 cup measuring scoop with the peanuts. Don't forget your handy dandy Ziplock bag!



- 12 Now's the fun part. We're about to go medieval on these peanuts. Grab a mallet, a phone book, your replica of Thor's warhammer that you bought on eBay... and go to town. Beat the livin snot out of the peanuts. Yes, you actually DO want some of them beaten into dust. The majority will be small chunks, but you do want some fine powder.

**Now we get to put it all together! Huzzah!**



## STEP 5: Assembling The Cupcakes



- 13 Once eeeeeverything is finished and the cupcakes are cooled, scoop out a roughly 1 inch diameter cavity from the cupcakes. Use whatever you want. I've used everything from toddler spoons and plastic picnic knives (pictured), to an actual tool made specifically to core out cupcakes. Use any implement that you want.



- 14 Now we're going to move on to making a cheap piping bag, and filling up the cupcakes. Personally, I've found that I like to use ANY tall cup or container, like a tall drinking cup, or an empty 32oz yogurt container. Take an empty gallon sized Ziplock bag and push it down into the container, folding the extra length up and over the edges, like in the picture above.

Scoop the filling into the Ziplock bag, then pick it up and twist it into an arrowhead shape, like pictured. Squeezing all of the filling down to one corner.



- 15 Use a pair of sharp scissors to snip off a corner of the piping bag. As soon as you cut the corner off, rotate the bag, so that the cut corner is facing up. Otherwise, there's a chance that the filling will start oozing out onto your counter. Now, use your piping bag and fill up the cavity of each cupcake.



- 16 For the frosting, we're going to use "piping tip" insert, poor man's edition. This is a cheap \$9 set from Walmart. Take your Ziplock bag and snip a hole in the bottom tip of the bag, just wide enough for the tip to aaaaalmost push through from the inside.



- 17 The hole that you cut should be a bit smaller than the piping tip, so that it won't pop out of the bag when you are pushing the frosting through it. Fill the bag with your frosting.





18 Now, for you folks that have never piped icing before, it can seem intimidating, but it's really not. Remember, using one of these nice piping tips for the bag is 100% optional. You can accomplish the same thing by simply snipping a hole at the end of the bag, just like how you piped the filling. So, pipe the frosting down in a circular motion, around the cavity with the filling, building it up into a mound. Done. See? Easy peasy.



19 Now, use a 1/2 tsp measuring spoon, and scoop a 1/2 teaspoon of crushed peanuts into your palm (trust me, it's easier this way). Use your other hand and sprinkle some of the peanuts onto every cupcake until all of the peanuts have been used.

## NOTES:

- Now that all of the cupcakes are frosted, filled, topped and finished... now comes the part where you have to put your big boy or girl pants on and be responsible. **FREEZE THEM.** Go to the 99 cent store, the Big Lots, wherever, and buy inexpensive, cheap tupperware, making sure that you buy containers tall enough to account for the frosting and toppings.
- Put all of the cupcakes in the freezer, they can stay there for moooooonths. Wonder how long they'll keep? I've pulled cupcakes out of the freezer half a year after baking them, thawed them out, and they were fine.
- To thaw them out, let them sit out **UNCOVERED**, for 1 hour, if the cupcake has no filling, or for 2 to 2.5 hours if it's a cupcake with filling. **DO NOT THAW THEM COVERED!!!!** If you do, it will destroy them. As they thaw, the ice crystals will thaw, releasing moisture. If you have these covered as they thaw, **ALL** of that moisture stays locked in with the cupcakes, and the cake will absorb **ALL** of that moisture. It turns the cupcakes into water-logged, soggy, disgusting piles of frosted sadness.
- Another option other than filling your freezer with tupperware, is to freeze them **IN** a few tupperware containers... but then remove them, once frozen, and place the frozen cupcakes into gallon sized ziplock bags. They will take up a lot less space in the freezer.







# Mighty Morphing Cupcakes

Easily Convert Any of My Cupcake Recipes Into Snazzy Cakes

Pictured above is the cake version of my Peanut Butter & Jelly cupcakes. By using just a few simple principles and recipe tweaks I was able to convert the same recipe into a gourmet 2 or 3 tiered cake. Below I'll explain the basic principles. This page is a collection of the concepts that I typically use when converting my cupcakes into cakes. Using these principles, you can take a look at ANY of my cupcakes, then start thinking of how to make a cake version.

## How To Modify The Recipes:

### ***Batter:***

- To make ANY of my cupcakes into a cake, you will use the same exact Batter recipe as listed for any of the cupcakes. No ingredient changes are needed. I use standard 9" inch, round cake pans. You can either simply spray them with cooking spray, or you can line the bottom with parchment paper too, whichever you prefer.
  - To make a round layered cake, divide the batter equally between either 2 or 3 separate 9" inch round pans, then bake at 325 degrees for 22-25 minutes, or until a toothpick comes out clean from the center. Most of the cakes in this section were made with 2 layers, but they could just as easily have been made into 3 layer cakes.

### ***Filling & Frosting Changes***

- So the next obvious question is, what the heck do you do for the filling/frosting? Well, luckily, all of my cupcake recipes make around 2 cups or more of both the cupcake filling or frosting. What's awesome about that? Well, it means that there's enough for a cake.
- Most of my cupcake frostings, whether they are pudding based, or fruit purees that are thickened with cornstarch, are the texture of pudding. They're great for cupcake filling, but they are too soft for a cake filling. The weight of the cake layers would push down on the soft fillings and squish them out the sides of the cake, trust me. So, in order to use the cupcake fillings in the cakes, we need to make them a little firmer. It takes a little trial and error, but after 1 or 2 times, you'll figure out what works best for you. What I've found to be pretty consistent:

#### **Fruit Puree Fillings:**

For cupcakes with a fruit puree filling, like the PB&J cupcakes, in order to use that filling for a cake, I need to add more cornstarch for a cake. 1 point worth. 1 Tbsp of cornstarch is only 1 point.

#### **Pudding Based Fillings:**

Pudding based cupcake fillings need to be thickened up as well, to support the weight of the layers of cake. This is even easier, as all that you need to do is use less liquid to make the fillings. Dial it back 1/4 cup. You get less pudding, but it's thicker and able to support the weight of the cake layers.

*Peanut Butter & Jelly Cake  
Cupcake recipe - pg 114 • Cake recipe - pg 130*





# Blueberry Lemon

Fresh Blueberries? Check. Lemon? Check. White Chocolate? Check.

Vanilla lemon cake, filled with sweetened blueberry jam, frosted with white chocolate "cream cheese" and a fresh blueberry. All for less points than 2 Tbsp of coffee creamer? Can I get an Amen!

## Serving Info.:

YIELDS: 24 cupcakes

Servings: 24

Serving Size: 1 cupcake



R D  
3-3

- last checked 11/17/22 -  
Use your mobile device's 'Camera' App to  
look at this code for nutritional info.

## Ingredients:

### Cake:

- 1 Pillsbury sugar free yellow cake mix
- 1-1/3 cup 0 point carbonated beverage (seltzer water, club soda, diet soda, etc.)
- 3 large eggs
- 1-1/2 tsp Lemon Extract (from the spice aisle)
- 1 (1.3 oz) box sugar free lemon flavored gelatin
- 1 tsp finely chopped lemon zest
- 1 tsp baking powder

### Blueberry Filling:

- 3 cups blueberries, frozen or fresh, no sugar added
- 1/2 cup water
- 2 Tbsp 0 point sweetener o' choice (I used monkfruit)
- 1 tsp lemon juice
- 4 Tbsp cornstarch

### FROSTING:

- 1 cup cream cheese substitute, recipe in my "Cookbook: Volume 1" page 36.
- 2 (1oz) packages sugar free instant white chocolate pudding mix
- 1/2 tsp cream cheese flavor extract (optional)
- 1-1/4 cups cold water
- 1/4 cup white chocolate chips
- 1 tsp water (for the chocolate chips)



## Directions:

- 1 Preheat oven to 325.
- 2 Line cupcake pans with cupcake liners. Set aside.

### \*\*\* CAKE DIRECTIONS

- 3 In large mixing bowl, mix together the cake mix, carbonated liquid, egg, lemon extract, lemon flavored gelatin, lemon zest and baking powder. Mix to combine.
- 4 Fill 24 cupcake liners with batter. Bake at 325 for 25 minutes.
- 5 Remove from oven and allow to cool to room temperature, so they won't melt the frosting when you put it on.

### \*\*\* FILLING DIRECTIONS

- 6 In a medium saucepan or pot, heat the blueberries, sweetener, water and lemon juice over medium heat till boiling. Reduce heat and allow to cook at a low simmer for 3-4 minutes.
- 7 In a small dish, combine the cornstarch with enough water to dissolve it into a thin white liquid mixture.
- 8 Pour the dissolved cornstarch into the hot blueberry mixture and bring to a low simmer for 5 minutes, stirring while the sauce thickens.
- 9 Remove from heat and allow the thickened blueberry mixture to cool to room temperature. It will continue to thicken as it cools. Stir with a spoon every 15 minutes or so, to ensure that a firm layer doesn't develop on the top as it cools.
- 10 Store the filling in the fridge while you prepare the rest of the recipe. (Note: this can also be used as a low point blueberry jelly or spread).



### \*\*\* FROSTING DIRECTIONS

- 11 In a 32oz empty yogurt container, or a mixing bowl, use an electric hand mixer to beat the "cream cheese" till soft.
- 12 Put the 3 Tbsp of white chocolate chips in a small microwave safe dish with 1 tsp of water and microwave for 25 seconds. Stir to melt the chips and microwave longer, if necessary. When the chips are completely melted and mixed with the water, pour the mixture into the strained yogurt, add the cream cheese flavoring extract, then mix together with the electric hand mixer. Set aside.
- 13 In a second container, mix together the 2 packets of instant jello pudding and 1-1/4 cups of COLD water till well combined and smooth.
- 14 When combined, pour the thick pudding into the cream cheese container, and mix until combined. Add a little extra water, if necessary, to get the mixture juuuuuust smooth, but still thick. Set aside.

### \*\*\* ASSEMBLY

- 15 When your cupcakes have cooled completely on a wire rack, use a spoon to carefully scoop down into the middle of each one. Scoop out a cavity about the same size as if you were to stick your thumb down into the middle of it.... But don't use your thumb for God's sake... that's unsanitary.

#### ***Filling Assembly:***

- 16 Take your blueberry mixture out of the fridge and scoop it all into a large ziplock bag. Squeeze all the blueberry mixture down to one corner of the bag so that you can use it like a big piping bag, then use scissors to snip a medium sized hole (like poking your index finger through the bag) out of the tip of the bag's corner.
- 17 Pipe some of the blueberry filling into each cupcake's cavity to fill it up to the top.

#### ***Frosting Assembly:***

- 18 In a similar fashion, spoon the frosting into a ziplock bag and make a piping bag out of it as well. Pipe some frosting onto the top of each cupcake, building the frosting up into a peak.
- 19 Place a fresh blueberry on top of each frosting peak. Enjoy!

#### ***NOTE:***

- **WHITE CHOCOLATE CHIPS:** If you use "Lily's White Chocolate Baking Chips" instead of regular chips, you'll drastically reduce the amount of ingredient points in this recipe. Heck, you can even use MORE of those chips if you want.
- **DIFFERENT FRUIT:** You can easily change these cupcakes to use different fruit filling/topping than blueberry. I've personally used this recipe as a template to make strawberry, raspberry and blackberry versions. All you need to do is swap out the fruit in the puree and the fresh berry on top. Done.





# Boston Cream Pie

Vanilla cake filled with custard, then frosted with dark chocolate

I know that most of you ladies are all going to say the best thing to come out of Boston has been Marky Mark and the Funky Bunch, or maybe the Red Sox and Big Papi. But... you're wrong. It's Boston Cream Pie, Baby! Vanilla cake filled with custard cream and topped with chocolate! Thanks to a hybrid of real custard mixed with sugar free vanilla pudding, we're able to keep this baby tasting legit, while keeping it low in points.

## Serving Info.:

YIELDS: 24 cupcakes

Servings: 24

Serving Size: 1 cupcake



- last checked 11/18/22 -  
Use your mobile device's 'Camera' App to  
look at this code for nutritional info.

## Ingredients:

### **Cake:**

- 1 Pillsbury sugar free yellow cake mix
- 3 large eggs
- 1-1/3 cup 0 point carbonated beverage (seltzer water, club soda, diet soda, etc.)
- 1-1/2 tsp imitation vanilla extract
- 1 tsp baking powder

### **Vanilla Custard Filling:**

- 1 cup unsweetened vanilla almond milk
- 3/4 cup water
- 4 egg yolks
- (1) 1oz box sugar free instant vanilla pudding
- 1-1/2 tsp imitation vanilla extract
- 3 Tbsp cornstarch, dissolved in a little water
- 3/4 cup 0 point 1 to 1 sugar replacement o' choice (I used lakanto 'classic' monkfruit)

### **FROSTING:**

- (1) 1.4oz box, Jello sugar free instant chocolate fudge pudding mix.
- 1 Tbsp cocoa powder
- 1 cup COLD water
- 6 Tbsp Lily's Dark Chocolate Chips + 3 Tbsp water



## Directions:

- 1 Preheat oven to 325.
- 2 Line cupcake pans with cupcake liners. Set aside.

### \*\*\* CAKE DIRECTIONS

- 3 In large mixing bowl, mix together the cake mix, egg, carbonated liquid o' choice, extract and baking powder. Mix to combine. It's ok if the batter is a little thick.
- 4 Fill 24 cupcake liners 3/4 full with batter. Bake at 325 for 23-25 minutes. Mine took 25.
- 5 Remove from oven and allow to cool to room temperature, so they won't melt the frosting when you put it on.

### \*\*\* CUSTARD CREAM FILLING DIRECTIONS

- 6 In a small stock pot, whisk together almond milk, water, yolks, pudding mix, extract, cornstarch and sweetener.. Whisk until smooth and free of lumps.
- 7 Bring the mixture to a low boil, while whisking. Allow to simmer for 3-4 minutes, whisking the entire time. When the custard has thickened to easily coat a spoon, remove from heat and pour into a container. Cover with plastic wrap and then set in the fridge to cool.

### \*\*\* FROSTING DIRECTIONS

- 8 In a mixing bowl, mix packet of sugar free chocolate pudding and cocoa powder with 1 cup of very cold water, using an electric hand mixer.
- 9 In a small microwave safe dish, combine the 6 Tbsp of chocolate chips with 3 Tbsp of water. Microwave for 25 seconds, then remove and stir. Microwave for another 25 seconds, then stir again until the chocolate chips and water are a thick, velvety, dark chocolate sauce.



- 10 Use the hand mixer to mix the chocolate pudding with the dark chocolate sauce. Cover and set in the fridge to cool and set.

### \*\*\* ASSEMBLY

- 11 When your cupcakes have cooled completely, use a spoon or other scooping implement to carefully scoop down into the middle of each cupcake. Remove a cavity about 1 inch in diameter and MOST of the way down into the cupcake. We're not digging to China here folks, stop before you hit the cupcake liner.

#### ***Filling Assembly:***

- 12 Take your custard mixture out of the fridge and scoop it all into a large ziplock bag. Squeeze all the filling down to one corner of the bag so that you can use it like a big piping bag. Use scissors to snip a medium sized hole (like poking your index finger through the bag) out of the tip of the bag's corner.
- 13 Pipe some of the custard filling down into each cupcake's cavity, to fill it up to the top.

#### ***Dark Chocolate Frosting Assembly:***

- 14 In a similar fashion, spoon the frosting into a ziplock bag and make a piping bag out of it as well. Pipe some frosting onto the top of each cupcake, building the frosting up into a SHALLOW peak. Don't use a ton of frosting per cupcake, or you'll run out before you cover all 24. This doesn't make as much as my regular recipes. Look at the picture for reference.
- 15 Grab a cupcake, chat about the Founding Fathers, and the Pat's winning the Superbowl "grumble"... and enjoy a low point Boston treat that won't kill your points.





# Caramel Apple Pie

Moist yellow cake, spiced to high heaven and filled with apples

These are seriously amaze-balls. Spiced yellow cake, filled with chunks of sauteed granny smith and honey crisp apples. Topped with cinnamon cream cheese and drizzled with caramel. It's a shame this isn't a scratch and sniff book.

## Serving Info.:

YIELDS: 26 cupcakes

Servings: 26

Serving Size: 1 cupcake



R D

2-3

- last checked 01/18/22 -  
Use your mobile device's 'Camera' App to  
look at this code for nutritional info.

## Ingredients:

### Cake:

- 1 Pillsbury sugar free yellow cake mix
- 3 large eggs
- 1 tsp baking powder
- 1-1/2 tsp ground cinnamon
- 1/2 tsp nutmeg
- 1/4 tsp ground allspice
- 1/2 tsp ground cardamom (OPTIONAL, it's hard to find)
- 1-1/4 cup 0 point carbonated beverage (seltzer water, club soda, diet soda, etc.)
- 1 tsp maple extract (found by the vanilla extract)
- SPICED APPLE MIXTURE (see below)

### SPICED APPLE MIXTURE:

- Butter flavored cooking spray, 0 point amount
- 1 LARGE honeycrisp apple, peeled and diced into small pieces
- 1 LARGE granny smith apple, peeled and diced into small pieces (the 2 apples chopped up together make about 2.5 cups of diced apples)
- 1-1/2 Tbsp sugar free maple (pancake) syrup
- 1 tsp ground cinnamon
- 1/4 tsp ground nutmeg
- 1/8 tsp ground allspice
- 1/2 cup water
- 1/4 cup 0 calorie sugar replacement o' choice (lakanto monkfruit, stevia, etc)
- 1/2 tsp maple or caramel extract

### FROSTING:

- 1-3/4 cups cream cheese substitute, recipe in my "Cookbook: Volume 1" page 36.
- 3/4 cup 0 point confectioner's/powdered sugar substitute
- 1/2 tsp ground cinnamon
- 1 tsp Watkins cream cheese flavor extract (or vanilla extract)

### CUPCAKE TOPPING:

- 20 pieces Werther's Original Sugar Free Chewy Caramel Candies
- 2 Tbsp water, plus more if needed
- 1/4 tsp ground cinnamon, mixed with...
- tsp 0 calorie confectioner's sugar replacement



## Directions:

- 1 Preheat oven to 325.
- 2 Line cupcake pans with foil cupcake liners (NOT PAPER). Set aside.

### \*\*\* SPICED APPLE DIRECTIONS:

- 3 In a decent sized pan, combine the diced apples, pancake syrup, cinnamon, nutmeg, allspice, water, sweetener and maple extract, then spray with a good 0 point amount of butter flavored cooking spray. Bring to a simmer, over medium heat and allow to cook for 5-10 minutes, or until the apples are fairly tender and most of the liquid has reduced. Set aside and allow to cool. Use additional sweetener if desired.

### \*\*\* CAKE DIRECTIONS:

- 4 In large mixing bowl, mix together the cake mix, egg, baking powder, cinnamon, nutmeg, allspice, cardamom (if using), carbonated beverage o' choice and maple extract. Mix until well combined.
- 5 Fold the cooled **Spiced Apple** mixture into the batter.
- 6 Fill 24 cupcake liners with batter. If you have additional batter (it makes more than 26 cupcakes but I can't remember how many exactly), just keep on making cupcakes till you run out.
- 7 Bake at 325 for 22-26 minutes. Mine took 24 minutes.
- 8 Remove cupcake pans from the oven and allow to cool on counter for 5 minutes in the pans. Remove cupcakes and place onto a wire rack to cool completely.



### \*\*\* Frosting Directions:

- 9 Take your strained suuuuper thick greek yogurt out of the fridge. It should now have the texture of firm cream cheese that is juuuuust spreadable. Put the "cream cheese" into a mixing bowl.
- 10 Add ALL of the other listed frosting ingredients into the mixing bowl with the thickened greek yogurt. Use an electric hand mixer to mix it. Pulse it at first so that you don't throw powdered sugar everywhere.... Seriously, if you start off on high speed your kitchen is going to look like a kilo of coke exploded. Set aside in the fridge.

### \*\*\* ASSEMBLY

- 11 When your cupcakes are pretty much cooled, put all of the frosting into a gallon sized ziplock bag, squeeze all the frosting into one corner of the bag and use scissors to snip an index finger sized hole out of the bottom corner. Grats, you now have a piping bag on a budget.
- 12 Squeeze some of the frosting onto the top of each cupcake in a clockwise motion to create an upwards cone-like mound with the frosting.

### \*\*\* CARAMEL SAUCE

- 13 Take ALL of the chewy caramel candies and 1 Tablespoon of water, put it all into a microwave safe dish, then microwave for 30 seconds.
- 14 Microwave again at 50% power for 30 seconds. Remove from microwave and use a spoon to press on the caramels to try to spread them a bit.
- 15 Repeat this process over and over at 30% power for 20 seconds at a time. Remove them, stir, then put them back in at 30% power a few more times until you can completely stir them around into a thick goopy caramel mixture. If it starts to firm up almost immediately, stir in extra water, 1/2 teaspoon at a time. You don't want it to seize up when it cools. You want a thick caramel sauce.
- 16 Scoop the caramel INTO a small ziplock bag, run all of the caramel to one corner, then use scissors to snip a tiny hole out of the bag's edge.
- 17 Move over all of the cupcakes, squirting the thick caramel over each and every one of them. It will firm up as it cools.
- 18 Lastly, mix together the 'topping' ground cinnamon and 0 calorie confectioners sugar. Place into a wire mesh strainer (or figure out some other way to do it) and liiiighly dust the tops of each cupcake. Done.

### Notes:

- You can swap out the regular sweetener in the spiced apple mixture for 0 point brown sugar substitute, or simply add 1/4 tsp of molasses for a little 0 point subtleness. Using the 'brown sugar' will give the mix a richer flavor.
- Be advised, when making the caramel sauce, start off with just the 2 Tablespoons of water, when melting the caramels. If your sauce needs a little bit more water to it, add in 1 tsp at a time and stir. You don't want it too thick, or once it cools, it will be very hard to bite through. Letting it be a little runny is preferred.





# Carrot Spice Cake

Moist Carrot Cake, with cinnamon cream cheese frosting

I've never personally been a fan of carrot cake, but I thought these tasted awesome. This would be a fun cupcake to try and convert into a full sized cake, I've just never had the time to do it.

## Serving Info.:

YIELDS: 30 cupcakes  
Servings: 30, YUP.... 30!  
Serving Size: 1 cupcake



- last checked 11/18/22 -  
Use your mobile device's 'Camera' App to  
look at this code for nutritional info.



## Ingredients:

### Cake:

- 1 pillsbury moist supreme sugar free yellow cake mix
- 3 large eggs
- 2 tsp ground cinnamon
- 1/2 tsp nutmeg
- 1/8 tsp ground cloves (optional)
- 1 tsp maple extract (from the spice aisle)
- 4 Tbsp whole wheat flour
- 1 tsp baking powder
- 1-1/3 cup seltzer water or diet carbonated beverage o'choice
- 2-1/2 cups finely shredded carrots\*\*\*
- 1/2 cup chopped walnuts, toasted in a hot pan for 2-3 mins.

### FROSTING:

- 2 cups of 'Cream Cheese' substitute, recipe in my "Cookbook: Volume 1", page 36.
- 1 cup 0 calorie confectioners sugar replacement
- 1 tsp imitation vanilla extract
- 1 tsp cream cheese flavor extract (optional)
- 1 (1oz) box Jello sugar free instant cheesecake flavored pudding
- 3/4 cup **COLD** water

### CUPCAKE TOPPING:

- 1/3 cup walnuts, toasted in a hot pan for 2-3 minutes, then cooled and finely crushed.
- 1/4 tsp ground cinnamon
- 1 tsp 0 point powdered/confectioners sugar replacement
- 1 wire mesh strainer (recommended)

## Directions:

- 1 Preheat oven to 325.
- 2 Line cupcake pans with FOIL cupcake liners. This is a wet batter, so I wouldn't recommend using the thin paper liners that come in the cheap cupcake liner bags at the store. You know how they alternate paper liner, metal liner, paper liner, metal liner.... DO NOT USE THE PAPER LINERS, just foil ones.

### \*\*\* CAKE DIRECTIONS:

- 3 In a large mixing bowl combine the cake mix, egg, cinnamon, nutmeg, extract, wheat flour, baking powder, seltzer water, and ground cloves (if using). Mix till combined.
- 4 Stir in the finely chopped/shredded carrot and 1/2 cup of chopped walnuts.
- 5 Fill each cupcake liner with batter, then bake at 325 for 24-28 minutes or until a toothpick inserted into the middle comes out totally dry. COOK TIMES VARY depending on if you used bagged shredded carrots or not. Fresh carrots tend to have more moisture, and require a longer cook time.
- 6 When they are done, remove from the oven and allow the cupcakes to cool to room temperature so that they don't melt the frosting when applied.

### \*\*\* FROSTING DIRECTIONS:

- 7 In a large mixing bowl... or an empty 32oz yogurt container, use an electric hand mixer to mix the 'cream cheese' with the powdered sugar and extracts, till smooth. Set aside.
- 8 In a separate bowl, mix together the instant pudding mix and water, till smooth. Once combined, scoop the pudding into the 'cream cheese' mixture. Mix till smooth.
- 9 Once combined to smooth, place the container in the fridge to set.



#### \*\*\*\* Topping Directions:

- 10 Place 1/3 cup of chopped walnuts into a large ziplock bag and use a heavy mallet, pan, hammer, or a regular sized receipt from CVS Pharmacy to bash the heck out of the walnuts. Crush them into pieces that would fit into small measuring spoons. Set aside
- 11 Mix together the ground cinnamon and 0 point confectioner's sugar, till well blended. Place into a fine wire mesh strainer, so that you can dust the tops of the cupcakes with it later, set aside.

#### \*\*\* FINAL ASSEMBLY

- 12 Once the cupcakes are cooled and your cream cheese mixture has had time to set up in the fridge, get ready for carrot bliss.
- 13 Spoon all of your "cream cheese"/pudding mixture into a large gallon sized ziplock bag. Squeeze all of the frosting down towards a corner of the bag, then use a pair of scissors to snip a hole at the bottom tip of the bag, about the size of your index finger poked through it. Congrats... you made a piping bag. Woot!
- 14 In a clockwise or counter clockwise motion (seriously... it doesn't matter) pipe cream cheese onto each cupcake moving towards the middle and upwards to create a raised peak in the center.
- 15 When you're all done with that, use a 1 tsp measuring spoon to scoop out 1 tsp amounts of the crushed walnuts from the bag. Place the scooped walnuts into your palm... trust me, it's easier this way, just roll with it.
- 16 Pick up half of the crushed walnuts from your palm and sprinkle them over the cream cheese frosting of 1 cupcake. Pick up the 2nd half of walnuts and sprinkle them over the next cupcake. You are essentially putting 1/2 tsp of walnuts on top of each cupcake, but this way is a heck of a lot faster than using a 1/2 tsp measuring spoon 32 times, plus you have more control of their placement.
- 17 Once all of the cupcakes are frosted and sprinkled with walnuts, then...
- 18 Take the small wire mesh strainer with the ground cinnamon in it, and lightly tap it while holding it over each cupcake, so that you lightly dust the cream cheese frosting over every cupcake to give it a nice little coating.

#### \*\*\* NOTES

- It's easier to buy a bag of shredded carrots and just chop them up into small bits, for use in the batter, than to slice and chop up all the carrots.
- Because of the added 0 point bulk in the batter, from the carrots and walnuts, this makes more than the standard 24 cupcakes. My batter stretched to 30 cupcakes, when I made this recipe for myself.







# Coconut Cream Pie

Cupcakes, Filled & Frosted with Coconut 'Cream Cheese' Pudding, Topped with Toasted Coconut

This is a completely brand new and revised recipe. My original one was posted over a year ago, but in truth, I always thought they could be better. I absolutely LOVE this revised recipe. By using strained greek yogurt, instead of fat free cream cheese for my frostings, I was able to free up a bunch of points for additional toasted coconut flakes and extract.

## Ingredients:

### **Cake:**

- 1 Pillsbury sugar free yellow cake mix
- 1/3 cup 0 point carbonated beverage (seltzer water, club soda, diet soda, etc.)
- 1 cup low calorie coconut beverage (*Soy Delicious coconut milk beverage, Silk coconut almond milk, etc...*)  
For my cupcakes, I used 'Silk' almond coconut milk
- 3 large eggs
- 1 tsp baking powder
- 2-1/2 tsp imitation coconut extract

### **Filling & Frosting:**

- 1 (1oz) box sugar free instant cheesecake pudding
- 1 (1oz) box sugar free instant vanilla pudding
- 1-1/3 cup low calorie coconut beverage (*Soy Delicious coconut milk beverage, Silk coconut almond milk, etc...*)  
For my cupcakes, I used 'Silk' almond coconut milk
- 3 cups "cream cheese" substitute, recipe in my "Cookbook: Volume 1", page 36.
- 1-1/2 tsp imitation coconut extract
- 1 tsp Watkins cream cheese flavor extract (optional)

### **Topping:**

- 3/4 cup unsweetened flaked coconut, toasted in a hot pan, till golden. Set aside.  
(If you use sweetened, these'll go up 1 point)

## Serving Info.:

YIELDS: 24 cupcakes  
Servings: 24  
Serving Size: 1 cupcake



R D

3-3

- last checked 11/18/22 -  
Use your mobile device's 'Camera' App to  
look at this code for nutritional info.

## Directions:

- 1 Preheat oven to 325.
- 2 Line cupcake pans with FOIL cupcake liners. Set aside.

### \*\*\* CAKE DIRECTIONS

- 3 In large mixing bowl, combine the cake mix, carbonated beverage o' choice, coconut beverage, egg, baking powder and coconut extract.
- 4 Fill the cupcake liners with batter, then bake at 325 degrees for 25 minutes.
- 5 Remove cupcake from the oven and allow to cool completely.

### \*\*\* FILLING & FROSTING DIRECTIONS

- 6 In a mixing bowl, combine the contents of the 2 pudding boxes with the cold coconut beverage. Mix together, with an electric hand mixer, until thick and smooth. Set aside.
- 7 Add the "cream cheese" substitute and extracts to the mixing bowl with the pudding. Mix together until thick and creamy. Cover and place in the fridge to set.



### \*\*\* Toppings:

- 8 Heat the coconut flakes in a saucepan over medium heat, stirring occasionally with a rubber spatula until you begin to notice they are juuuust starting to get a little toasted in coloring. **Immediately reduce the heat to low.**
- 9 Stir the flakes, then stop and let them stay put for 10 seconds, then stir... then stop and let them sit again for 10 seconds, then stir. 'Rinse and repeat' the process until the majority of flakes take on a nice toasted color, but don't burn 'em.
- 10 Remove from the pan and let cool/harden in a little dish. Set aside.

### \*\*\* ASSEMBLY

- 11 When your cupcakes are cooled to room temperature, use a little spoon or utensil, to scoop out a cavity, down and into the middle of each cupcake. You want it to be about 3/4 inch wide.
- 12 Do whatever you want with the scooped out cake... I won't tell. Dailies be damned.
- 13 Put the frosting into a large ziplock bag, squeeze it all into one corner, then use scissors to snip a hole out of the bag's tip. Grats! You've made a piping bag! Wooot!
- 14 Pipe frosting into each cupcake, filling the cavities.
- 15 Using a circular motion, pipe frosting onto the top of the cupcakes, moving upwards as you get closer to the center, so that you can form a peak in the center.
- 16 Take your bowl of toasted coconut flakes and sprinkle them liberally over the cupcakes. By liberally, I don't mean "allow the flakes to start protesting and sitting in traffic, while decrying their mistreatment in the kitchen"... I mean, cover the cupcakes with a bunch o' flakes. Done.

### Notes:

- If you would like the frosting to be even more light and delicious, mix in some 0 point confectioners/powdered sugar substitute, such as the Truvia "0 calorie" brand. I like the frosting just how it is... but some folks like it sweeter.
- **COCONUT FLAKES:** Though my recipe and points are calculated using unsweetened coconut flakes... here's some awesome news for'ya. You can actually use SWEETENED coconut flakes, if you want... and the first cupcake will STILL be 3 points on both the regular AND diabetic plans. But, uh... using sweetened coconut flakes kinda defeats the purpose for all of you diabetic chicos and chicas.





# Death By Chocolate

Chocolate cake, filling, frosting, crumbles and chips. \*mic drop\*

Of all of my cupcakes, this is the one that people have made more than any other. This was made specifically to trigger overly sensitive and easily offended chocoholics, because I'm a big 'ol meanie-head. So go, chocoholics, flee to the nearest "safe space", because these bad boys are coming for'ya.

## Serving Info.:

YIELDS: 24 cupcakes

Servings: 24

Serving Size: 1 cupcake



- last checked 11/19/22 -  
Use your mobile device's 'Camera' App to  
look at this code for nutritional info.

## Ingredients:

### Cake:

- 1 Pillsbury sugar free devil's food cake mix
- 3 large eggs
- 1-3/4 cup 0 point carbonated beverage (diet coke, diet dr. pepper, seltzer water, club soda, etc.)
- 1 tsp baking powder
- 2 tsp instant coffee grounds (optional)

### Fudge Pudding Filling:

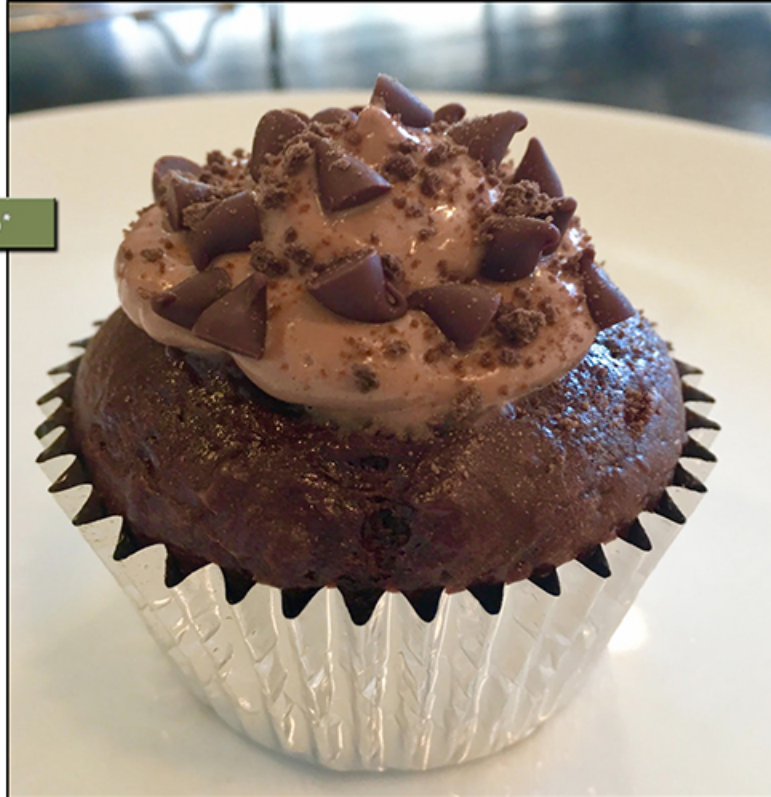
- 2 (1.4oz) boxes Jell-O sugar free instant chocolate fudge pudding mix
- 2 Tbsp Hershey's unsweetened cocoa powder
- 1-1/2 cups cold water

### Chocolate 'Cream Cheese' Frosting:

- 1 cup of "cream cheese" substitute, recipe found in my "Cookbook: Volume 1", pg 36.
- 1 Tbsp Hershey's unsweetened cocoa powder
- 1/4 cup 0 calorie confectioner's sugar replacement
- 2 (1.4oz) boxes Jell-O sugar free instant chocolate fudge pudding mix
- 1-1/2 cups cold water
- 1 tsp Watkins brand cream cheese flavor extract (optional)

### Cupcake Topping:

- 4-1/2 oz Lily's dark chocolate chips (they're mini chips)
- 1 sheet Honey Maid Chocolate Graham Cracker, finely crushed, set aside. (all 4 little crackers that make up 1 sheet)



## Directions:

- 1 Preheat oven to 325.
- 2 Line cupcake pans with FOIL cupcake liners, no paper. Set aside.

### \*\*\* CAKE DIRECTIONS

- 3 In large mixing bowl, combine the cake mix, eggs, carbonated beverage o' choice, baking powder and instant coffee (if using), till well combined.
- 4 Fill 24 cupcake liners with batter. Bake at 325 for 20-25 minutes. Mine took 23.
- 5 Remove from oven and allow to cool so that they won't melt the frosting when you put it on.

### \*\*\* FILLING DIRECTIONS

- 6 Mix the 2 boxes of pudding and the cocoa powder with COLD water, until the mixture is smooth and thick, about 2 minutes.
- 7 Set aside in the fridge to cool and set.

### \*\*\* FROSTING DIRECTIONS

- 8 In an old 32oz yogurt container (seriously... they are awesome for this stuff), use an electric hand mixer to mix together the 'cream cheese', cocoa powder, and powdered sugar replacement, till smooth. Set aside.
- 9 In a separate container, mix the 2 pudding packets with the cold water and extract, until combined and thick.
- 10 Scoop the pudding into the cream cheese container and then mix the 2 together with the mixer until smooth. Set aside in the fridge.



### \*\*\* TOPPING DIRECTIONS

- 11 Put 1/4 cup of the mini chips in a bowl. You will be using a 1/2 tsp of chips per cupcake. Scooping 1/2tsp of chips will yield right around 18 chips. It's not going to kill anyone if one cupcake has 15 chips and the next has 18.... you'll be fine. Just use 1/2 tsp.
- 12 Take 1 full chocolate graham cracker sheet, break it in half, and then grind it up into a bowl. Not crumbled like for pie crust where there are chunks... I mean... GRIND it up to chocolate graham cracker dust. Set aside.

### \*\*\* ASSEMBLY

- 13 When your cupcakes have cooled completely on a wire rack, use a spoon to carefully scoop down into the middle of each cupcake to scoop out a cavity about the same size as if you were to stick your thumb down into the middle of it.... But don't use your thumb for God's sake... that's unsanitary.

#### ***Filling Assembly:***

- 14 Take your filling out of the fridge and scoop it into a large ziplock bag. Squeeze all the pudding down to one corner of the bag so that you can use it like a big piping bag. Use scissors to snip a medium sized hole (like poking your index finger through the bag) out of the tip of the bag's corner.
- 15 Pipe the filling down into each cupcake's cavity.

#### ***Frosting Assembly:***

- 16 In a similar fashion, spoon the cream cheese frosting into a ziplock bag and make a budget piping bag out of it as well. Pipe some frosting onto the top of each cupcake, building the frosting up into a peak.

#### ***Topping Assembly:***

- 17 Scoop 1/2 tsp of the mini chips (a level scoop) into your palm. Use your other hand to pick up the chips and sprinkle/place them over the frosting of each cupcake, so that they fall onto the frosting and adhere to it.
- 18 Finally, pick up a pinch of the crushed graham cracker dust and sprinkle it over each cupcake all over the frosting. Enjoy.

### NOTES:

- Use any brand chocolate mini chips that you want. However, my recipe takes into account using 19 points of chocolate. You can always buy your preferred chocolate, even if not in chip form... then crush it into smaller pieces in a ziplock bag. Sprinkle the chocolate bits over the filling. Whatever you use, if it's different than my listed ingredients, check and adjust points if necessary.
- One last note about chocolate: Though my recipe calls for Lily's dark chocolate chips, which are mini chips. My own PERSONAL PREFERENCE after making these a few times now, is to use Lily's 'semi sweet' baking chips. They aren't nice mini chips, they are regular sized. So... when I use those, I have to put them in a plastic bag and crush them up a bit, with a kitchen mallet, to break them into smaller bits.



picture by: @amareels





# Guinness & Bailey's

## Guinness chocolate cupcakes with Bailey's white chocolate frosting

For years, it's been a popular cake mix hack in WW, for people to replace the oil, water and eggs in cake mixes with soda. I figured, why not use a carbonated Ale instead?

The deep flavor of these cupcakes comes from using an extra stout dark ale mixed in with the cake mix. Then we up the Irish theme by making a frosting with Bailey's Irish Cream, white chocolate pudding, and strained greek yogurt, dusted with cocoa powder.

### Serving Info.:

YIELDS: 24 cupcakes

Servings: 24

Serving Size: 1 cupcake



R D  
3-3

- last checked 11/19/22 -  
Use your mobile device's 'Camera' App to  
look at this code for nutritional info.



### Ingredients:

#### Cake:

- 1 Pillsbury sugar free devil's food cake mix
- 3 large eggs
- 1-3/4 cup Guinness Extra Stout Ale
- 1 tsp baking powder
- 2-1/2 tsp Hershey's unsweetened cocoa powder

#### FROSTING:

- 1-1/2 cups cream cheese substitute, recipe on page 36 of my "Cookbook: Volume 1".
- 1 (1oz) box sugar free instant white chocolate pudding
- 1 tsp rum extract
- 1 tsp Watkins brand cream cheese flavor extract (optional)
- 1/3 cup Bailey's original Irish cream liqueur
- 1/4 cup water
- 2/3 cup 0 calorie confectioners sugar replacement

#### TOPPING:

- 1/2 tsp Hershey's unsweetened cocoa powder
- 1 tsp 0 point confectioner's sugar replacement

### Directions:

- 1 Preheat oven to 325.
- 2 Line cupcake pans with FOIL cupcake liners. I personally HATE using paper liners, my cupcakes always stick to them. I always use foil liners, and remove the paper inserts that are in them. DO NOT USE THE PAPER LINERS!! Just the foil.

#### \*\*\* CAKE DIRECTIONS:

- 3 In a large bowl, combine the cake mix, egg, Guinness, baking powder and cocoa powder, till well mixed.
- 4 Pour the batter into the cupcake liners. Bake for 22-25 minutes at 325 degrees, until a toothpick comes out clean. Remove from the oven, set aside to cool.

#### \*\*\* FROSTING DIRECTIONS:

- 5 In a large bowl, or an empty 32oz yogurt container, use an electric hand mixer to mix the strained yogurt, cream cheese flavoring/extract and "powdered sugar", till smooth. Set aside.
- 6 In a separate bowl, mix together the pudding, Bailey's liqueur, water and rum extract. Mix until smooth, then stir into the 'cream cheese' till well blended. Set aside in the fridge, to set.



### \*\*\* FINAL ASSEMBLY

- 7 Once the cupcakes are cooled and your frosting has had time to set up in the fridge, get ready to do a happy little riverdance cupcake jig.
- 8 Spoon all of your Bailey's frosting into a large gallon sized ziplock bag. Squeeze all of the frosting down towards a corner of the bag, then use a pair of scissors to snip a hole out of the bottom corner tip. No, you aren't making bagpipes, you're making a piping bag. Huzzah!!
- 9 In a clockwise or counter clockwise motion (seriously... it doesn't matter) pipe frosting onto each cupcake moving towards the middle and upwards to create a layered, raised peak, in the center.
- 10 When you're all done with that, scoop the cocoa powder into a fine mesh wire strainer. Hold the strainer over the top of each cupcake and gently tap it, dusting the frosting of each cupcake in a light coating.
- 11 Done.

### \*\*\* NOTES

- You can use any type of beer, lager, or stout for this recipe in place of the Guinness. Be advised though, if you use a cheap American beer and post about it... don't tag me, I'll block you on sheer principle. *(1-3/4 cups of Guinness is 5 points)*
- I used little bottles of Bailey's, because I don't need a big ol' expensive bottle. A 6 pack of the lil guys was 1/3 of the price.
- These cupcakes were cool for St. Paddy's day, though in full disclosure, my wife didn't like them. If you aren't a fan of beer or ale, you may not like the flavor of the cake. You can always replace the beer with something else if you don't have any proper Irish hooligans in your abode. You honestly have to like the taste of booze/liquor, or you won't like these.
- These cupcakes are magically delicious, dare I say.... they'll be your Lucky Charm.





# Hostess-ish

A points friendly knock off of Hostess cream filled cupcakes

These are just plain out freaking awesome-sauce. Chocolate cupcakes filled with a mixture of marshmallow fluff and "cream cheese". Frosted with a mixture of chocolate pudding and melted dark chocolate chips, then finished with swirls of white chocolate pudding mixed with "cream cheese".

## Serving Info.:

YIELDS: 24 cupcakes

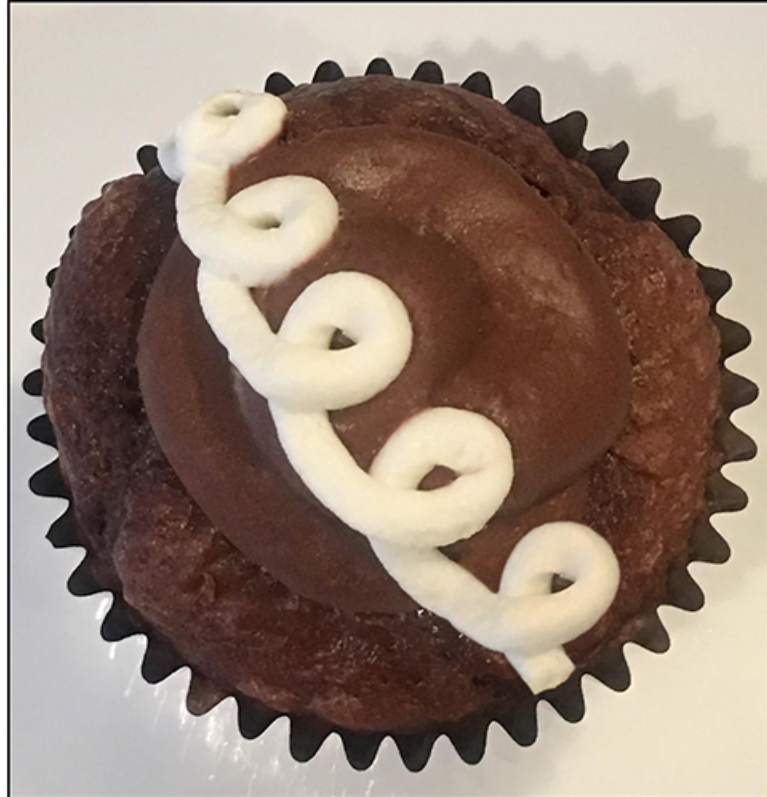
Servings: 24

Serving Size: 1 cupcake



R D  
4-4

- last checked 11/19/22 -  
Use your mobile device's 'Camera' App to  
look at this code for nutritional info.



## Ingredients:

### Cake:

- 1 Pillsbury sugar free devil's food cake mix
- 3 large eggs
- 1-3/4 cup 0 point carbonated beverage (seltzer water, club soda, diet soda, etc.)
- 1 Tbsp Hershey's unsweetened cocoa powder
- 1 tsp baking powder

### Marshmallow "Cream Cheese" Filling:

- 3-1/2 oz Jet Puffed Marshmallow Creme (1 container is 7 ounces, use 1/2 of it)
- 1-1/4 cups of "cream cheese" substitute, recipe in my "Cookbook: Volume 1", page 36.
- 1/2 cup 0 calorie confectioners sugar replacement

### Dark Chocolate Frosting:

- 1 (1.4oz) box sugar free instant chocolate fudge pudding mix
- 1 Tbsp Hershey's unsweetened cocoa powder
- 1 cup COOOOOLD water
- 1/3 cup Lily's sugar free dark chocolate chips (300 chips)
- 1 Tbsp water, to microwave with the chocolate chips

### White Chocolate Cream Cheese Swirl:

- 2/3 cup of "cream cheese" substitute, recipe in my "Cookbook: Volume 1", page 36.
- 1/4 cup 0 calorie confectioner's sugar substitute
- 3 tsp dry mix, Jell-O sugar free instant white chocolate pudding mix

## Directions:

- 1 Preheat oven to 325.
- 2 Line cupcake pans with FOIL cupcake liners, no paper. Set aside.

### \*\*\* CAKE DIRECTIONS

- 3 In large bowl, mix together the cake mix, egg, carbonated beverage o' choice, cocoa powder and baking powder.
- 4 Fill 24 cupcake liners with batter. Bake at 325 for 20-25 minutes. Mine took 23.
- 5 Remove from oven and allow to cool so that they won't melt the frosting when you put it on.

### \*\*\* FILLING DIRECTIONS

- 6 Take the 7oz container of marshmallow fluff, use a knife to cut down directly into the container, dividing the contents in half. Scoop out half of the fluff into a mixing bowl and mix with the confectioner's sugar replacement.
- 7 Into the same mixing bowl, add 1-1/4 cup of 'cream cheese substitute'. Use an electric hand mixer to combine. Set aside.

### \*\*\* FROSTING DIRECTIONS:

- 8 Use an electric hand mixer to mix together the instant pudding mix, cocoa powder and COOOOLD water.
- 9 In a microwave safe dish, heat the dark chocolate chips and 3 teaspoons of water for 25 seconds. Stir, heat for another 25 seconds, stir until the mixture is melted.
- 10 Mix the melted dark chocolate into the pudding, set in the fridge to set.



### \*\*\* WHITE SWIRL DIRECTIONS:

- 11 In a bowl, add the 2/3 cup of 'cream cheese' substitute, 1/4 cup 0 calorie confectioner's sugar and the 3 teaspoons of white chocolate pudding mix. Mix to combine, the mixture will be thick. That's ok.

### \*\*\* ASSEMBLY

- 12 When your cupcakes have cooled completely, use a spoon to carefully scoop down into the middle of each cupcake, scooping out a cavity about 1 inch wide.

#### **Filling Assembly:**

- 13 Take your filling out of the fridge and scoop it into a large ziplock bag. Squeeze all of it down to one corner of the bag, so that you can use it like a big piping bag. Use scissors to snip a medium sized hole (like poking your index finger through the bag) out of the tip of the bag's corner.
- 14 Pipe the filling down into each cupcake's cavity.

#### **Frosting Assembly:**

- 15 In a similar fashion, spoon the chocolate frosting into a ziplock bag and make a piping bag out of it as well. Pipe some frosting onto the top of each cupcake, building the frosting up into a low peak.

#### **White Swirl Assembly:**

- 16 Scoop the swirl frosting into a small ziplock bag. Squeeze all of the 'frosting' down to 1 corner, then cut off a little corner of the bag, to make it into a tiny piping bag. It should have a small hole, around 1/8 of an inch, or just a little bit bigger. Pipe a little swirl pattern going across the top of each cupcake. Don't worry if it doesn't look perfect.

### NOTE:

- Want one of the Hostess-type cupcakes that uses yellow cake instead of chocolate cake? No problem. Swap out the devil's food cake mix with sugar free yellow cake mix. Then use 1-1/3 cup of carbonated beverage instead of the 1-3/4 cups that the devils food mix calls for. Lastly, leave the cocoa powder out of the batter. Boom, done.

Special shout out to my friend [@vconrey](#), who asked for a yellow cake version of the hostess cupcakes a while back.





# Hummingbird

A Low Point Take On A Traditional Southern Favorite

No, sickos, this doesn't contain real hummingbirds. Hummingbird cake is a luxuriously rich Southern cake made with pineapple, bananas and walnuts. This lightened version is the bomb.com and won't make your pants pop a button.

## Serving Info.:

YIELDS: 24 cupcakes

Servings: 24

Serving Size: 1 cupcake



R D

2-3

- last checked 11/18/22 -  
Use your mobile device's 'Camera' App to  
look at this code for nutritional info.



## Ingredients:

### Cake:

- 1 Pillsbury sugar free yellow cake mix
- 3 large eggs
- 1 cup of FRESH pineapple. But, here's the deal. Take that pineapple and pulse it in a blender till its pulpy, like canned crushed pineapple. That'll give you around 2/3 cup of 0 point 'crushed' pineapple on the regular plan.
- 3/4 cup of mashed up ripe bananas (2 medium)
- 1 tsp baking powder
- 1-1/2 tsp ground cinnamon
- 1 tsp maple extract (or vanilla)
- 1/3 cup water

### Cinnamon Cream Cheese Frosting:

- 2 cups "cream cheese" substitute, recipe in my "Cookbook: Volume 1" page 36.
- 1/2 tsp vanilla extract
- 1 tsp cream cheese flavor extract (I use Watkins brand)
- 1/4 tsp lemon juice
- 1/2 tsp ground cinnamon
- 3/4 cup 0 calorie confectioners sugar replacement
- (1) 1oz box Jell-O sugar free instant cheesecake flavored pudding mix
- 2/3 cup COLD water

### Cupcake Topping:

- 1/2 cup chopped pecans, toasted, then crushed.

## Directions:

- 1 Preheat oven to 325.
- 2 Line cupcake pans with FOIL cupcake liners, no paper. Set aside.

### \*\*\* CAKE DIRECTIONS

- 3 In a large mixing bowl, combine the cake mix, egg, 'crushed' pineapple, mashed bananas, baking powder, cinnamon, maple extract and water. Mix to combine.
- 4 Pour the batter into the cupcake liners and bake at 325 for 20-25 minutes. Mine took 23.
- 5 Remove from oven and allow the cupcakes to cool to room temperature so that they don't melt the frosting.

### \*\*\* FROSTING DIRECTIONS

- 6 In a large mixing bowl, or empty 32oz yogurt container, use an electric hand mixer to mix the 'cream cheese', extracts, lemon juice, cinnamon and 0 point powdered sugar (if using), until smooth.
- 7 In another mixing bowl... or an empty 32oz yogurt container, use an electric hand mixer to mix the 1oz packet of sugar free instant cheesecake flavored pudding with the COLD water until thickened and smooth.
- 8 Use a rubber spatula to scoop the "cream cheese" into the container with the pudding. Use a hand mixer to mix the "cream cheese" and the pudding together until well combined. Move container to the fridge and allow it to set.



### \*\*\* TOASTED PECAN DIRECTIONS

- 9 Heat a small pan over medium heat for 1 minute. Place the chopped pecans into the pan and heat for 20 seconds.
- 10 Stir the pecans, then allow them to cook for another 20 seconds. Repeat for a few minutes, until the pecans are fragrant and lightly toasted. Remove pecans from heat, set aside.
- 11 Take the toasted pecans and put them in a large ziplock bag. Use a kitchen mallet, hammer, a pot, or small lap dog and gently tap them a bit breaking the larger chunks into smaller pieces.
- 12 Once you've finished smacking them around like they're an informant on The Sopranos... set them aside to calm down. Pecans are hard to sprinkle when they're still crying.

### \*\*\* ASSEMBLY

- 13 Once the cupcakes are cooled and your cream cheese mixture has had time to set up in the fridge, get ready for cupcake bliss.
- 14 Spoon all of your cream cheese/pudding mixture into a large gallon sized ziplock bag, then squeeze all of it down towards one corner. Using a pair of scissors, snip a hole at the bottom tip of the bag, about as wide as your index finger... Unless you have little girlie hands, then... use your thumb, I guess. Congrats!... you just made a piping bag!
- 15 In a circular motion, pipe cream cheese onto each cupcake, moving in towards the middle and upwards to create a raised peak in the center.
- 16 Once all the cupcakes are frosted, Sprinkle the pecans all over the cupcake frosting.

### \*\*\* NOTE:

- **CANNED PINEAPPLE:** Ok, here's the thing. The reason I'm saying to pulse some fresh pineapple in the blender and use THAT, is for the folks on the 'regular plan'. Canned crushed pineapple has points, but fresh pineapple pulsed in a blender, food processor, or with an immersion blender has 0 points for them.

But, all you folks on the Diabetic plan, for you guys, the points are the exact same if you simply buy a can of crushed pineapple in pineapple juice. Take 2/3 cup of the canned crushed pineapple, rinse it under water, let it drain, then use that instead. It's easier, quicker, makes less mess in your kitchen, and your first cupcake is still 3 points.





# Lemon Meringue

Lemon Cake filled with Lemon Curd, topped with fluffy meringue

To call these delicious would be like saying Darth Vader has minor issues with parenting. Ultra moist lemon cake is filled with a tart and sweet lemon curd, then topped with a fluffy meringue. What's even more awesome? These also have a pie crust on the bottom of the cupcake too. Woot!

## Serving Info.:

YIELDS: 24 cupcakes  
Servings: 24  
Serving Size: 1 cupcake



R D

2-3

- last checked 11/18/22 -  
Use your mobile device's 'Camera' App to  
look at this code for nutritional info.

## Ingredients:

### Cake:

- 1 Pillsbury sugar free yellow cake mix
- 3 large eggs
- 1-1/3 cup 0 point carbonated beverage (*seltzer water, club soda, diet soda, etc.*)
- 2 tsp lemon extract (found online, or in the baking aisle of most grocery stores, by the vanilla extract)
- 1 tsp baking powder
- 1 tsp lemon zest, finely chopped

### Low Point Lemon Curd Filling:

- 3 large eggs PLUS 1 additional egg yolk
- 1/4 tsp lemon extract
- 1/2 cup lemon juice
- 1/4 cup I Can't Believe It's Not Butter! Light
- 6 Tbsp 0 calorie sugar replacement (monkfruit, stevia, etc)
- 1 (1oz) box sugar free instant lemon pudding
- 3/4 cup cold water
- 1 tsp lemon zest, minced

### Meringue Topping:

- 4 egg whites
- 1 tsp cream of tartar
- 3/4 cup 0 calorie confectioners sugar replacement

### Pie Crust Bottom:

- 1-1/2 cup Fiber One cereal
- 1-1/2 Tbsp sugar free syrup (pancake syrup)
- 3 Tbsp fat free plain Greek yogurt
- 1/2 tsp ground cinnamon
- 1/2 cup 0 point brown sugar replacement of choice (granulated monkfruit, stevia, etc)
- additional water, if needed

## Directions:

- 1 Preheat oven to 325.
- 2 Line cupcake pans with FOIL cupcake liners, not paper! Set aside.

### \*\*\* PIE CRUST:

- 3 Place the cereal, syrup, yogurt, cinnamon and brown sugar replacement into a food processor. Pulse the power on/off a few times, until similar in texture to moist graham cracker crumbs.



- 4 Scoop 2 teaspoons of the crust mixture into the bottom of each foil liner (DON'T USE PAPER!) and use your fingers or a spoon to spread the crust to the edges. Done.

### \*\*\* CAKE DIRECTIONS

- 5 In large mixing bowl, combine the cake mix, egg, carbonated beverage o' choice, lemon extract, baking powder and lemon zest. Mix together until well combined.
- 6 Pour cake batter into the liners, over the pie crusts. Bake at 325 for 20-25 minutes. Mine took 23. If you have extra batter, make extra cupcakes without the crust.
- 7 Remove from oven and allow to cool completely to room temperature.





### \*\*\* LEMON CURD FILLING

- 8 Beat the eggs and additional egg yolk together in a bowl, set aside. In a separate microwave safe dish, microwave the butter spread until softened/melted, set aside.
- 9 In a small pot, over medium heat, heat the beaten eggs, lemon juice, extract, butter and sweetener till it's JUST about to start simmering, then lower the heat. Lower it till the mix is baaaarely not going to boil/bubble. It'll help the eggs to not scramble and will still cook them. Stir frequently with a rubber spatula until it thickens to a pudding-like texture.
- 10 When thickened, remove from heat and pour through a wire strainer (to remove any lumps) into a glass bowl.
- 11 Allow the mixture to cool for a few minutes, then cover with plastic wrap directly onto the surface of the hot curd. Set in fridge to cool.
- 12 In a separate bowl, mix together the lemon pudding and lemon zest with the 3/4 cup COLD water to make pudding. Set aside in the fridge.

### \*\*\* MERINGUE TOPPING

- 13 Place the egg whites and cream of tartar into a large mixing bowl (or a 32oz yogurt container works great). Beat with an electric hand mixer for 1 minute, then add the powdered sugar. Continue mixing for 2-3 more minutes until it becomes a big ol' fluffy bowl of stiff peaks. Set aside.

### \*\*\* ASSEMBLY

- 14 When your cupcakes have cooled completely, scoop down into the middle of each cupcake, to carve out a cavity about 1 inch in diameter, for the filling.

#### ***Filling Assembly:***

- 15 Take your lemon curd out of the fridge and mix it with the lemon pudding, until well combined.
- 16 Scoop the lemon filling into a large ziplock bag. Squeeze all the pudding down to one corner, so that you can use it like a big piping bag. Use scissors to snip a hole out of the tip of the bag's corner.
- 17 Pipe filling down into each cupcake's cavity.

#### ***Meringue Topping Assembly:***

- 18 In a similar fashion, spoon the sweetened meringue into a ziplock bag and make a piping bag out of it as well. Pipe the meringue onto the top of each cupcake, building into peaks. Use a kitchen torch to toast the meringues, or place the cupcakes on a large baking pan and bake at 400 degrees for 5-10 minutes, or until meringues are toasted. Keep an eye on them, as the meringues can burn quickly and you DON'T want a bonfire in your kitchen.
- 19 Done.

### NOTES:

- **CRUST:** For you diabetic folks... if you make these cupcakes WITHOUT THE CRUST (bottom pic, to the right), one serving drops down to 2 points for you.





# Mexican Hot Chocolate

Chocolate, Cinnamon and Chili Powder... Viva Los Cupcakes!

If you're like me, you grew up thinking that hot chocolate was packaged "Swiss Miss" instant cocoa. Well, that was true until I had Mexican Hot Chocolate. A deliciously deep cocoa flavored drink with strong notes of cinnamon and a slight kick of chili to wake you up. This is my cupcake version of that drink. Even your Abuelita won't be able to complain about these babies, once she sees her waistline shrinking.

## Serving Info.:

YIELDS: 24 cupcakes

Servings: 24

Serving Size: 1 cupcake



R D

2-2

- last checked 11/19/22 -  
Use your mobile device's 'Camera' App to  
look at this code for nutritional info.



## Ingredients:

### Cake:

- 1 Pillsbury sugar free devil's food cake mix
- (1) 1.4oz box Jell-O sugar free instant chocolate fudge pudding mix
- 3 large eggs
- 1-3/4 cup 0 point carbonated beverage (*seltzer water, club soda, diet soda, etc.*)
- 1 tsp baking powder
- 1 tsp instant coffee
- 2-1/2 tsp ground cinnamon
- 1 tsp chipotle chili powder, OR ancho chili powder

### Cinnamon Chipotle Frosting:

- 2 (1oz) boxes sugar free instant vanilla pudding
- 1-1/2 cup COLD water
- 1-1/3 cup "cream cheese" substitute, recipe in my "Cookbook: Volume 1", page 36.
- 1/2 cup 0 calorie confectioners sugar replacement
- 1 tsp Watkins cream cheese flavoring extract (or you can use vanilla extract)
- 1/2 tsp ground cinnamon
- 1/8 tsp chipotle (or ancho) chili powder

### Topping:

- 2 tsp cocoa powder
- 1/4 tsp ground cinnamon
- 2 tsp 0 calorie confectioners sugar replacement

## Directions:

- 1 Preheat oven to 325.
- 2 Line cupcake pans with **FOIL** cupcake liners only!  
**DO NOT USE ANY PAPER LINERS!!!! DON'T DO IT!!!!**

### \*\*\* CAKE DIRECTIONS

- 3 In large bowl, mix the cake mix, chocolate pudding, egg, carbonated beverage o' choice, instant coffee, cinnamon, chili powder and baking powder. Mix until well combined.
- 4 Fill 24 cupcake liners with batter, then bake at 325 for 20-25 minutes or until toothpick comes out clean.
- 5 Remove cupcake pans from the oven and allow them to cool to room temperature.

### \*\*\* FROSTING DIRECTIONS

- 6 Use an electric hand mixer to combine the vanilla pudding and water, till smooth. Set aside.
- 7 In a larger mixing bowl, mix together the 'cream cheese' substitute, confectioner's sugar replacement, cream cheese flavoring/extract, cinnamon and chili powder, till smooth. Then, add the pudding to the 'cream cheese' mixture and mix together till smooth. I used an electric hand mixer.
- 8 Set aside in the fridge.

### \*\*\* TOPPING:

- 9 In a small container, stir together the cocoa powder, cinnamon and powdered sugar. Set aside.



### \*\*\* ASSEMBLY

- 10 When the cupcakes are completely cooled, put all of the frosting into a large ziplock bag. Squeeze the frosting into one corner of the bag, then use scissors to snip a medium sized hole in the corner. Congrats, mis amigos! It's a piping bag!!
- 11 Squeeze some frosting onto the top of each cupcake, in a circular motion, to create a raised and rounded peak.
- 12 Once all of the cupcakes are frosted, take a fine metal mesh strainer and put the "topping's" cocoa powder, cinnamon and powdered sugar mixture into it. Hold the strainer a few inches over each cupcake and gently tap it with your finger. This will make a small bit of the powder fall down and dust the top of the cupcakes.
- 13 Get ready to celebrate #TacoTuesday in style! Viva Mexico!

### \*\*\* NOTES

- Chipotle powder isn't as spicy as cayenne powder. It has a slight smokiness to it. Ancho chili powder is a little spicier than chipotle, but doesn't have as much smokiness to it.
- Cayenne powder is just puuure heat. Regular "chili powder" that you find in the spice aisle has more savoriness as well as saltiness. So, don't use 'regular' chili powder. Seriously... use chipotle or ancho powders only, trust me.
- If you're a dude and you're about to make these, I highly recommend jamming to some classic "Vicente Fernandez." I personally love the old-school song 'No me se rajar'. The lyrics are hilariously full of machismo. Or, if you're one of my Connect Chicas... might I recommend Linda Ronstadt's song, "La Cigarra" from her album: "Canciones De Mi Padre".

*Shout out to my wife's family, La Familia Flores.... Viva Jalisco!!!*





# Peanut Butter Bombs

These babies are protein laden, nut allergy neutron bombs

Alright folks, first thing's first... if you are going to make these more than 1 time, ever, you should consider buying stock in a powdered peanut butter company. Heck, if you have nut allergies, you'll explode within 15 feet of these.

These cupcakes were a special request from [@kygoatgirl](#) on Connect. They're chocolate cake, loaded with powdered peanut butter and filled with a creamy butterscotch, peanut butter center. Finally, they are frosted with peanut butter flavored pudding, topped with crushed peanuts and drizzled with caramel sauce.

## Serving Info.:

YIELDS: 24 cupcakes

Servings: 24

Serving Size: 1 cupcake



- last checked 11/19/22 -  
Use your mobile device's 'Camera' App to  
look at this code for nutritional info.



Picture by: [@femmespik](#)

## Directions:

- 1 Preheat oven to 325.
- 2 Line cupcake pans with FOIL cupcake liners, no paper. Set aside.

### \*\*\* CAKE DIRECTIONS

- 3 In large mixing bowl, combine the cake mix, egg, carbonated beverage o' choice, baking powder and powdered peanut butter. The mixture MAY be thick because of all the peanut butter powder. Add additional carbonated beverage, if necessary, 1 Tbsp at a time, so that it isn't crazy thick.
- 4 Fill 24 cupcake liners with batter, then bake at 325 for 20-25 minutes. Mine took 23.
- 5 Remove from oven and allow to cool to room temperature.

### \*\*\* FILLING DIRECTIONS

- 6 In a mixing bowl, use an electric hand mixer to combine the cream cheese substitute with the packet of pudding until smooth. Slowly add the water, 1/4 cup at a time, mixing until smooth. Add the peanut butter powder and extract, mix until well combined. It should have the consistency of thick pudding. Add more water if required.
- 7 Set aside in the fridge to cool and set.

### \*\*\* FROSTING DIRECTIONS

- 8 In an old 32oz yogurt container (seriously... they are awesome for this), use an electric hand mixer to mix together the 2 packets of pudding mix, salt and powdered peanut butter with the COLD water. The mixture will be pretty thick. You want it to end up about as thick as softened cream cheese. Add more water if needed, 1 Tablespoon at a time. Set aside in the fridge to set.

## Ingredients:

### Cake:

- 1 Pillsbury sugar free devil's food cake mix
- 3 large eggs
- 2 cups 0 point carbonated beverage (*seltzer water, club soda, diet cream soda/root beer, etc.*)
- 1 tsp baking powder
- 2 Tbsp powdered peanut butter

### Peanut Butter Butterscotch Filling:

- 1 cup "cream cheese" substitute, recipe in my "Cookbook: Volume 1", page 36.
- (1) 1oz box sugar free instant butterscotch pudding
- 1 cup powdered peanut butter
- 1 cup cold water, plus more if needed
- 1/2 tsp vanilla extract

### Peanut Butter Pudding Frosting:

- 2 (1oz) boxes sugar free instant butterscotch pudding
- 1 cup powdered peanut butter
- 1/4 tsp salt
- 1-2/3 cups COLD water, plus more if needed

### Toppings:

- 1/3 cup chopped salted/roasted peanuts. Measured, then lllllllllightly crushed in a ziplock bag, to make slightly smaller, crushed up bits.
- 3 Tbsp Smucker's sugar free caramel sundae syrup



### \*\*\* TOPPING DIRECTIONS

- 9 Place 1/4 cup of salted, roasted peanuts into a ziplock bag. Now grab a mallet, a small pot, or a typical CVS Pharmacy receipt and start playing whack-a-mole. Seriously, crush them up. You don't want large chunks.
- 10 Squeeze the Caramel sauce into a small snack-sized ziplock bag, making a little piping bag. Set aside.

### \*\*\* ASSEMBLY

- 11 When your cupcakes have cooled completely, scoop down into the middle of each cupcake, creating a roughly 1 inch diameter cavity.

#### ***Filling Assembly:***

- 12 Take your filling out of the fridge and scoop it into a large ziplock bag. Squeeze it all down to one corner of the bag so that you can use it like a big piping bag. Use scissors to snip a medium sized hole (like poking your thumb through the bag) out of the tip of the bag's corner.
- 13 Pipe the filling down into each cupcake's cavity.

#### ***Frosting Assembly:***

- 14 In a similar fashion, spoon the frosting into a ziplock bag and make a piping bag out of it as well. Using a circular motion, pipe some frosting onto the top of each cupcake. Build the frosting up into low peaks.

#### ***Topping Assembly:***

- 15 Use scissors to slice a tiny hole in the corner of the small ziplock bag with the caramel sauce. Carefully drizzle a little bit of caramel over each cupcake's frosting.
- 16 Scoop up some of the crushed peanuts and gently sprinkle them over the frosting of all the cupcakes. Repeat until all of the cupcakes are covered.
- 17 Done.

### \*\* NOTES:

- If you want to go a bit overboard and go full-tilt peanut butter flavor... go to Amazon and buy a 1 ounce bottle of: **"LorAnn Super Strength Peanut Butter Flavor"** extract. It's super concentrated, so use half as much of it as you'd use regular extracts. If a recipe asks for 2 tsp of vanilla extract, use 1 tsp of this stuff.

For THIS recipe, I like to add 1 tsp of this to the batter and instead of putting 1/2 tsp vanilla extract into the filling, I use 1/4 tsp of this peanut butter flavoring instead.

- Want to go crazier? If you're only going to eat a single cupcake 'right now', take a piece of 'Center Cut' bacon out of the fridge, cut a 1/4 piece of it, then cook it till crispy and remove the oil by patting it dry. Once it cools, crumble it up and sprinkle the 0 point amount of crushed up bacon on top of the peanut butter and caramel covered cupcake. Yuuuup.... that's how we roll here at The Guilt Free Gourmet. Man... 'diet food' sure is rough, ain't it?





# Peanut Butter & Jelly

Strawberry Jelly filled Cupcakes, with Peanut Butter Pudding Frosting

I... love... peanut butter and jelly sandwiches. That being said, since I started WW, I have RARELY ever had one because of how high in points they are. Even if you use low point bread, PB2 and sugar free jelly... you're still looking at 5-6 points. So you can imagine just how ecstatically happy I am about these. Would you rather have a 5-6 point PB&J sandwich, or a 3-4 point PB&J cupcake?

## Serving Info.:

YIELDS: 24 cupcakes

Servings: 24

Serving Size: 1 cupcake



R D  
3-3

- last checked 11/18/22 -  
Use your mobile device's 'Camera' App to  
look at this code for nutritional info.



## Ingredients:

### Cake:

- 1 Pillsbury sugar free yellow cake mix
- 3 large eggs
- 1-1/3 cup 0 point carbonated beverage (seltzer water, club soda, diet soda, etc.)
- 1 tsp baking powder

### Strawberry "Jelly" Filling:

- 3 cups strawberries, fresh or frozen
- 1/2 cup water
- 1 (0.6oz) box sugar free strawberry gelatin
- 1 tsp strawberry extract (can use vanilla if unable to find strawberry extract)
- 1/4 cup sweetener of choice
- 1/2 tsp lemon juice
- 4 Tbsp cornstarch, dissolved into 3 Tbsp of water

### Peanut Butter Butterscotch Pudding Frosting:

- 2 (1oz) boxes of sugar free instant butterscotch pudding
- 1-1/4 cup powdered peanut butter (such as PB2)
- 1/8 tsp salt
- 1-3/4 cups COLD water, plus more if needed
- 1/4 tsp toasted sesame oil (**OPTIONAL**, but adds a nice, subtle nuttiness into the peanut butter pudding.

### Toppings:

- 1/3 cup salted roasted peanuts

## Directions:

- 1 Preheat oven to 325.
- 2 Line cupcake pans with FOIL cupcake liners, no paper. Set aside.

### \*\*\* CAKE DIRECTIONS

- 3 In large mixing bowl, combine the cake mix, egg, carbonated beverage o' choice and baking powder, until well mixed.
- 4 Fill 24 cupcake liners with batter, then bake at 325 for 22-25 minutes. Mine took 25.
- 5 Remove from oven and allow to cool to room temperature.

### \*\*\* FILLING DIRECTIONS

- 6 In a sauce pot, heat the strawberries, water, gelatin, extract, sweetener and lemon juice. Bring to a low boil, turn down heat and allow to simmer for 3-4 minutes, so the fruit can soften and break down.
- 7 Use either a blender or an immersion blender to process the strawberry mixture until smooth. If you had to pour the puree into another container to do this, pour the puree back into the pot. Return it to a low simmer.
- 8 Pour the dissolved cornstarch into the bubbling puree, whisking as it thickens. Allow to simmer for 2-3 minutes, stirring and whisking continuously. Pour into a large bowl and let sit for 15 minutes.
- 9 After 15 minutes, stir the puree, then place a some plastic wrap **DIRECTLY** on top of the hot puree's surface. Place it in the fridge for a few hours, till cooled through.

### \*\*\* FROSTING DIRECTIONS

- 10 To a high-rimmed mixing bowl, add the dry pudding, powdered peanut butter, salt cold water and sesame oil.
- 11 Use an electric hand mixer to mix the ingredients until thick and smooth. Set aside in the fridge.



### \*\*\* TOPPING DIRECTIONS

- 12 If you can't find bagged, chopped peanuts, use whole peanuts. Fill a 1/3 cup measuring scoop with the whole peanuts. Pour the peanuts into a ziplock bag, then...
- 13 Grab a kitchen mallet, a phone book, a typical receipt from CVS Pharmacy... and beat the everloving snot out of those peanuts. Go full-blown whack-a-mole on them.
- 14 Place the crushed bits of peanut destruction into a small bowl, set them aside for later.
- 15 Now that your kitchen looks like an episode of "Dexter" was filmed in it... catch your breath and get ready to put these low point morsels of PB&J glory together.

### \*\*\* ASSEMBLY

- 16 When your cupcakes have cooled completely, scoop down into the middle of each one, creating a roughly 1 inch diameter cavity.

#### ***Filling Assembly:***

- 17 Take your strawberry filling out of the fridge and scoop it into a large ziplock bag. Squeeze it all down to one corner of the bag, so that you can use it as a piping bag. Use scissors to snip a 1/2" hole from the bag's corner.
- 18 Pipe the filling down into each cupcake's cavity.

#### ***Frosting Assembly:***

- 19 In a similar fashion, spoon the frosting into a ziplock bag and make a piping bag out of it as well. Pipe some frosting onto the top of each cupcake, in a circular motion, building it into rounded peaks.

#### ***Topping Assembly:***

- 20 Using a measuring spoon, scoop 1/2 teaspoon of the crushed peanuts into your palm (trust me).
- 21 Use your other hand and pick up half of the mixture, then sprinkle it over the frosting of one cupcake. Sprinkle the other 1/2 onto another cupcake. Repeat until all of the cupcakes are covered.

### \*\* NOTES:

- Remember, you can watch a multi-page, step by step, picture guided tutorial of how I made these cupcakes. Scroll on back to pages 88-92 for a guided walkthrough.
- If your local stores do not have strawberry extract, in the baking aisle, feel free to use vanilla.
- If you cannot find sugar free strawberry gelatin mix, you can also use raspberry, black cherry, or any other flavor. You can use the raspberry gelatin while still using strawberries for your puree, ooor use raspberries for raspberry jelly. But, if you use black cherry gelatin, your strawberry jelly will be dark purple.
- Make sure to give the hot strawberry puree a few hours in the fridge to set. It will continue to thicken as it cools. It will eventually have the texture of spreadable jam. You will end up with around 1/2 cup of leftover Jelly, which is 0 points.





# Pumpkin Spice

Pumpkin spice cake topped with pumpkin spice frosting and caramel



I know how completely nutjob crazy you all go in Fall, once pumpkin spice lattes are back in season. I thought I should make a cupcake to go with your \$8 small, I mean "tall" hipster coffees, served by handlebar mustached baristas.

I wanted to put a filling in these, but decided to try and keep them at no more than 2 points for the first one. There are so many people making simple 2 point plain cupcakes out of a can of pumpkin puree and some cake mix, so I wanted to show that you could make something completely over-the-top for the same low points. When Charlie Brown was looking for the Great Pumpkin, he really just wanted a low point and calorie cupcake. It's a Peanuts thing.

## Serving Info.:

YIELDS: 24 cupcakes

Servings: 24

Serving Size: 1 cupcake



R D

2-2

- last checked 11/19/22 -  
Use your mobile device's 'Camera' App to  
look at this code for nutritional info.

## Directions:

- 1 Preheat oven to 325.
- 2 Line cupcake pans with FOIL cupcake liners, no paper. Set aside.

## Ingredients:

### Cake:

- 1 Pillsbury sugar free yellow cake mix
- 3 large eggs
- 1/2 cup 0 point carbonated beverage (seltzer water, club soda, diet soda, etc.)
- 1 (15oz) can, pumpkin puree (Use a 0 point can. Scan it.)
- 1 tsp baking powder
- 1-1/2 tsp pumpkin pie spice
- 1 tsp ground cinnamon
- 1 tsp maple extract

### Pumpkin Pie Spice Frosting:

- (1) 29-30oz can of pumpkin puree (Use a 0 point can. Scan it.)
- (1) 1oz box sugar free instant vanilla pudding
- (1) 1oz box sugar free instant butterscotch pudding\*\*\*
- 1/2 cup 0 calorie confectioners sugar substitute\*\*
- 3/4 tsp pumpkin pie spice
- 1/2 tsp ground cinnamon

### Cupcake Topping:

- 1/4 cup Sugar free caramel sundae syrup (OPTIONAL)
- 1/4 tsp ground cinnamon
- 1/2 tsp 0 calorie confectioners sugar substitute

### \*\*\* CAKE DIRECTIONS

- 3 In a large mixing bowl, combine the cake mix, egg, carbonated beverage o' choice, baking powder, pumpkin pie spice, cinnamon, pumpkin puree and maple extract. Mix to combine.
- 4 Pour the batter into the cupcake liners to fill each one, then bake them at 325 for 23-25 minutes.
- 5 Remove from oven and allow the cupcakes to cool to room temperature so that they don't melt the frosting.

### \*\*\* FROSTING DIRECTIONS

- 6 In a large mixing bowl, use an electric hand mixer to mix the pumpkin puree, pudding packets, pumpkin pie spice, cinnamon and 'powdered sugar' until smooth. If necessary, add a little bit of water to thin it. You are trying to get the consistency of softened cream cheese so that it will stay firm when used as a frosting.
- 7 Cover and set aside in the fridge.

### \*\*\* TOPPING DIRECTIONS

- 8 Pour the caramel sundae sauce into a 1/4 cup measuring cup. Set aside.
- 9 Mix together the 1/4 tsp ground cinnamon with the 1/2 tsp confectioners/powdered sugar. Place into a fine mesh wire strainer, set over a small cup or dish. Set aside.



### \*\*\* ASSEMBLY

- 10 Once the cupcakes are cooled and your pumpkin pie spiced frosting has had time to set up in the fridge, get ready for some cupcake bliss.
- 11 Spoon all of your frosting into a large gallon sized ziplock bag. Squeeze all of the frosting down towards a corner of the bag, then use a pair of scissors to snip a hole at the bottom tip of the bag.
- 12 In a circular motion, pipe the frosting onto each cupcake, moving in towards the middle and upwards to create a raised peak in the center.
- 13 When all of the cupcakes are frosted with the pudding mixture, take the wire mesh strainer that has the ground cinnamon in it, then gently tap it over each cupcake. You want to lightly dust each cupcake.
- 14 In the same manner as the frosting, pour the caramel sauce into a small ziplock bag, but snip a tiny little hole out of the corner, so that the caramel doesn't just run out of it.
- 15 Drizzle a tiny bit of caramel sauce over the top of each cupcake.
- 16 Done.

### \*\* NOTES:

- If you can't find maple extract, use vanilla.
- Not ALL canned pumpkin purees are 0 points, a lot of them have added sugars and are higher in points. Make sure to scan the cans at your local store (located in the baking aisle). It can be confusing because the 2 types are kept right next to each other.
  - Canned 'Pure Pumpkin Puree' has no points.
  - Canned 'Pumpkin Pie Mix', has a lot of points and the packaging looks nearly identical if you aren't paying close attention.





# Reese's PB Cup

These are pure peanut butter and chocolate bliss in a wrapper

These cupcakes are moist chocolate cake, filled with a delicious, salted, peanut butter and butterscotch "cream cheese" pudding. Then they are FROSTED with that same peanut buttery awesomeness, as if by divine intervention. Then, an entire mini Reese's peanut butter cup stands atop our mountain of peanut butter frosting, gazing out from atop Mt. Peanut Butter, like an ancient monolith, casting its shadow of low point judgement down upon the world.

## Serving Info.:

YIELDS: 24 cupcakes

Servings: 24

Serving Size: 1 cupcake



R D  
4-4

- last checked 11/19/22 -  
Use your mobile device's 'Camera' App to  
look at this code for nutritional info.



## Ingredients:

### Cake:

- 1 Pillsbury sugar free devil's food cake mix
- 3 large eggs
- 1-3/4 cup 0 point carbonated beverage (seltzer water, club soda, diet soda, etc.)
- 2 tsp instant coffee
- 1 Tbsp Hershey's unsweetened cocoa powder
- 1 tsp baking powder

### Chocolate Peanut Butter Frosting & Filling:

- 2 cups "cream cheese" substitute, recipe in my "Cookbook: Volume 1", page 36.
- 2 (1oz) boxes, sugar free instant butterscotch pudding
- 1/2 tsp salt
- 7 Tbsp (1/4 cup + 3 Tbsp) powdered peanut butter
- 1-1/3 cup COOOOOOLD water

### Cupcake Topping:

- 24 sugar free Reese's peanut butter cup miniatures



## Directions:

- 1 Preheat oven to 325.
- 2 Line cupcake pans with FOIL cupcake liners, don't use paper liners. DON'T DO IT!! Paper, baaaad! Set aside.

### \*\*\* CAKE DIRECTIONS

- 3 In large mixing bowl, combine the cake mix, egg, carbonated beverage o' choice, instant coffee (if using), cocoa powder and baking powder. Mix till well combined.
- 4 Fill 24 cupcake liners with batter., then bake at 325 for 20-25 minutes. Mine took 23.
- 5 Remove from oven and allow to cool, so that they won't melt the frosting.

### \*\*\* FROSTING DIRECTIONS

- 6 Use an electric hand mixer to mix together the 2 boxes of pudding, salt and COLD water, until thick and smooth. Allow the pudding to set in the fridge.
- 7 Use an electric hand mixer, to mix together the "cream cheese" and powdered peanut butter, until thick and smooth.
- 8 In a large mixing bowl, fold the butterscotch pudding together with the peanut butter "cream cheese", till well combined. Set aside in the fridge.



### \*\*\* TOPPING DIRECTIONS

- 9 Place 24 of the sugar free peanut butter cups in a bowl, still in the wrappers. Set aside.
- 10 The hardest part of the recipe..... DON'T EAT ALL OF THE REST OF THE PEANUT BUTTER CUPS!!!!!! Seriously! Ok, who are we kidding, you know that you're going to eat a couple of them. But stay strong and throw them in the freezer. Save the rest of them for later on, when you're out of cupcakes and need a 1 point sweet treat.

### \*\*\* ASSEMBLY

- 11 When your cupcakes have cooled completely, take your filling/frosting out of the fridge and scoop it into a large ziplock bag. Squeeze all the pudding down to one corner, then use scissors to snip a thumb-size hole out of the tip of the bag. Grats! You've made a piping bag! Set it aside.
- 12 Use a spoon, knife, or miniature Hoover upright vacuum and scoop out a cavity, down into the center of the cupcake. Make it about 1 inch across. Try not to eat the cake scraps. Trust me... I know that the struggle is real.

#### **Filling/Frosting Assembly:**

- 13 Pipe the cavity full of filling. Then, pipe upwards, into mid-sized peak on every cupcake. You don't need to make the frosting very tall, it's going to get squished down by a peanut butter cup.

#### **Topping Assembly:**

- 14 Unwrap 1 peanut butter cup, then push it down, halfway into the frosting of each cupcake. Done.

### \*\* NOTES:

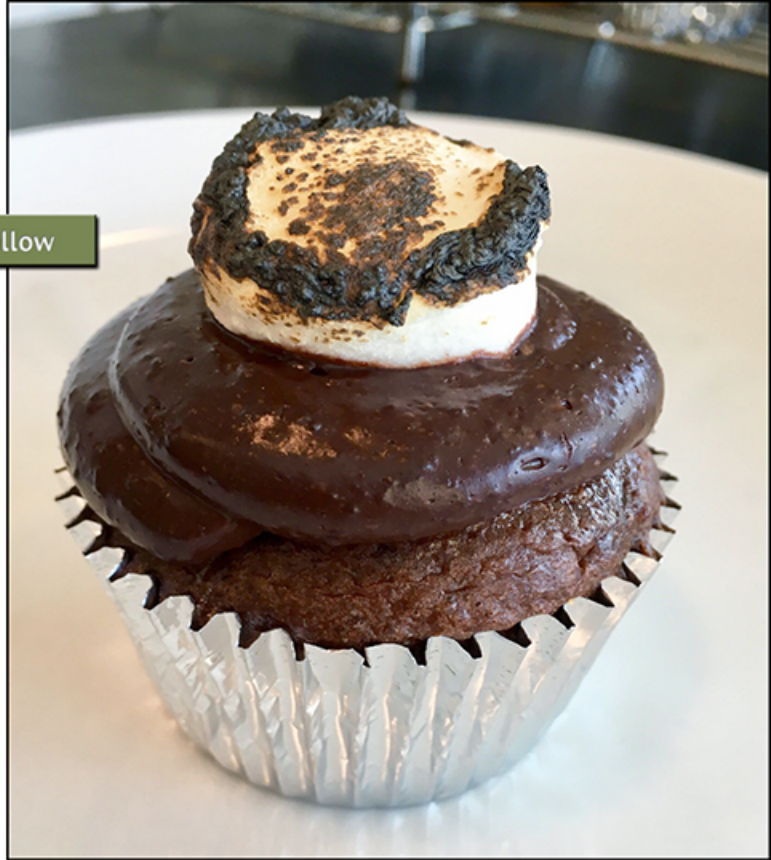
- For the love of God, snack responsibly. After you make these, you will not be able to eat just one. Freeze them!!! Trust me. My wife and I murdered half of these in almost 1 day, by ourselves. Our kitchen looked like an episode of **CSI: Keebler Elves** had been filmed in it.
- The Sugar Free peanut butter cups are available at some major grocery stores, however the only place where I have personally had any luck finding them regularly, has been at Walmart. If your local walmart does not have them, you can always purchase them online at walmart.com, they are cheapest there. You can then select to have them shipped free, for in-store pickup.
- A HUGE thank you to the ever wonderful [@missvw40](#) with this recipe. Earlier this year (March 2019) she convinced me that I should try to completely redo this recipe. It originally was chocolate cake, no filling, and a thin smear of chocolate pudding on top, with the pb cup on top of the thin lil smear o' puddin'. She suggested and was 100% right, that not only would it look better in a picture, to have the frosting be peanut butter-ish instead of chocolate... But that I could probably stretch it with the "cream cheese" hack, to allow for filling AND frosting, rather than just the smear of pudding on top. Thanks Misty... yet again. See? Life is so much easier when we men shut our yaps and listen to the women.





# S'mores

Chocolate Frosting, Graham-Style Crust and a Toasted Marshmallow



## Serving Info.:

YIELDS: 26 cupcakes

Servings: 26

Serving Size: 1 cupcake



- last checked 11/19/22 -  
Use your mobile device's 'Camera' App to  
look at this code for nutritional info.

## Ingredients:

### **Cake:**

- 1 Pillsbury sugar free devil's food cake mix
- 3 large eggs
- 1-3/4 cup 0 point carbonated beverage  
(seltzer water, club soda, diet soda, etc.)
- 1 Tbsp Hershey's unsweetened cocoa powder
- 1 tsp baking powder

### **Chocolate Fudge Pudding Frosting:**

- 3 (1.4oz) boxes Jell-O sugar free instant chocolate fudge pudding mix
- 2 cups plus 2 Tbsp COLD water

### **Faux "Graham Cracker" Crust**

- 1-1/2 cups Fiber One cereal, measured, then crushed
- 2 graham cracker sheets, crushed
- 1-1/2 Tbsp sugar free pancake syrup
- 1/3 cup 0 calorie sugar replacement (monfruit, stevia, etc)
- 1/4 cup fat free plain Greek yogurt
- 1/2 tsp ground cinnamon
- 6-8 second spray, butter flavored cooking spray (0 point amount, depending on your brand)

### **Marshmallow Topping:**

- 13 regular sized marshmallows, sliced in half, to make...  
26 marshmallow halves

## Directions:

- 1 Preheat oven to 325.
- 2 Line cupcake pans with FOIL cupcake liners, don't use paper liners!! Set aside.

### **\*\*\* PIE CRUST**

- 3 Place the bran cereal and graham crackers into a food processor, along with the syrup, sweetener, Greek yogurt and cinnamon. Spray into the food processor for a few seconds with the butter flavored cooking spray, then process the mixture together until moist, yet crumbly. You want a texture similar to moist graham cracker crumbs.



- 4 Scoop 2 teaspoons of the crust mixture into the bottom of each cupcake liner (DON'T USE PAPER!). Use your fingers or a spoon to spread the crust to the edges of each liner, then lightly press down, to form the bottom crust and help it keep its shape.



### \*\*\* CAKE DIRECTIONS

- 5 In large mixing bowl, mix together the cake mix, egg, carbonated beverage o' choice, cocoa powder and baking powder. Mix together until well combined.
- 6 Scoop batter into each liner, over the inserted crusts. Fill 26 cupcake liners, then bake at 325 for 20-25 minutes. Mine took 23.
- 7 Remove from oven and allow to cool completely to room temperature.

### \*\*\* CHOCOLATE FUDGE PUDDING FROSTING

- 8 Pour the 3 boxes of pudding and the COLD water into a mixing bowl or an empty 32oz yogurt container (they work GREAT for this), then combine with a hand mixer at high speed until thickened and smooth.
- 9 Cover and set aside in the fridge.

### \*\*\* ASSEMBLY

- 10 When your cupcakes have cooled completely, get ready to have some fun.

#### **Frosting Assembly:**

- 11 Scoop the chocolate frosting into a large ziplock bag. Squeeze all the pudding down to one corner of the bag so that you can use it as a big piping bag. Use scissors to snip a medium sized hole (like poking your thumb through the bag) out of the tip of the bag's corner.
- 12 Pipe the pudding onto the top of each cupcake, building into a small peak.

#### **Toasted Marshmallow Options:**

##### **Option 1: (easiest, but time consuming)**

- Use a skewer to toast each marshmallow half, one at a time, over the flame of your stove. When each one is lightly toasted, remove it from the skewer and press it down into the frosting.

##### **Option 2: (fastest, but most likely to result in 911 calls)**

- Place the untoasted marshmallows down onto the top of each cupcake's frosting.
- Use a kitchen torch to quickly toast each marshmallow. Done.

##### **Option 3: (requires ninja-like reflexes)**

- Fully assemble your cupcakes, topped with non-toasted marshmallows. Place the cupcakes onto a large baking pan, turn on your stove's Broiler function, place the tray of cupcakes onto the top rack, under the broiler flame. Keep a watchful eye and carefully rotate the pan around, repeatedly, till they are all toasted without calamity!!

### NOTES:

- If you plan to store these in the freezer or fridge for a few days, **DO NOT TOP THEM WITH MARSHMALLOWS YET!** The marshmallows will deflate and look fuggy. Top them with the toasted marshmallows the day you'll be serving them.





# White Chocolate Mocha

Cupcakes loaded with Coffee and topped with White Chocolate frosting

This delicious chocolate cake is infused with enough coffee to make you slap'yo momma, then arm wrestle a grizzly bear. The white chocolate frosting, on its own, is de-freaking-licious. Seriously... this frosting makes you feel like Winnie The Pooh, laying on his back in Rabbit's house, with a jar of honey stuck to his face. That honey being a jar of this amazeballs frosting, of course.

## Serving Info.:

YIELDS: 24 cupcakes  
Servings: 24  
Serving Size: 1 cupcake



R D  
4-4

- last checked 11/19/22 -  
Use your mobile device's 'Camera' App to  
look at this code for nutritional info.



## Ingredients:

### Cake:

- 1 Pillsbury sugar free devil's food cake mix
- 3 large eggs
- 1-3/4 cup 0 point carbonated beverage (seltzer water, club soda, diet soda, etc.)
- 1/2 cup Instant coffee powder, like Folgers crystals. In the words of 'Obi Wan Kenobi'...  
*"Remember, a Jedi can feel the Caffeine flowing through him."*
- 1 tsp baking powder
- 2-1/2 tsp cocoa powder
- 1/3 cup 0 point sugar replacement (monkfruit, stevia, etc)

### FROSTING:

- 1 cup "cream cheese" substitute, recipe in my "Cookbook: Volume 1", page 36.
- 1/2 cup 0 calorie confectioners sugar substitute
- 2 (1oz) boxes Jell-O sugar free instant white chocolate pudding mix
- 1 cups COLD water
- 4oz white chocolate chips. Measure by weight, though I got 1/4 cup of chips for 4 oz.

### CUPCAKE TOPPING:

- 1/4 tsp cocoa powder
- 1/4 tsp crushed up instant coffee grounds/crystals
- 1 tsp 0 point confectioners/powdered sugar substitute

### EXTRAS: (optional, but completes the look)

- 8 regular sized, green Starbucks straws, cut into thirds. This one's fun, because you get to look like a weirdo, running into Starbucks, grabbing a fist full of straws, then sprinting back out the door. You'll look like the Hamburglar, but with straws. The Millennials won't know what's happening and will flee to the nearest safe space.

## Directions:

- 1 Preheat oven to 325.
- 2 Line cupcake pans with FOIL cupcake liners. I personally HATE using paper liners, my cupcakes always stick to them. I always use foil liners, and remove the paper inserts that are in them. DO NOT USE THE PAPER LINERS!! Just the foil.

### \*\*\* CAKE DIRECTIONS:

- 3 In a large mixing bowl, combine the cake mix, egg, carbonated beverage o' choice, instant coffee powder, baking powder, cocoa powder and sweetener. Mix to combine.
- 4 Fill the cupcake liners with batter, then bake for 22-25 minutes at 325 degrees, until a toothpick comes out clean. Remove from the oven, set aside to cool.

### \*\*\* FROSTING DIRECTIONS:

- 5 In a large mixing bowl, or an empty 32oz yogurt container, use an electric hand mixer to mix the cream cheese substitute and the powdered sugar until smooth. Set aside.
- 6 In a microwave safe dish, melt the white chocolate chips with 1 Tablespoon of water, for 20 seconds. Stir, then microwave for 20 more seconds, repeat until smooth. Set aside.
- 7 In a separate mixing bowl, mix the 2 packets of pudding mix. with the cold water, it will be VERY thick. Add the melted chocolate chips to the pudding, then mix till smooth.
- 8 Combine the "cream cheese" mixture with the white chocolate pudding and mix until smooth. Store in the fridge, to set.

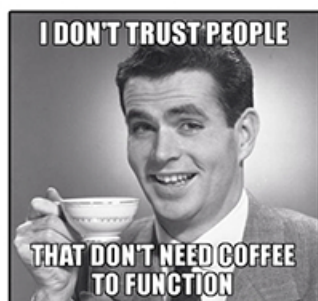


### \*\*\* FINAL ASSEMBLY

- 9 Once the cupcakes are cooled and your cream cheese and white chocolate frosting is ready, let's get ready for a colossal crescendo of caffeinated cupcake bliss!!!!
- 10 Spoon all of your frosting into a large gallon sized ziplock bag. Squeeze all of the frosting down towards one corner, then use a pair of scissors to snip a corner off of the tip. Grats, you just made a piping bag! Huzzah!!!
- 11 In a clockwise, or counter clockwise motion (seriously... it doesn't matter), pipe frosting onto each cupcake, moving towards the middle and upwards. You want to create a raised peak in the center, like an edible Mt. Kilimanjaro.
- 12 When all of the cupcakes have been frosted, take the dish with the cocoa powder/coffee powder mix and put it into a fine wire mesh strainer. Hold the strainer a little bit above the tops of each cupcake and gently tap the strainer with your finger, causing some of the powder to cascade down onto the frosting, then move to the next cupcake, rinse and repeat.
- 13 Take your little Starbucks green straw sections and spear down at an angle into each cupcake's beating heart. You've probably seen a Dracula movie at one point in your life, just pretend you're Van Helsing, sent to dispatch a nest of slumbering vampire coffee cupcakes. Done.

### \*\*\* NOTES

- Why is there 1/2 cup of instant coffee in the batter?!?! Well, to make a cup of instant coffee, you mix 1 tsp of powder with 1 cup hot water. This recipe makes 24 cupcakes and there's 24 total teaspoons in 1/2 cup. So... each cupcake equals 1 cup of coffee. Woohooooo!!!! Have one on your morning drive to work!!
- If you don't like coffee, but still feel the need to ask "what can I use instead of coffee?" You DO realize that these are coffee cupcakes..... right? Don't make me come over there!
- You can use DECAF instant coffee instead of regular. It has 1/10th the caffeine of regular coffee, which is pretty much like having black poser water, ya'big wuss.
- Make sure that you don't live in one of the west coast hippie towns when you make these. They'll chase you down with torches and hacky sacks if you post a picture with a plastic straw. If you start getting lip about it.... you need to stand your ground, look the hippies in the eye, and calmly tell them that your straws are "organic, free-range straws, that are made from recycled vegan hemp and they were harvested humanely." Hippies like that kinda jive-talk.
- **WHITE CHOCOLATE CHIPS:** If you use "Lily's White Chocolate Baking Chips" instead of regular chips, you'll drastically reduce the amount of ingredient points in this recipe.







# Blueberry Lemon Cake

Variation of the Cupcake Recipe on page 94-95



This cake is a layered variant of my Blueberry White Chocolate Cupcakes. Yeeees, I know the blackberry and blueberry cupcake recipes are nearly identical, but the fruit and the steps for making the filling are different. I personally like blueberry more than blackberries (I don't like seeds), so I chose to make this cake.

## Serving Info.:

YIELDS: 9" round cake  
Servings: 12  
Serving Size: 1/12 slice



- last checked 11/19/22 -  
Use your mobile device's 'Camera' App to  
look at this code for nutritional info.

## Cake:

- For a 2 layer cake, divide the batter between (2) 9" cake pans. For a fancier 3 layer cake (pictured), divide the batter between 3 pans.
- Bake 2 layer cakes at 325 for 25-30 minutes.
- Bake 3 layer cakes at 325 for 22-26 minutes.

## Blueberry Jelly Filling:

- Add an additional 1-1/2 Tbsp of cornstarch, for a total of 5-1/2 Tbsp.
- The cupcake recipe calls for 1/2 cup water, reduce that amount to 1/4 cup of water instead.
- Use an additional 2 Tbsp of sweetener, for a total of 1/4 cup.

## Frosting:

- Remove 1 of the 2 boxes of sf white chocolate pudding. You will only be using 1 now.
- Reduce the amount of COLD water to 3/4 cup, instead of the listed 1-1/4 cup.

## Notes:

- We reduced the amount of frosting by 3/4 cup, to have the extra points to make the filling thicker. It was needed, so that it could stand up to the weight of the top cake layer.
- You can use any piping tip that you would like for the frosting, or, if you want to try a different way of decorating it, try having the jelly cover the entire top, from edge to edge. Then use a rubber spatula to put a thin layer of frosting around the sides of the cake.





# Boston Cream Pie Cake

Variation of the Cupcake Recipe on page 96-97

One of my absolute favorite desserts, pre WW (aka fat me), was the Boston Cream Pie Cake at a local grocery store. I'd get that baby as often as I could. What's not to love? Fluffy cake, custard and thick chocolate ganache. Unfortunately, the real deal has enough fat and calories to kill Jabba the Hutt.

## Serving Info.:

YIELDS: 9" round cake

Servings: 12

Serving Size: 1/12 slice



R D  
6-6

- last checked 11/19/22 -  
Use your mobile device's 'Camera' App to  
look at this code for nutritional info.

## Cake:

- For a 2 layer cake divide the batter between (2) 9" cake pans. For a fancier 3 layer cake (pictured), divide the batter between 3 pans.
- Bake 2 layer cakes at 325 for 25-30 minutes.
- Bake 3 layer cakes at 325 for 22-26 minutes.

## Vanilla Egg Custard:

- Add an additional 2-1/2 Tbsp of cornstarch, for a total of 5-1/2 Tbsp, to the custard.

## Frosting:

- Add an additional 1 Tbsp of water while melting the chocolate chips, so that it spreads across the surface of the cake easier. Unlike the cupcakes, for this cake version, we don't need the frosting to stay up in a peak. We're adding extra water, so that it's easier to spread across the top of the cake.

## Notes:

- *Making a Spiderweb Pattern is COMPLETELY optional. It's incredibly easy to do, though. All I did, was go to youtube and searched "how to make a spiderweb cake pattern." It's really easy.*
- *Traditionally, Boston Cream Pies DON'T have anything on the top, other than the chocolate ganache. However... if you DO choose to put the custard on top (which is optional...), know that having pudding mixed into the topping, will cause it to slowly "leach" color from any other surrounding frostings or liquids, over time. 1 day after taking the pictures to the right, the yellow-ish custard, had sucked in the brown color from the ganache, turning it beige.*





# Coconut Cream Cake

Variation of the Cupcake Recipe on page 102-103



I have never really been that big a fan of coconut cake or coconut cream pie, but that being said... I flippin' loved this cake. I never thought that I'd be able to make a "perdified" cake like this, with the toasted flakes on the side and ya'know what? It's not that hard. Even more surprising is that I was able to do it with only the 3/4 cup of flakes.

## Serving Info.:

YIELDS: 9" round cake  
Servings: 12  
Serving Size: 1/12 slice



R D  
7-7

- last checked 11/19/22 -  
Use your mobile device's 'Camera' App to  
look at this code for nutritional info.

## Cake:

- For a 2 layer cake, divide the batter between (2) 9" cake pans. For a fancier 3 layer cake (pictured), divide the batter between 3 pans.
- Bake 2 layer cakes at 325 for 25-30 minutes.
- Bake 3 layer cakes at 325 for 22-26 minutes.

## Filling & Frosting:

- For a 2 layered cake, pipe a double-thick layer of frosting in the middle. For a 3 layered cake, spread the frosting thinner between the layers.
- You can leave the sides "naked", then sprinkle the coconut flakes on top, or you can decorate the sides, like I did.
- If you're decorating the sides with coconut, spread a THIN layer around the sides of the cake. Too thick and the frosting will sag downwards. This frosting doesn't have botox... the added weight of the coconut flakes will eventually pull it downwards. A thin layer works best.

## Toasted Coconut :

- This step is messy. Put some of the toasted coconut in your palm, then lightly press it against the side of the cake. Don't cram it on, that 3/4 cup has to spread all the way around.
- Most of the flakes will fall off, just keep working your way all around the cake, palming more flakes up onto the sides. Eventually, you'll be able to apply a thin layer all the way around the circumference of the cake. Lightly press all around the sides.

## Notes:

- An easier option for applying the toasted coconut, that's just as pretty, is to frost the sides of the cake with a slightly thicker layer of frosting. Then only put the toasted coconut on the TOP of your cake. It's a lot faster and easier.



# Death By Chocolate Cake

Variation of the Cupcake Recipe on page 104-105

The changes for converting this particular cupcake into a cake get a little confusing, so bear with me. I took the Frosting from the cupcakes, which is a chocolate "cream cheese" frosting and instead, used it as the Filling for this cake. I then took the Filling for the cupcakes and used it as the cake's frosting. I swapped the two. Remember that.

## Serving Info.:

YIELDS: 9" round cake

Servings: 12

Serving Size: 1/12 slice



R D

7-7

- last checked 11/20/22 -  
Use your mobile device's 'Camera' App to  
look at this code for nutritional info.

## Cake:

- For a 2 layer cake, divide the batter between (2) 9" cake pans. For a fancier 3 layer cake (pictured), divide the batter between 3 pans.
- Bake 2 layer cakes at 325 for 25-30 minutes.
- Bake 3 layer cakes at 325 for 22-26 minutes.

## Chocolate "Cream Cheese" Filling:

- Use the cupcake recipe's FROSTING, as the cake's filling.
- Apply a double thick layer of filling.

## Dark Chocolate Pudding Frosting:

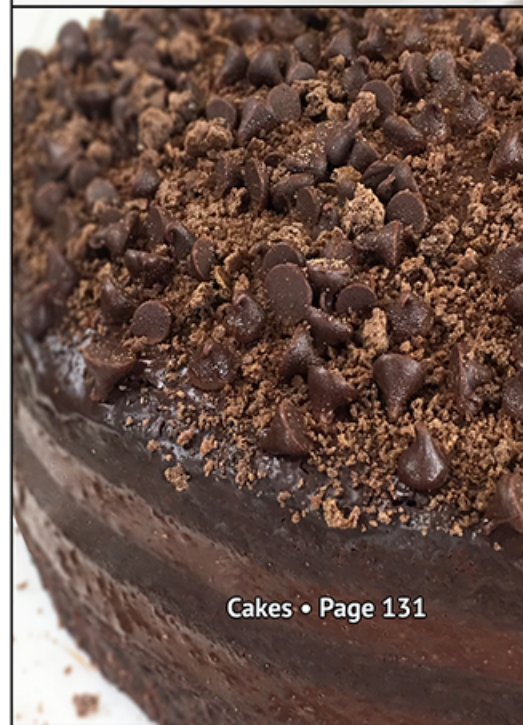
- Use the cupcake recipe's FILLING, as the cake's frosting.
- Apply a thin coat around the sides of the cake, then put a thicker layer on top.

## Toppings:

- Sprinkle the top of the cake with the chocolate chips, then with the crushed chocolate graham crackers. The crushed crackers fill in the space between the chips.

## Notes:

- Remember, the original filling for the cupcake recipe switches, to be used as the the cake's frosting. The cupcake's frosting gets swapped around to become the cake's filling. I know it's confusing, but if this is the weirdest thing you have to deal with today, you're doin' great!







# German Chocolate Cake

Moist and Fluffy Chocolate Cake with a Toasted Coconut & Pecan Icing/Frosting. Da..es gud!

In complete and total honesty, I have never had REAL German Chocolate Cake, in my entire life. I've had the overly sugary plastic wrapped stuff at the grocery store bakery aisle, but never the real stuff. That being said, I thought this was really delicious. Hopefully, it does justice to the real thing. This cake was a special request from my amiga, @rosina8769.

## Ingredients:

### **Cake:**

- 1 sugar free devil's food cake mix
- 3 large eggs
- 1-3/4 cup 0 point carbonated beverage  
(I used Diet Root Beer for the flavor)
- 1 Tbsp Hershey's unsweetened cocoa powder
- 1 tsp baking powder

### **Vanilla Pudding: (just roll with it)**

- 2 (1oz) boxes sugar free vanilla pudding
- 1 cup water
- 1/4 cup unsweetened vanilla almond milk

### **Coconut & Pecan Goopy Awesomeness:**

- 3/4 cup chopped pecans
- 3/4 cup unsweetened coconut flakes
- 1-1/4 cup water
- 1/2 cup 0 calorie brown sugar replacement
- 1 tsp non imitation vanilla extract
- 1-1/2 tsp cornstarch dissolved in a little water
- pinch of salt

### **NOTE:**

You can use regular sugar replacement, instead of the 'brown sugar' replacement. Simply use 1/2 cup, then add 1/4 tsp molasses, while simmering the frosting.

## Serving Info.:

YIELDS: 9" round cake  
Servings: 12  
Serving Size: 1/12 slice



R D  
7-8

- last checked 11/20/22 -  
Use your mobile device's 'Camera' App to  
look at this code for nutritional info.

## Directions:

- 1 Preheat oven to 325.
- 2 Line the bottom of (3) 9 inch round pans with parchment paper. Spray the sides of the pans with cooking spray. Set aside.

### \*\*\* CAKE DIRECTIONS

- 3 In a large mixing bowl, combine the cake mix, egg, carbonated beverage o' choice, cocoa powder and baking powder. Mix to combine.
- 4 Use a 1/2 cup measuring scoop, to pour an equal amount of batter into each of the 3 pans. It SHOULD be just over 1-1/2 cups of batter in each one.
- 5 Bake at 325 for 22-25 minutes, or until a toothpick inserted into the center comes out clean. Cooking times may vary depending on your oven, altitude... or attitude.
- 6 When the toothpick comes out dry, remove the cakes from the oven and allow to cool in the pans. Set aside.

### \*\*\* PUDDING

- 7 Use an electric hand mixer to combine the pudding packets, water and almond milk until smooth. Cover and place in the fridge to set.

### \*\*\* LET THE TOASTING BEGIN!!!

- 8 Heat a good sized pan over medium heat for around 1 minute. Add the chopped pecans to the pan and let them sit in place for a good 15 seconds. Stir the pecans around in the pan every 15 seconds, so that they don't burn. After a few minutes they will start to put out a nice toasted scent and brown slightly. Don't let them burn... pour them into a dish.



- 9 Reduce the heat to medium-low, then add the coconut flakes to the pan. Follow the same pattern. Let them sit in place for about 15 seconds, then stir them around. Rinse and repeat until they start to turn a light brown color and become very fragrant. Remove them from the pan so that they don't burn.
- 10 Add the pecans back into the pan, along with the water, sweetener and extract. Stir to combine, then add the coconut flakes back into the pan and turn the heat up to medium-high.
- 11 Stir in the dissolved cornstarch, then allow the mixture to cook at a boil for 5 minutes. It will become very dark and thick as the liquid evaporates.
- 12 After 5 minutes, turn off the heat and allow the mixture to cool for 10 minutes in the pan. It looks really dark now, but we're about to fix that.
- 13 After the 10 minutes, spoon your vanilla pudding into the pan and use a rubber spatula to stir it all together until smooth and well combined. Cover and let cool in the fridge.

### \*\*\* ASSEMBLY

- 14 Take one of your cake layers and spread a thin layer of the icing/frosting, around 1/4 inch, across it from edge to edge. Then place the next layer of cake on top of the frosting and repeat until all of the layers are stacked and frosted.
- 15 Done.





# Karpatka (Polish 'Cream Puff' Cake)

Also known as Carpathian Cream Cake, or Cream Puff Cake. It's Two Layers of Pastry Dough, with Custard Filling.

A Polish 'Karpatka' cake is basically a giant cream puff in cake form. It's called a Carpathian 'mountain' cake, because once dusted, it 'resembles' the snowy mountains of Poland. This recipe uses my "Choux Pastry" dough, but instead of making cream puff shells, we bake into 2 round 'crusts'. The filling is a simple vanilla custard based pastry cream, made lower in calories, fat and sugar, with ingredient substitutions.

## Servings Info.:

**Yield:** 1 cake  
**Servings:** 12 slices  
**Serving Size:** 1 slice



R D  
6-6

- last checked 11/17/22 -

## Ingredients:

### PASTRY:

- 1 batch of dough from my 'Cream Puff Shells' recipe on page 150.

### CUSTARD CREAM FILLING:

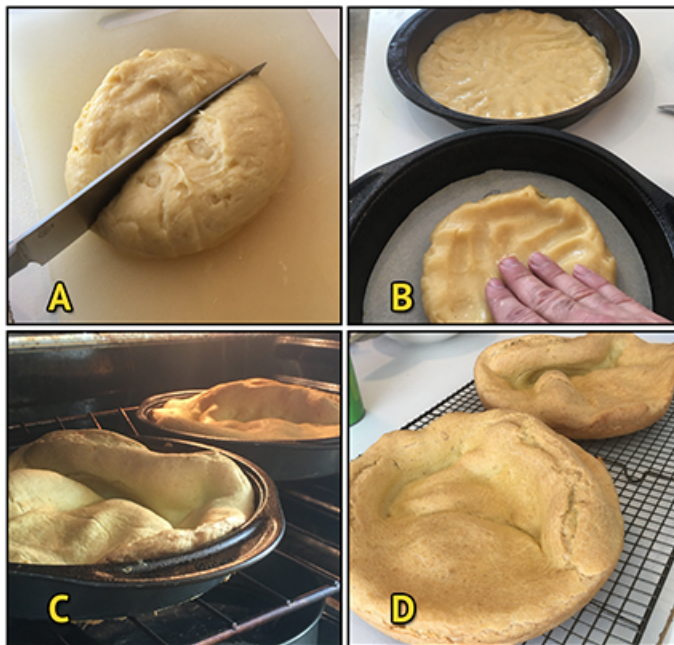
- 2 large eggs
- 6 large egg yolks
- 7 Tbsp cornstarch
- 1/4 cup all purpose flour
- 4-1/2 cups unsweetened vanilla almond milk (separated)
- 1 cup I Can't Believe It's Not Butter, Light
- 2 Tbsp imitation non alcoholic vanilla extract (roll with it)
- 2-1/2 cups 0 calorie confectioners sugar replacement (such as swerve brand or Truvia 0 calorie blend with stevia)

### ADDITIONAL INGREDIENTS/EQUIPMENT:

- additional 0 calorie confectioners sugar for dusting
- wire strainer
- parchment paper
- 9" pie pans
- 9" springform pan (to layer it all together, at the end)

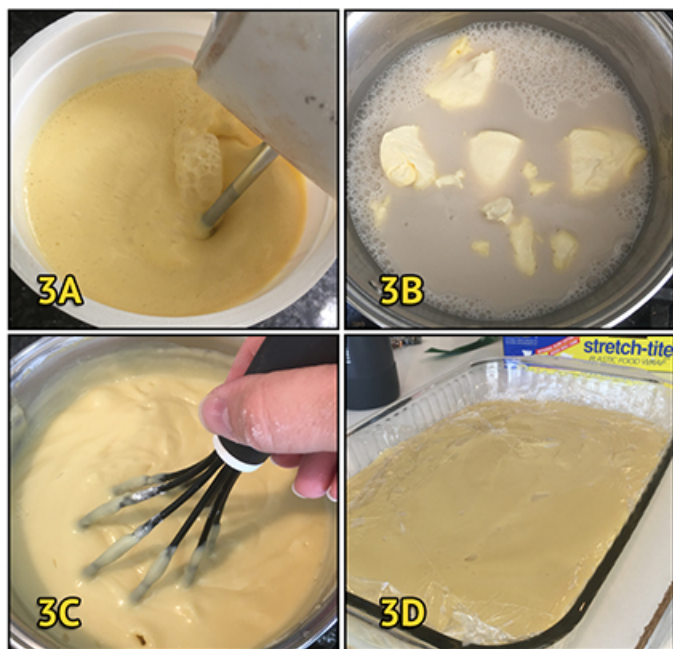
## Directions:

1. Prepare the pastry dough as directed. Line (2) 9" pie pans with parchment paper. Heat oven to 375 degrees.

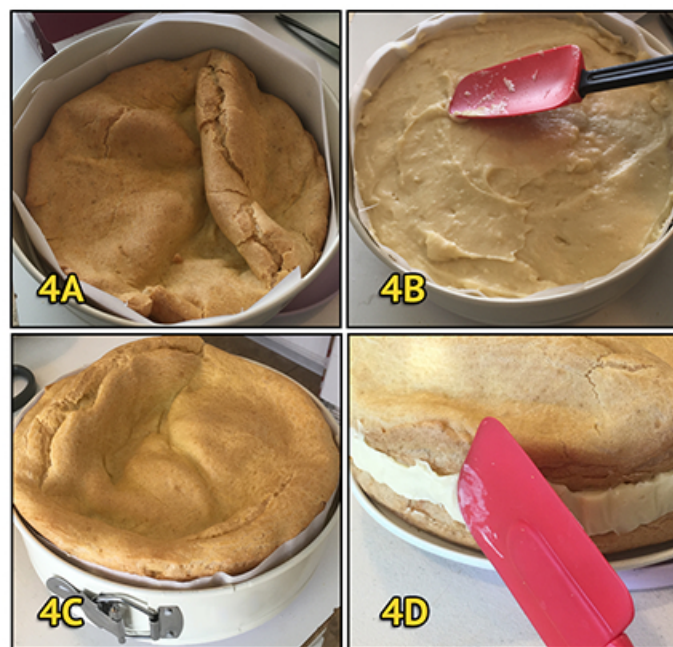


2. (A) Spray the sticky dough with cooking spray, so you can easily handle it. Cut dough into 2 halves, (B) then spray the pans with cooking spray and press each half into the pans. If the dough is too sticky, spray with more cooking spray. (C) Bake at 375 degrees for 35 minutes, or until golden brown and firm to the touch. (D) Remove from oven and let cool to room temperature on racks. Once they are room temperature, you can wrap them in plastic wrap and store in the fridge, for later. They also freeze well, but should be unwrapped while defrosting.





3. (A) FILLING: Whisk (or use an electric hand mixer) together the eggs, egg yolks, **ONE CUP** of the almond milk, cornstarch, and flour together, until smooth and lump free. Set aside. (B) In a medium sized pot, heat 3-1/2 cups almond milk, the I can't believe it's not butter, vanilla extract and 'confectioners sugar replacement', until the butter is almost completely melted. Then, pour in the whipped egg/cornstarch mixture. Begin whisking immediately. It will start to clump up, but that's ok, it will eventually become smooth. (C) Once the thickened custard begins to bubble, lower the heat, slightly. Continue stirring/whisking for 10 minutes. (D) Pour into a 13x9 casserole pan, or other large dish and cover with plastic wrap **DIRECTLY** against the top of the hot custard. Let cool for 30 minutes.



4. (A) Place one of the baked 'crust' layers on the bottom of a springform pan, then place parchment paper around the pan's inner edge. (B) Pour/scoop the still-warm custard over the bottom layer, then smooth it with a rubber spatula.

#### 4. (Continued)

(C) Place the last baked layer of dough on top of the custard and press down slightly. Cover with plastic wrap and let sit in the fridge for 4-5 hours. Preferably overnight. (D) Prior to serving, remove cake from the pan and peel away the parchment paper. If you'd like, you can use a slightly wet spatula to smooth the custard filling around the cake. Finally, dust the top with 0 calorie confectioners sugar... Done.

#### NOTES:

- **ALMOND MILK:** I use almond milk, because 4-1/2 cups is only 2 points. If you'd like to use a different type of milk, feel free. However, adjust your points as necessary.
- **I CAN'T BELIEVE IT'S NOT BUTTER LIGHT:** I use it because 2 cups is only 47 points, while 2 cups of regular butter is 187 points, with over 3,000 calories and 368 grams of fat.
- **0 CALORIE CONFECTIONERS SUGAR:** Swerve, Lakanto Monkfruit and Truvia all make 0 calorie 'confectioners sugar' substitute blends. Most are cut with erythritol, which is sugar alcohols. The packages list them as being ultra high in carbs, but they are 'non glycemic' carbs, which your body doesn't turn into sugars, like regular carbs..
- **ALCOHOL FREE IMITATION VANILLA EXTRACT:** I use it because it's ultra inexpensive and lower in points than regular vanilla extract. If you'd prefer to use regular, adjust your recipe/points accordingly.
- **MIXING THE CUSTARD FILLING:** I mention it briefly in the instructions, but I need to address it a bit more here. When you add the blended egg/cornstarch mixture into the pot and start whisking... there WILL be clumps. Don't panic. Keep whisking and stirring, they'll eventually break up. If you're concerned, you can always use your electric hand mixer, to smooth out everything in the pot. Lastly, when pouring the finished custard into the large dish, to cool, you can pour it through a wire strainer. Doing so will make sure no lumps end up in your finished cake.







# Peanut Butter & Jelly

Moist yellow cake, with peanut butter and jelly filling, topped with crushed roasted peanuts

I absolutely love and PB&J. If you're a 7 year old that wants to ask... Yes, I would marry it. That being said, after making this cake earlier today, this is now my absolute favorite cake. This is a fancy 3 layered cake version of my cupcake recipe, don't want to go all super fancy? No worries, there are notes for making a simpler 2 layer version.

## Ingredients:

### **Cake Batter:**

- 1 Pillsbury sugar free yellow cake mix
- 3 large eggs
- 1-1/3 cup club soda, seltzer water or any 0 point carbonated beverage.
- 1 tsp baking powder
- 1 tsp LorAnn Concentrated Peanut Butter extract (*optional*)

### **Strawberry Jelly Filling:**

- 4 cups strawberries, fresh or frozen. I used 2 (10oz) bags of frozen whole strawberries.
- 1/4 cup water
- 1 (0.6oz) box sugar free strawberry flavored gelatin.  
(*You can use raspberry gelatin if you can't find strawberry*)
- 1/4 cup 0 point sweetener of choice  
(splenda, swerve, monkfruit, truvia, stevia, etc.)
- 1 tsp strawberry extract (*in the baking aisle, by the vanilla*)
- 1/4 cup + 2 tsp cornstarch, dissolved in 1/4 cup additional water.
- 1 tsp lemon juice

### **Peanut Butter & Butterscotch Pudding**

- 2 (1oz) boxes Jello sugar free, instant butterscotch pudding
- 1-1/4 cup powdered peanut butter
- 1/8 tsp salt
- 1-3/4 cups cold water

### **Topping**

- 1/3 cup salted roasted peanuts, measured, then crushed.

## Serving Info.:

YIELDS: 9" round cake  
Servings: 12  
Serving Size: 1/12 slice



R D  
6-6

- last checked 02/07/22 -  
Use your mobile device's 'Camera' App to  
look at this code for nutritional info.

## Directions:

- 1 Preheat oven to 325.
- 2 Line the bottom of (3) 9 inch round pans with parchment paper. Spray the sides of the pans with cooking spray. Set aside.

### \*\*\* CAKE DIRECTIONS

- 3 In a large mixing bowl, combine the cake mix, egg, baking powder and carbonated beverage and extract (if using). Mix to combine.
- 4 Use a 1/2 cup measuring scoop, to pour an equal amount of batter into each of the 3 pans. It SHOULD be just over 1-1/2 cups of batter in each pan.
- 5 Bake at 325 for 20-24 minutes, or until a toothpick inserted into the center comes out clean. Cooking times may vary depending on your oven, altitude... or attitude.
- 6 When the toothpick comes out dry, remove the cakes from the oven and allow to cool in the pans. Set aside.

### \*\*\* STRAWBERRY JELLY FILLING

- 7 Add the strawberries, 1/4 cup water, powdered gelatin, sweetener o' choice and strawberry extract to a medium sized pot. Stir the ingredients, cover and bring to a simmer for 3-4 minutes, until the strawberries are softened.
- 8 Use a blender, or an immersion blender, to puree everything together until smooth.
- 9 Bring it back to a simmer, then add the dissolved cornstarch. Stir until well combined. Simmer the puree, uncovered, for 4-5 minutes, stirring occasionally.
- 10 Pour the puree into a large heat resistant dish or mixing bowl. Cover with plastic wrap, allow it to cool down for a few hours, moving it into the fridge until set.



### \*\*\* BUTTERSCOTCH & PEANUT BUTTER PUDDING

- 11 In a mixing bowl (I personally like using an empty 32oz Greek yogurt container for this), add the dry pudding, powdered peanut butter, salt and cold water.
- 12 Use an electric hand mixer to mix the ingredients until thick and smooth. Set aside in the fridge.

### \*\*\* TOPPING DIRECTIONS

- 13 Fill a 1/3 cup measuring scoop with dry roasted peanuts. Pour the peanuts into a ziplock bag, then grab a kitchen mallet, a phone book, or a typical receipt from CVS Pharmacy and beat the ever-loving snot out of those peanuts. Go full-blown whack-a-mole on them.
- 14 Place the crushed bits of peanut destruction into a small bowl, set them aside for later.

### \*\*\* ASSEMBLY

- 15 Take one of your cake layers and spread a thin layer of peanut butter pudding, about 1/4 inch, across it from edge to edge. Then spread an equal amount of the cooled jelly on top of the peanut butter, from edge to edge.
- 16 Place the 2nd cake layer on top, then repeat the process for the 2nd layer. Cake, peanut butter, then strawberry jelly.
- 17 Now, we switch it up. For the TOP layer.... place the top layer of cake down, but this time, spread the jelly first, THEN top that with peanut butter. Trust me.
- 18 Take your crushed peanuts and sprinkle them all over the top of the cake, from edge to edge, as best as you can. The finer that you crush them, the more coverage you'll get.
- 19 If you want, you can take some of your remaining strawberry jelly, like I did, and use a rubber spatula to smear a thin layer around the outside of the cake. It will help keep the cake from drying out. It IS an optional step though. You can leave the cake "naked" on the sides if you prefer that look.
- 20 Apologize to your guests that are allergic to peanuts.

### \*\*\* NOTES

- **NUT ALLERGIES:** Umm... if you are allergic to nuts... you shouldn't even be LOOKING at this cake. Sorry.
- **Peanut Butter Extract:** 'LorAnn' extract is available on Amazon. It's very concentrated, so a little goes a long way.
- If you don't want strawberry jelly, feel free to use Jello sugar free raspberry or black cherry gelatin instead. Then, you'd obviously swap out the fruit as well.
- Jelly: Don't want strawberry? Substitute the fresh strawberries with 4 cups of any fruit you want. Swap out the strawberry extract for vanilla and replace the strawberry gelatin packet with a sugar free gelatin flavor that is closer to the fruit you will be using. An easy swap would be raspberry jelly.
- If you are allergic to gluten, Swerve makes a sugar free, gluten free cake mix. I haven't personally used it, and I'm not sure what the points are for it, but you can look into it as an option. Worst case, a regular cake mix will only raise the point value for this cake by 2-3 points for 1 slice.







# Pumpkin Pie Cake

Crammed with so much pumpkin spice, it'll make your seasonal latte jealous

This is, hands down, one of my favorite cakes. It's insanely easy to make, comes together REALLY quickly and is so moist and fluffy that you won't believe it. Imagine if you will, a pumpkin pie, going out to a club, having a few drinks, then having a "ménage à trois" with a 3 layered cream cake and a pumpkin spice latte. 9 months later, they'd all be on a paternity episode of Maury, waiting to see who's this cake's baby daddy.

## Ingredients:

### Cake Batter:

- 1 Pillsbury sugar free yellow cake mix
- 1 (15oz) can of 'pure' pumpkin puree (*not canned pie filling*)
- 3 large eggs
- 1 tsp baking powder
- 1-1/2 tsp ground cinnamon
- 1 tsp pumpkin pie spice
- 2 tsp maple extract
- 1-1/3 cup carbonated water or diet soda (I used root beer)

### Pumpkin Spice Puree Frosting

- 3 (15oz) cans 'pure' pumpkin puree (*not canned pie filling*)
- 2 (1oz) boxes sugar free Jello instant butterscotch pudding
- 1 (1oz) box sugar free Jello instant vanilla pudding
- 1/2 cup 0 calorie confectioner's sugar replacement
- 1-1/4 tsp pumpkin pie spice
- 1 tsp ground cinnamon
- 1 tsp maple extract

### Topping:

- 1/4 tsp ground cinnamon
- 1/4 tsp pumpkin pie spice
- 2 tsp 0 calorie confectioner's sugar substitute
- fine mesh, wire strainer

## Serving Info.:

YIELDS: 9" round cake  
Servings: 12  
Serving Size: 1/12 slice



R D  
4-4

- last checked 11/25/23 -  
Use your mobile device's 'Camera' App to  
look at this code for nutritional info.

## Directions:

- 1 Preheat oven to 325.
- 2 Line the bottom of 3 round 9" cake pans with parchment paper. Spray the sides with cooking spray, set aside.

### \*\*\* CAKE DIRECTIONS

- 3 In a large mixing bowl, combine the cake mix, eggs, pumpkin puree, baking powder, cinnamon, pumpkin pie spice and the extracts. Pour in your 0 calorie carbonated liquid of choice (I used root beer) and mix.
- 4 Pour the batter into the 3 prepared 9" round cake pans. Use a measuring scoop to try and fill each pan with a relatively equal amount, so that they bake up close to the same height. WAIT TILL YOUR OVEN IS UP TO TEMP., then...
- 5 Bake at 325 for 30-35 minutes, or until a toothpick inserted into the center comes out clean. Cooking times may vary.
- 6 When the toothpick comes out dry, remove the cakes from the oven and allow to cool to room temperature on a wire rack, not in the pans (remove the parchment paper).

### \*\*\* FROSTING DIRECTIONS

- 7 Using an electric mixer, mix together the 3 cans of pumpkin puree, instant pudding packets, "confectioner's sugar" pumpkin pie spice, cinnamon and maple extract. Mix until well combined and smooth.
- 8 Cover and place in the refrigerator for 1 hour to set.



### \*\*\* ASSEMBLY

- 9 Remove one of the cake layers from the cooling rack and place it, flat side down, on a serving dish or platter.
- 10 Scoop all of your pumpkin puree frosting into a 1 gallon sized ziplock bag. Twist the bag, while forcing all of the frosting down to 1 corner of the bag. Use scissors to snip an index finger-width hole in the bag's corner, to make a piping bag.
- 11 Cover the bottom cake layer with around 1/3 of the frosting, about as thick as your thumb is wide, to create a thick layer of filling for the bottom layer.
- 12 Take your second cake layer, and flip it upside down, so that the slightly domed 'top' side of that baked layer, is now face-down into the layer of pumpkin filling. Gently push down on the top of the layer, to slightly press it down into the pumpkin filling. Awesome, you have a perfectly flat top to put the next layer of frosting/filling on!
- 13 Now, repeat the process and spread another 1/3rd of the filling on top of THAT layer of cake. Then... you guessed it... Take the final layer of cake, flip it upside down and once again push the press the slightly 'domed' side of the cake layer, down into the filling. Yup... just like before, now the very top of your cake will have a nice, flat surface to frost.
- 14 Frost the top of the cake, from edge to edge, **with a THIN layer** of the pumpkin puree. You want to try and leave enough puree to pipe more around the entire edge of the cake. So just spread a thin layer on top.
- 15 Pipe small mounds/dollops of the pumpkin puree all around the outer edge of the cake. You can use a decorative piping tip if you'd like it to look snazzier. (I used the same piping tip I purchased to fill the Cannolis on pages 146-147.)
- 16 **DUSTING:** Place the listed 'topping' ingredients into a small cup and stir them to combine. Then, place the 'confectioner's sugar', cinnamon and pumpkin pie spice mixture into a small wire strainer. Dust the top of the cake, from edge to edge, to lightly coat the entire top of the cake with the mixture. Don't worry, it'll absorb into the pumpkin puree in a few minutes, making it unseen, yet incredibly delicious.

### \*\*\* NOTES

- **PUMPKIN PUREE:** Make sure that you scan the various cans of pumpkin puree at your local stores. Some brands have a lot of added sugar, they are usually marked as 'pumpkin pie filling'. Make sure to get a can that scans as 0 points and says PURE pumpkin puree. No points, is good points.
- **PIPING:** I went a little fancy on mine and used the large 'star' piping tip to pipe dollops around the edges of EACH layer. You don't have to go that crazy. Simply keeping both layers of filling smooth is fine. Then, you can simply place the dollops of pumpkin filling around the edges of the top layer only. If you do that, you can have a bit more filling inside of the first 2 layers.







# Raspberry Lemon Cake

Lemon Cake with Sugar Free Raspberry Jelly Filling & White Chocolate "Cream Cheese" Frosting

This is hands down, one of the most amazingly delicious cakes I've ever had in my entire life... and it's WW friendly. I need to give a shout out to my friend **Missvw40** and her husband. He's a professional photographer, who offered to take professional pictures of this cake, after Missvw baked it at their house. Because of their pictures of this cake, I began learning how to take nicer food pics. Too bad I'd already finished all but 2 of the cupcakes by then... DOH!

## Serving Info.:

YIELDS: 9" round cake  
Servings: 12  
Serving Size: 1/12 slice



R D  
6-7

- last checked 11/20/22 -  
Use your mobile device's 'Camera' App to  
look at this code for nutritional info.

## Ingredients:

### Lemon Cake:

- 1 Pillsbury sugar free yellow cake mix
- 3 large
- 1/2 cup lemon juice
- 2 tsp lemon extract
- 1 (0.3oz) box sugar free instant lemon flavored gelatin
- 1 cup 0 calorie carbonated beverage  
(I'd HIGHLY RECOMMEND 0 calorie 7-up or Sprite)

### Raspberry Filling:

- 12oz (3 cups) fresh or frozen raspberries. You can use frozen berries, but make sure to buy "no sugar added" 0 point ones.
- 3 cups water
- 1 (0.6oz) box sugar free raspberry flavored gelatin.  
*You can use strawberry gelatin if you can't find raspberry.*
- 3/4 cup 0 point sugar replacement of choice (monkfruit, truvia, stevia, etc.)
- 4-1/2 Tbsp cornstarch, dissolved into 1/4 cup water, set aside

### White Chocolate "Cream Cheese" Frosting:

- 2 cup strained 'cream cheese substitute', recipe in my 'Cookbook: Volume 1', page 36.
- 3 oz white chocolate chips, melted with 1 Tbsp of water (see 'step 12' for instructions)
- 2/3 cups 0 point powdered/confectioner's sugar substitute
- 1 tsp imitation vanilla extract
- 1 tsp Watkins brand cream cheese flavoring/extract

## Directions:

- 1 Preheat oven to 325.
- 2 Spray the bottom of 3 round 9" cake pans with cooking spray, to coat. Set aside.

### \*\*\* CAKE DIRECTIONS

- 3 In a large mixing bowl, combine the cake mix, eggs, lemon juice, carbonated beverage o' choice, baking powder, lemon extract and gelatin packet. Mix to combine.
- 4 Pour the batter into the 3 separate 9" round cake pans. Scoop it out in equal amounts, into each pan, to ensure that they each get close to the same amount of batter. Bake at 325 for 22-25 minutes, or until a toothpick inserted into the center comes out clean. Cooking times may vary depending on your oven, altitude... or attitude.
- 5 When the toothpick comes out dry, remove the cakes from the oven and allow to cool to room temperature.
- 6 When the cakes cool completely, the layers can be wrapped in plastic, to be stored in the fridge.
- 7 If you are going to make the cake over the course of a few days, store the wrapped cake layers in the freezer. But make sure to unwrap the layers when thawing the cake out. Let them thaw out uncovered, or the texture will turn mushy.

**Note:** If your cakes happened to have baked with a "dome" on the top, use a serrated knife to cut it off. You want relatively flat layers.



### \*\*\* RASPBERRY JELLY FILLING

- 8 Place the raspberries (fresh or frozen), water, raspberry gelatin and sweetener into a medium sized pot. Heat on medium-high heat, until the fruit breaks down. Remove from heat.
- 9 Pour the mixture through a fine wire strainer, into a bowl, to remove most of the raspberry seeds. We want a smooth almost seedless puree. Pour the strained mixture back into the sauce pot, return to heat, and stir in the dissolved cornstarch. Bring to a medium boil for 4-5 minutes.
- 10 Once the liquid has thickened, Remove from heat and pour into a heat resistant bowl. Lay plastic wrap directly onto the surface of the hot filling. Place the filling into the fridge to cool and set for 2-3 hours.

### \*\*\* WHITE CHOCOLATE "CREAM CHEESE" FROSTING

- 11 In order to proceed, you must have strained 2 cups of Greek yogurt, as instructed on page 36 of my "Cookbook: Volume 1". (I prefer FAGE or CHOBANI brands)
- 12 In a microwave safe dish, microwave the white chocolate chips and 1 Tbsp of water for 20 seconds. Stir, then microwave for another 20 seconds and stir. Repeat until the mixture is completely melted and smooth. Set aside.
- 13 In a medium mixing bowl, combine the "cream cheese" yogurt substitute, melted white chocolate, extracts and confectioners sugar replacement. Use an electric hand mixer to mix the ingredients together until smooth. Cover and place back into the fridge, letting it set for 1-2 hours.

### \*\*\* ASSEMBLY

- 14 Take one of your cake layers and spread 1/3 of the raspberry jam across it, from edge to edge. Place the 2nd cake layer on top, spreading more jam and then repeat the process on the top layer.
- 15 Scoop the cream cheese frosting into a gallon sized plastic bag, then snip the tip off to create a piping bag. You can use a decorative tip insert if you want to get all fancy.
- 16 Pipe some frosting onto the sides of the cake and spread it all around the cake in an even layer. Not too thick, or it'll droop down.
- 17 Use the remainder of the frosting to pipe decorative mounds around the top edge of the cake.
- 18 For added snazziness, place fresh berries over the top layer of jelly. Though not required, it does look nice. Done.

### \*\*\* NOTES

- You can make a lot of versions of this cake, with a few simple tweaks. For a strawberry version, simply use fresh or frozen strawberries and sugar free strawberry flavored gelatin, instead of raspberry. Want blueberry? Same thing. Replace the raspberries with blueberries. There is unfortunately no sugar free blueberry gelatin mix, but you can try using Jell-O sugar free black cherry gelatin, instead. However, the blueberry puree will have a darker hue to it.
- **WHITE CHOCOLATE CHIPS:** If you use "Lily's White Chocolate Baking Chips" instead of regular chips, you'll draaaastically reduce the points in this recipe.







# Reese's PB Cake

Variation of the Cupcake Recipe on pages 122-123



This is tied to be my 2nd favorite of all the cakes. I could probably get news that all of the world's Super Powers have launched all of their nukes... but as long as I had this cake and a tall glass of cold milk, everything would be just fine for the next 8 minutes. This cake is absolute, peanut butter and chocolate perfection.

## Serving Info.:

YIELDS: 9" round cake

Servings: 12

Serving Size: 1 slice



R D  
8-8

- last checked 11/20/22 -  
Use your mobile device's 'Camera' App to  
look at this code for nutritional info.

## Cake:

- For a 2 layer cake, divide the batter between (2) 9" cake pans. For a fancier 3 layer cake (pictured), divide the batter between 3 pans.
- Bake 2 layer cakes at 325 for 25-30 minutes.
- Bake 3 layer cakes at 325 for 22-26 minutes.

## Peanut Butter Filling:

- Apply a double thick layer of the peanut butter "cream cheese" filling between the two layers of cake. It will not be going on the top of the cake, use it for the filling.

## Dark Chocolate Pudding Frosting:

- For this cake version, we are going to add 1 (1.4oz) box of Jell-O sugar free instant chocolate fudge pudding to the recipe. Use an electric mixer to mix together the pudding and 2 Tbsp cocoa powder, with 2/3 cup COLD water, until thick and smooth. Use a rubber spatula to spread a thin layer of frosting onto the sides and top of the cake.

## Toppings:

- You will ONLY be using 20 peanut butter cups for the cake. We took away 4 of them to allow for the addition of the chocolate pudding.
- Rough chop all of the peanut butter cups on a cutting board and then sprinkle the chopped bits all over the top of the cake. You won't be able to cover every single nook and crannie, but trust me... it'll be amazing anyways.
- (OPTIONAL) Drizzle 2-3 Tbsp of Hershey's sugar free chocolate syrup over the top of the cake. The cake tastes insane without it, but it makes it look snazzier.





# 'Southern' Hummingbird Cake

Variation of the Cupcake Recipe on page 110-111

Let's start off by addressing your first question... NO! This cake does NOT contain Hummingbirds. It is a famous Southern cake, which first gained popularity in the late 1970's. Depending on who you ask, it originated from either Jamaica or the South (US). Where it's from doesn't matter. What matters is that it is absolutely fantastic. I never would have thought to try Banana Pineapple cake before... but man, it's really really good.

## Cake:

- For a fancy 3 layer cake (pictured), divide the batter between (3) 9" cake pans, with parchment paper on the bottom. Spray with cooking spray.
- Bake 3 layer cakes at 325 for 25 minutes, or till a toothpick comes out clean.

## Cinnamon 'Cream Cheese' Frosting:

- If you REALLY want this to taste 10 out of 10...Make sure that you purchase some "Watkins" brand 'Cream Cheese Flavoring' online, so you can add it to the frosting. It helps mask the 'yogurt' flavor of the Greek yogurt.
- Pipe an equal amount of frosting between the 1st and 2nd layer of cake, then spread a slightly thinner layer on top. The purpose of the upper layer is to keep the crushed pecans in place, once sprinkled on top.

## Toasted Pecan Topping:

- Heat a small pan over medium heat for 1 minute. Place the chopped pecans into the pan and heat for 20 seconds.
- Stir the pecans, then allow them to cook for another 20 seconds. Repeat for a few minutes, until the pecans are fragrant and lightly toasted.
- Remove pecans from heat, set aside.

## Toppings:

- Sprinkle the chopped/crushed pecans over the top of the cake, from edge to edge. It's ok if there are small gaps, we're about to take care of that.
- In a small dish, mix together 1/4 tsp ground cinnamon and 2 tsp of additional 0 calorie confectioners sugar substitute. Use a fine mesh strainer and lightly dust the entire top of the cake. It will add flavor and fill in the gaps between the pecan pieces.

## Serving Info.:

YIELDS: 9" round cake  
Servings: 12  
Serving Size: 1 slice



- last checked 11/20/22 -  
Use your mobile device's 'Camera' App to  
look at this code for nutritional info.

## \*\*\* NOTES

- **CREAM CHEESE FLAVOR EXTRACT:** Though this is an optional ingredient, I HIGHLY recommend you buy some. I use it in my cheesecakes and other desserts. If you want your strained Greek yogurt to finally NOT taste so much like yogurt, this will fit the bill. The one I use is 'Watkins' brand. I usually find it at Walmart. If it's not available in-store, you can also order it from their website, for in-store pickup or from Amazon, though it's more expensive.
- **NUT ALLERGIES:** If you have nut allergies, rather than toasted pecans, you can top the cake with toasted, shredded coconut. My recipe has 12 points of chopped pecans. So, buy some 'Flaked' coconut, toast it in a hot pan, till golden, use that instead of pecans.
- **CONFECTIONERS SUGAR SUBSTITUTES:** There are a few options for powdered/confectioners sugar replacements. There's Lakanto Monkfruit brand, Swerve, as well as Truvia 0 calorie.





## Steamed Cake

Prepare yourself for a super moist, light and fluffy cake

This cake is simplistic perfection. It sounds crazy, but it's awesome. By using a big pot, with a deep steamer insert, you can STEAM a cake. The end product is ultra moist, spongy... and with a texture that's a cross between a souffle and a cake.

### Ingredients:

#### \*\* CAKE BATTER

- 1 Pillsbury sugar free devil's food cake mix
- 1-3/4 cups seltzer water or diet soda
- 3 large eggs
- 1 tsp baking powder
- 1 Tbsp Hershey's unsweetened cocoa powder

### Serving Info.:

Yields: 12 scoops 🍴

Servings: 12

Serving Size: 2/3 cup scoop\*\*



R D  
4-4

- last checked 11/20/22 -  
Use your mobile device's 'Camera' App to  
look at this code for nutritional info.

### Directions:

- 1 Fill a large pot (that has a deep DEEP steamer insert) with enough water to stop about 1/2 inch below the insert. Remove the insert (trust me) and bring the water to a boil.
- 2 Mix all of the cake ingredients together in a large mixing bowl, until well combined.
- 3 Pour the batter into a 1.5qt round baking dish that fits into the insert. It's a tight-ish squeeze, which is why you've removed the insert from the pot before you start boiling the water. Otherwise, it'll burn your hands.
- 4 Set the batter-filled baking dish into the steamer insert.. Lower the insert into the pot, then cover with the lid. Crank up the heat to high, and steam over a rolling boil for 10 minutes.
- 5 Reduce the heat to medium-low and continue steaming the cake for another 25 minutes. Done.

### \*\*\* NOTES

- The servings are very hard to gauge with this. By default I have the points and calories per serving calculated, assuming that you will take 12 scoops. It is hard to gauge how many servings you will ACTUALLY get, because it will be completely dependent on how big of a scoop you take. I can control the recipe, I can't control your serving spoon.
- This is a very, very simple and inexpensive cake to make. However, it might take you 2-3 times to get the actual cook time to be exaaaaactly what you want. If you steam it a few minutes too long, it will stay forever-moist, but it will be completely cooked through. Steam it a few minutes less and you have freakin' amaze-balls lava cake. The cake is cooked all around, but the very bottom is almost firm, giving you the most amazingly hot, chocolaty gooey sauce.
- When you add water into the pot, make sure that you put enough in to just barely miss coming into contact with the underside of the insert. You don't want all of the water to evaporate before it's finished steaming... then it's just baking, and can burn your pot.
- If you can't find the devil's food cake mix, use yellow cake mix and add 1/2 cup cocoa powder.





# White Chocolate Mocha

Variation of the Cupcake Recipe on page 126-127

This... cake... is freaking amaze-balls, plain and simple, hands down, amaze-balls. Deep and deliciously chocolaty thanks to a neutron bomb blast of coffee powder, that's added into the cake batter. The white chocolate "cream cheese" frosting/pudding is so good that you'll lap it up like a man crossing the dessert looking for water. Best part?... it has enough caffeine in it, that each slice is literally a cup of coffee.

## Serving Info.:

YIELDS: 9" round cake

Servings: 12

Serving Size: 1 slice



R D

8-8

- last checked 11/22/22 -  
Use your mobile device's 'Camera' App to  
look at this code for nutritional info.

## Cake:

- For a 2 layer cake, divide the batter between (2) 9" cake pans. For a fancier 3 layer cake (pictured), divide the batter between 3 pans.
- Bake 2 layer cakes at 325 for 28-32 minutes.
- Bake 3 layer cakes at 325 for 22-26 minutes.

## White Chocolate Frosting:

- Nothing really to note here. Well, just a reminder... It's socially unacceptable to drink the frosting directly from the piping bag. You're a grown adult, not a Frat Boy at a kegger.

## Toppings:

- The awesome thing about dusting the top of the cake with the cocoa powder and coffee powder mixture (on the cupcake recipe), is that after about 20 minutes, the frosting starts to leech the coloring from the 2 powders, and it slightly spreads out. It ends up giving the top of the cake a beautiful look, almost like a the top of a torched Crème Brûlée.

## Note:

- Best part? You don't need to make any changes to the cupcake recipes for this cake. All you do differently is bake it in the round pans, then spread the frosting amongst the 2 or 3 layers. Done.
- **WHITE CHOCOLATE CHIPS:** If you use "Lily's White Chocolate Baking Chips" instead of 'regular' chips, you'll remove 20 points of ingredients, dropping each slice by 1 point.





# Cannoli Vergognosi (Shameful Cannoli)

An extremely non traditional, skinned down Cannoli recipe that's sure to make your Nonnas cry out in horror.

In early Summer of 2021, @chiafullo, a grumpy ol' Italian from Connect, challenged me to make his REAL cannoli recipe. It was, of course... delicious, I guess 😊. Now, I've used his traditional base-recipe as a template for my own skinned-down Cannoli recipe. It was really just a matter of simple ingredient swaps: Truvia 0 calorie confectioners sugar instead of regular, part-skim ricotta instead of whole milk ricotta, then cutting the ricotta with an almost 50/50 amount of strained Greek yogurt. Finally, finished with Lily's stevia-sweetened chocolate chips. I made the decision to still use pre-made, deep fried cannoli shells. C'mon, I'm not a Barbarian! Oh, shout out to Chiafullo, for giving these their 'colorful' Italian name.

## Serving Info.:

Yields: 24 regular, 48 mini  
Servings: 24 (48)  
Serving Size: 1 cannoli



## Ingredients:

### Filling:

- 30 oz part-skim ricotta cheese
- 33 oz fat free plain Greek yogurt (buy a 35oz container of FAGE or Chobani, then remove 1/4 cup from it).
- 2-1/2 to 2-3/4 cup 0 calorie confectioners sugar replacement, such as Truvia 0 calorie brand. (see notes)
- 1 Tbsp imitation vanilla extract. Yes, imitation. See the notes, Susie.
- 1 tsp Watkins brand Cream Cheese Flavor Extract (see notes)
- 1-3/4 tsp ground cinnamon
- 8 oz Lily's semi sweet chocolate chips (SEE NOTES!!!)

### Additional Ingredients/Gear:

- 24 regular sized cannoli shells.
- Cheesecloth
- A colander or something to let you suspend the cheesecloth/strainer over a bowl.

## Directions:

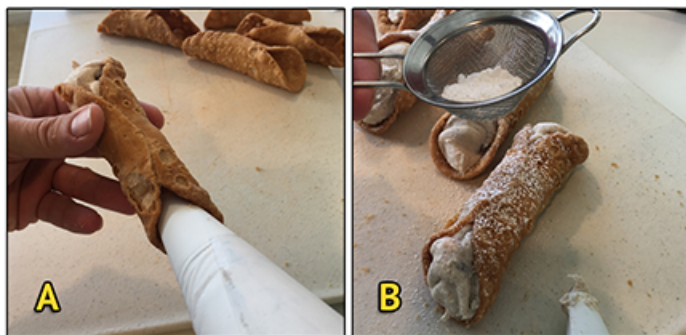


- 1 (A) In a large mixing bowl, mix together the Greek yogurt and ricotta cheese, till well combined. Line a colander or strainer with cheese cloth, over a bowl. Place the dairy mixture into the cheesecloth. Cover with plastic wrap and let strain for 24 hours in the fridge. (B) After straining, it should remove about 1 cup of liquid. Place the strained mix, confectioners sugar replacement, chocolate chips, cinnamon, vanilla and cream cheese extracts into a large mixing bowl. Yup... all of it. (C) Mix it all together, till well combined. Set aside in the fridge, to set for 1 hour. (D) Put half of the filling into a large piping bag, with a round piping tip, about the width of your thumb or index finger.



My points were calculated using 'Alessi' brand, Sicilian-Style regular shells. However, use whatever brand you can get. My recipe takes into account 64 points for 24 regular 'large' sized cannoli shells. For mini shells, my recipe uses 'Alessi' brand mini cannoli shells. Use whatever you can.





2 (A) Insert the tip of the piping bag all the way into one side of a cannoli shell and squeeze the back of the piping bag. Pull back, filling the cannoli from the middle, to the outside edge. Then, turn the shell around, insert the piping tip back into the cannoli's center and repeat the process, filling the other side. Refill the piping bag when needed. Ta Da!!!! (B) Add some additional 0 calorie 'confectioners sugar' to a fine wire mesh strainer. Hold the strainer over the finished cannolis, then tap gently, dusting them all. Done.

## VARIATIONS:



- **CHOCOLATE OPTIONS:** My recipe calls for 35 points worth of chips. However, I found if I put 4 ounces into the filling, then MELT the remaining 4 ounces in a bowl, I can use a spatula to dip into the chocolate and lightly 'paint' the edges of all 24 cannoli shells with chocolate. You can also skip putting chips into the filling altogether. Instead, 'dip' the edges of the shells, then sprinkle chocolate chips onto the ends of each cannoli, (pictured above). But, because of the reduced 'mass' in the filling, you'll end up making 2 fewer cannolis.



- **PISTACHIOS:** Another traditional topping is crushed pistachios. You can swap a bunch of points for chocolate chips out, with chopped pistachios. You can top the ends of the cannoli with only chocolate chips, OR, do one side pistachios, one side with chocolate. Or, put 4 oz of chips into the filling and sprinkle pistachios onto the ends. Customize these babies!

## NOTES:

- **SICILIAN-ISH STYLE:** Want a citrusy flavor explosion? Go Sicilian, baby!! Add 1-1/2 Tbsp of finely minced, fresh orange peel to the filling. It'll take around 2 good sized oranges. The filling has a very subtle citrus flavor at first, but the longer the filling rests, the more pronounced the orange flavor becomes. Personally, when I mix orange zest in with the filling, I let it rest in the fridge for a couple additional hours, before piping it into the cannoli.
- **PISTACHIOS:** My recipe calls for 35 points of chocolate. You can definitely use some of that for pistachios, instead.
- **LILY'S CHOCOLATE CHIPS:** I prefer using semi sweet chips, while my wife prefers their dark chocolate chips for these.
- **CANNOLI SHELLS:** As mentioned, I used 'Alessi' brand cannoli shells. However, you can use any brand you wish. My 'points' take into account 64 points for the shells. If you have a local Italian deli/market nearby, see if you can find a few boxes there. In the past, I've purchased shells from Amazon. When I did, 3/4 of all the shells I ordered, arrived shattered and broken within the boxes. When I bought 6 boxes at a local deli, there wasn't 1 single broken shell.
- **0 CALORIE CONFECTIONERS SUGAR:** I used Truvia brand, though there is also Swerve and a few others. BE AWARE... these have 0 calories. Though they DO have carbs, they are carbs from sugar alcohols, which are not broken down into sugar by the body. Unfortunately, a lot of listings for these, in the App, ARE WRONG. They should not have points.
- **IMITATION VANILLA EXTRACT:** Regular vanilla extract gains points at 2tsp. Imitation gives you 3 tsp for 0 points.
- **CREAM CHEESE FLAVORING:** Watkins brand cream cheese flavoring can be found on Walmart.com and Amazon. Its purpose in this recipe is to knock down the slight yogurt 'tang'. It really makes a difference with the finished filling.
- **RAINBOW SPRINKLES:** Reeeally want to anger the Italians in your life? Sprinkle some of these on your cannoli.
- **STORING:** You can freeze these in tupperware. To thaw, set one or more on the counter, uncovered, for 1.5 hours.







# Cream Puff Shells

A Versatile, Light and Fluffy Pastry Dough, Which Can Be Filled With Sweet or Savory Fillings

This recipe is a lighter, healthier version of a classic French pastry dough, "Choux Pastry". It is an extremely versatile dough, commonly used for making cream puffs, light pastries... and \*gasp\* ECLAIRS!!!! Yes, you can use this to make lower fat/calorie/sugar eclairs. HALLELUJAH! You can then fill these little balls of pastry goodness with whatever you want. I'm also adding a few ideas for different types of fillings and toppings, in the recipe's notes. This recipe isn't necessarily a 'cream puff' recipe, it's more of a guide for making the dough and baking it into rounds. You can fill these shells with whatever you want, though I will provide an example for a pudding-based filling, below.

## Servings Info.:

Yield: 29 shells\*\*

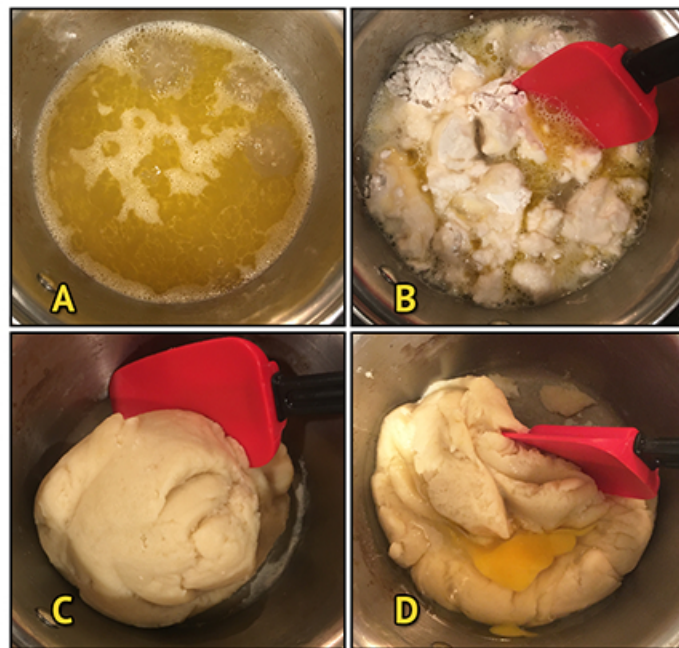
Servings: 29\*\*

Serving Size: 1 shell



- last checked 11/17/22 -  
Use your mobile device's 'Camera' App to  
look at this code for nutritional info.

## Directions:



- (A) In a small pot, bring the water, 'butter', extract, salt, and sweetener to a low simmer. (B) Reduce heat to low, then add the flour and baking powder. Stir/mix until it begins to form a smooth, yet firm, ball of dough. (C) Continue cooking/stirring the dough over low heat for 1 minute. Turn off heat and let the cool for 2 minutes. (D) Mix/fold in 1 egg at a time, waiting until each egg is completely mixed in before adding the next. This step will take a few minutes, per egg. The dough will end up the consistency of VERY sticky, creamy mashed potatoes.

## Ingredients:

### PASTRY:

- 1/2 cup water
- 1 cup I Cant' Believe It's Not Butter, Light \*\*\*
- 1 Tbsp imitation vanilla extract (because... points)
- pinch of salt
- 3 Tbsp 0 calorie sugar replacement o' choice (such as lakanto monkfruit, swerve, stevia, etc.)
- 1 cup all purpose flour \*\*\*
- 2 tsp baking powder
- 4 large eggs

### SIMPLE PUDDING FILLING (OPTIONAL EXAMPLE FILLING):

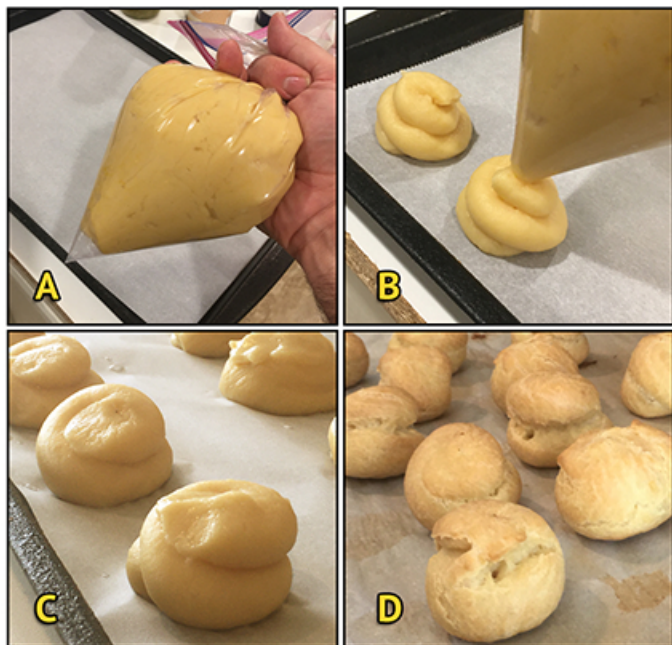
- (2) 1oz boxes Jell-O sugar free instant white chocolate pudding mix
- 1-1/2 cups cold water
- 2 to 3 Tbsp confectioners sugar replacement. (0 calorie powdered sugar, such as 'Swerve', 'Lakanto', or 'Truvia' brands)

### ADDITIONAL INGREDIENTS:

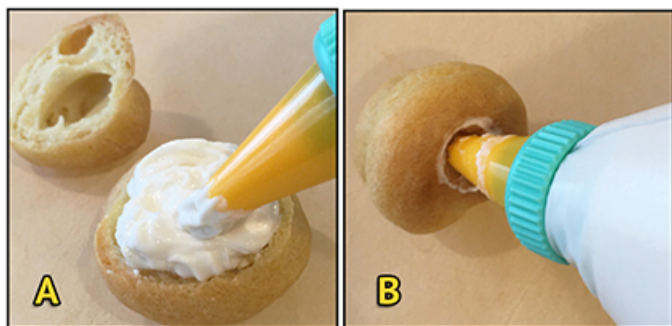
- butter flavored cooking spray, as needed
- (optional) extra confectioners sugar replacement, for dusting the tops. (I personally like 'Truvia' brand, 0 calorie confectioners sugar replacement), it's awesome.



2. Preheat oven to 400 degrees. Line a baking sheet pan with parchment paper (NOT FOIL), set aside.



3. (A) Lightly spritz the inside of a 1 gallon ziplock bag with cooking spray (TRUST ME), then scoop the sticky dough into the bag. Squeeze it down to one end. (B) Snip off the tip of the bag, and pipe the dough into roughly ping pong ball mounds. You can make them 'swirly', or just rounded dollops. (C) Wet your finger with water, and lightly press down on the top of each 'round', to slightly flatten the top. (D) Place the pan into the oven. Bake at 400 degrees for 15 minutes, then turn the heat down to 350 degrees. Bake for an additional 15-20 minutes, or until golden. Remove from oven, let cool to room temperature. Done.



#### HOW TO FILL:

There are 2 typical ways that the puff shells are filled or presented. One way is to (A) slice the shells in half, then put a filling between the 2 layers; the other is to (B) pipe filling directly into the center of the puff, to fill it up and turn it into a creamy little pastry grenade. The first way makes puffs that are taller and are often seen with savory fillings, as appetizers.

If you're piping directly into the puff, you can either do it from the bottom, or from the side of the shells. If you pipe in from the bottom, there's no visible holes for your guests. However, it will make the filling touch the plate, leaving marks. Either way, piping into the shells was much easier if I first pierced the shell with a sharp knife. Then stuck the piping tip into where I pieced the shell with the knife.

#### NOTES:

- **POINTS:** The listed points per serving may vary, depending on how many shells you make from your batch of dough. I was able to make 29 shells. You might make more or less, depending on how large or small you make them.
- **SIMPLE FILLING:** If you choose to try the 'simple filling' that's listed in the ingredients, use an electric hand mixer to mix the cold water, pudding, and powdered sugar substitute together, till set. Using that filling will add 6 ingredient points to the recipe. It is listed here, simply to show an option for a low point, white, pudding-type filling.
- **ECLAIRS:** Yup, you can pipe this dough into eclair shell pans/molds, or into lengths on your pan, to make eclairs.
- **I CAN'T BELIEVE IT'S NOT BUTTER LIGHT:** I use it because it's lower points than regular butter. There are 23 points in 1 cup of it, versus 93 points for regular butter. You can use any type of 'light' butter you want, but adjust your points.
- **SAVORY FILLING:** You can make ultra snazzy appetizers by filling these with savory fillings. For example, my herbed cream cheese or smoked salmon dips, would be awesome if piped into these. Or, slice the shells in half, horizontally, place a dollop of savory filling onto the bottom half, then 'cap' it with the top half of the puff. Seriously, do internet image searches, like I suggest next.
- **OTHER FILLING & TOPPING IDEAS:** There are hundreds of ways you can use this dough. Do a simple google images search for "[Choux Pastry](#)". This dough is used for literally hundreds of elegant sweet and savory dishes and apps. If you want to go full-legit, make a 1/2 batch of the cream filling from my Karpotka cake, but reduce the cornstarch a liiiiittle bit, so that it doesn't set as firm.





# Lemon Bars

This Is A HEAVILY Tweaked, Non-Traditional Recipe For Sugar Free Lemon Bars

I originally didn't want to include Lemon Bars in this cookbook. However, I've been promising [@mhertoghe](#), from Connect, I'd make them... FOR TWO YEARS! I figured I'd surprise her and add them in as the final recipe for this revised dessert section. What can I say, I'm cooler than the other side of a pillow.

## Servings Info.:

Yield: 13"x9" pan o' goodness

Servings: 12 lemon bars

Serving Size: 1 lemon bar



R D  
3-3

-last checked 11/17/22-

## Ingredients:

### CRUST

- 1/2 cup 0 calorie 1-to-1 sugar replacement o' choice
- 1-1/2 cups all purpose flour
- 1/4 tsp salt
- 1-1/2 tsp cornstarch
- 1/2 tsp baking powder
- 10 Tbsp (1/2 cup PLUS 2 Tbsp) I can't believe it's not butter Light, melted in a small dish (Go-go-gadget, Microwave!)
- 1/2 tsp vanilla extract
- 1 Tbsp water
- Butter flavored cooking spray

### LEMON FILLING:

- 8 large eggs
- 1 egg yolk
- 2/3 cup bottled lemon juice (see notes on why I used bottled)
- 2-3/4 to 3 cups 1-to-1 **"BAKING SUGAR ALTERNATIVE"**, to taste. (I used 'King Arthur' brand. It took (2) 12oz bags)
- 1/3 cup (5 Tbsp) all purpose flour
- 1/2 tsp baking powder

### TOPPING: (OPTIONAL)

- 0 calorie confectioners sugar replacement
- Wire Mesh Strainer, for dusting

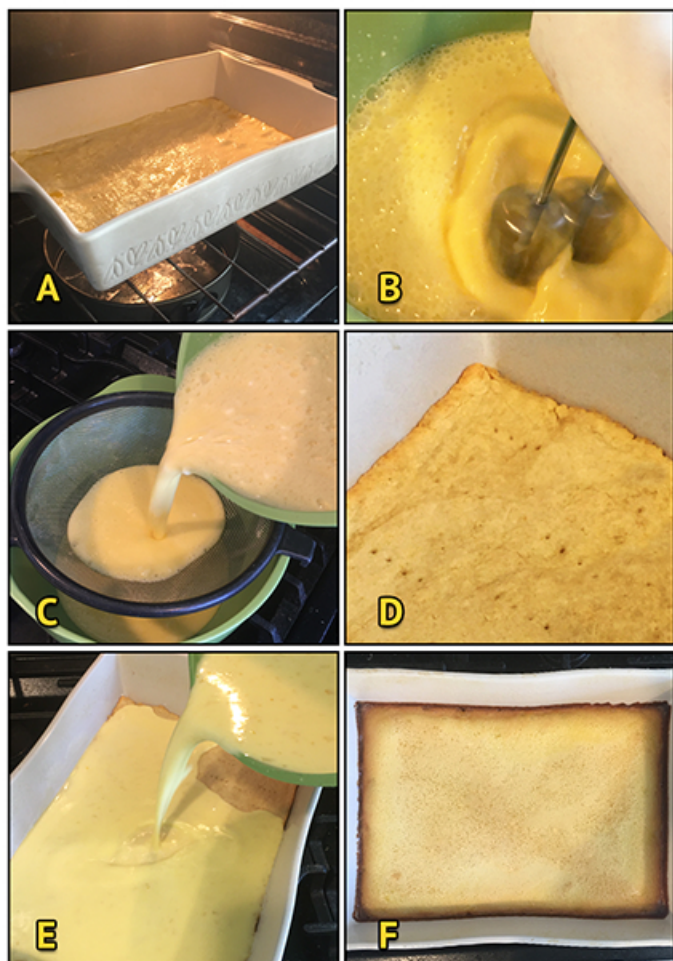
## Directions:

1. Preheat oven to 350 degrees and place oven rack to the middle position. Spray a 13"x9" baking pan with cooking spray, set aside.

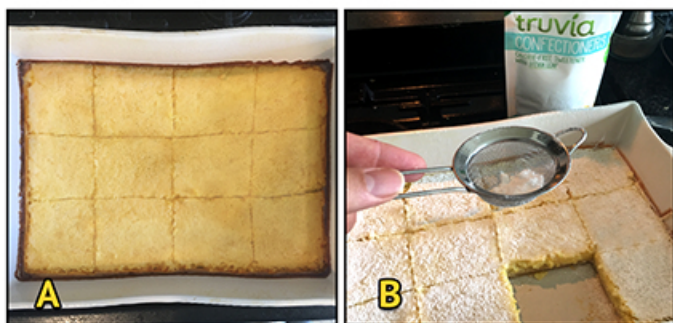
2. (A) In a medium mixing bowl, combine all of the crust ingredients, till (B) juuuuust combined into a loose/soft ball. If it's too dry, spray into the dough, while mixing, with the butter flavored cooking spray. Work the dough till a soft ball comes together. (C) Place into prepared baking pan, cover with plastic wrap and press/spread the dough from edge to edge. Let the dough rest for 15 minutes, then spread again, till it comes 1/4 to 1/2 inch up the sides of the pan. The bottom crust should NOT be thick. (D) Poke holes down into the dough, with a fork.







3. (A) Place into the preheated oven and bake for 20-22 minutes at 350 degrees. (B) WHILE THE CRUST IS IN THE OVEN, use an electric hand mixer to combine the eggs and yolk in a mixing bowl. Add the remaining filling ingredients. Mix till smooth. (C) To ensure a smooth batter, pour it through a wire strainer, into another bowl. Set aside. (D) Once the edges of the crust begin to brown, remove crust from oven. (E) **IMMEDIATELY** re-stir the filling, then pour over the crust and quickly, but carefully, return pan to the oven. Try not to 'slosh' the liquidy filling around in the pan. Bake for 28-30 minutes at 350 degrees, till the filling **BARELY** 'jiggles' when the pan is jostled/nudged, like aalmost set Jell-O gelatin. (F) Remove pan from oven, and let cool for 20 minutes, then move to the fridge. Let cool, uncovered, for at least 3-4 hours.



4. (A) Remove cooled lemon bars from the fridge and use a sharp knife to carefully slice down, through the crust, cutting the lemon bars into 12 bars. (B) Just prior to serving, place some confectioners sugar replacement into a wire strainer and dust the tops of the lemon bars.

#### NOTES:

- **I CAN'T BELIEVE IT'S NOT BUTTER LIGHT:** If you'd rather use a different 'low point' butter, like "Land O' Lakes, Light", be my guest. But, adjust your points accordingly.
- **BOTTLED LEMON JUICE!?:** Bottled lemon juice has less points in the database. 1 cup of fresh juice has 3 points, while 1 cup of bottled lemon juice has 1 point.
- **CONFECTIONERS SUGAR REPLACEMENT:** There are a few brands of 0 calorie confectioners sugar replacement, online and in stores. Don't want to use it? Use the regular kind.
- **WHY SO MUCH SWEETENER?!?!?:** Because... this is a **DOUBLE BATCH** of lemon filling/curd, compared to most lemon bar recipes you'll find. I wanted a tall, thick layer, so I doubled the eggs, lemon juice and 'sugar' of a normal recipe. As an option, simply halve the filling ingredients and you'll end up with a 1/4 inch layer. But, decrease the baking time.
- **DUSTING:** My wife prefers these without the topping.
- **COLOR:** The top of the lemon bars will have a slightly pale yellow color. Don't worry, the top gets dusted with the confectioners sugar and the actual filling is a vibrant yellow.
- **"BAKING" SUGAR ALTERNATIVE:** For this recipe, I tried using 'Lakanto monkfruit classic', 'Swerve', and even a Truvia/Stevia blend of 1-to-1 granulated sugar replacements. The problem is, those were all loaded with 8x more erythritol. Once the lemon bars cooled, the filling developed tons of fine, grainy crystals within the filling. I know it's pricey, but in order to make this recipe, PLEASE, purchase "[Baking Sugar Alternative](#)". I used King Arthur brand. There are other brands, but I don't know how they'll perform. I have tried this recipe with 5 different types of sweeteners and the King Arthur brand had the best results, by far. No other dessert I've ever made, has ever been so picky about which type of sweetener was used.
- **SPLENDA!:** **If granulated Splenda is used as your sweetener, the lemon filling will finish baking in only 15-17 minutes!!! It will also have a much more custard-like texture.**
- **TYPE OF PAN!:** I used a ceramic pan for my batch. If you use a different type, such as a glass or metal pan, your bake time may need to be adjusted. Keep an eye on the filling's 'jiggle'.
- **DARK EDGES:** The longer baking time required for this double batch of filling (unless you use Splenda), results in a dark, caramelized edge to the lemon bars.





# New York Style Cheesecake

My Healthier, Lower Fat, Lower Calorie Version of Tyler Florence's famous 'Ultimate Cheesecake'

A few months after joining Weight Watchers, I modified Tyler Florence's "Ultimate" Cheesecake, into Point-friendly mini cheesecakes. This is my full-sized version of that recipe. Unlike popular 'skinny' cheesecake recipes, this is NOT simply Greek yogurt baked with an egg and pudding. This is the real deal, there ain't no "Lie-Pie" here, baby! Read the notes for substitutions, recommendations and 'Point' adjustments.

## Ingredients:

### CRUST:

- 1-1/4 cups Fiber One cereal 'with whole grain'
- 6 cinnamon graham cracker sheets (24 total crackers)
- 2/3 cup 0 calorie brown sugar replacement o' choice \*\*\*
- 3/4 to 1 tsp ground cinnamon
- 1/8 tsp ground ginger (optional)
- 1/4 cup I Can't Believe It's Not Butter Light, warmed
- 1-1/2 Tbsp sugar free pancake syrup
- 1 to 2 Tbsp water, if needed
- 8 second spray butter flavored cooking spray

### BATTER

- 14 oz 1/3 less fat cream cheese, or Neufchatel. Your choice.
- 32oz FAGE fat free plain Greek yogurt, strained overnight. (as shown in Cookbook 1, pg. 36)
- 3 Tbsp all purpose flour
- 1-1/2 cups 0 calorie 1-to-1 sugar replacement o' choice
- 3 large eggs PLUS 3 egg yolks
- 1 Tbsp lemon juice
- 1 Tbsp lemon zest, finely minced
- 3 tsp imitation vanilla extract
- 2 tsp Watkins cream cheese flavoring/extract

### BERRY TOPPING (optional, but highly recommended):

- 12 oz fresh blueberries (or **ANY** fresh fruit)
- 2 Tbsp water
- 2 to 3 Tbsp 0 calorie 1-to-1 sugar replacement o' choice
- splash of lemon juice
- 1-1/2 tsp cornstarch, dissolved in 1 Tbsp water

## Servings Info.:

Yield: 9" Cheesecake

Servings: 12

Serving Size: 1/12



R D  
6-7

- last checked 11/17/22 -

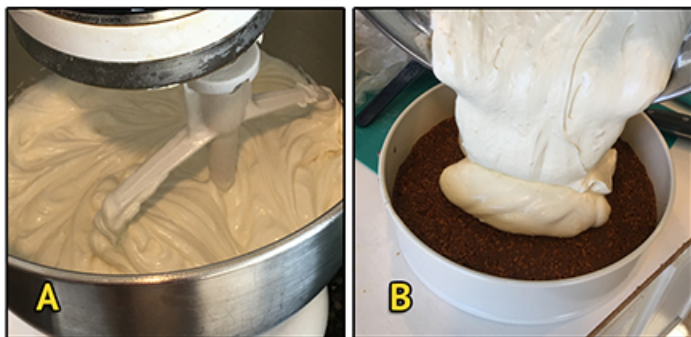
## Directions:

- 1-2 hours before baking, set out the cream cheese, yogurt and eggs, letting them get to room temperature.



- (A) Add the bran cereal, graham crackers, sweetener, cinnamon, melted butter and syrup to a food processor. Spray into the processor for 8 seconds with butter flavored cooking spray. (B) Run the processor till the ingredients are similar in texture to a regular graham crust. Add water if needed. (C) Pour into a 9" springform pan and spread around by pressing down with a cup or measuring scoop. Done. (D) Mince lemon zest, set aside.





3. (A) In a large bowl, mix together the cream cheese, till smooth. Add the greek yogurt, blend till smooth. Repeat, with the eggs, lemon juice, extracts and lemon zest, mixing on low speed until smooth. Finally, add the flour and sweetener. Mix on low till smooth. (B) Pour over the prepared crust. Lightly 'knock' on the side of the pan for 2 minutes. Any large air bubbles trapped in the batter will rise up to the top. It sounds crazy, but it works.

4. Preheat oven to 325 degrees. Fill an OVEN SAFE pot with water. Bring to a rolling boil. (see notes about water bath)



5. (A) When the oven is at 325 degrees, place the pot of boiling water into the oven, followed by the cheesecake. (B) Bake for 45 minutes at 325 degrees. How do you know when it's done? Open the oven and use a kitchen spoon to poke/jostle the pan. The middle of the cheesecake should still juuuuuust jiggle a bit, like almost-set gelatin. Don't overcook it. Remove from oven, set aside and let cool for 1-2 hours. (C) When the cheesecake has cooled, begin heating a medium sauce pan. Add your berries o' choice, lemon juice, sweetener and water. Simmer until the berries break down and the liquid begins to reduce. Add the dissolved cornstarch, stir to combine, and simmer for 2-3 minutes, till thick. (D) Pour over cheesecake and spread just shy of the edges. Let cool for 15 minutes, then place in fridge for at least 2-3 hours, though overnight is recommended.

#### NOTES:

- I cannot stress enough how important it is to use ROOM TEMPERATURE EGGS, CREAM CHEESE & YOGURT!!! If you use them cold, straight from the fridge, the batter will be extremely cold. It will add at least 30 minutes of bake time. At 45 minutes the cheesecake still won't be cooked. Pleeese, take the time and allow it all to warm up.
- **SWEETENER:** If you don't want to use brown sugar substitute for the crust, don't worry about it. Use regular sugar replacement and simply add 1/4 tsp molasses.
- **GRAHAM CRACKERS:** Use LOW FAT cinnamon or honey graham crackers, they are lower in points than regular ones. Honey Maid scans as 6 sheets for 13 points, but if you search for them in the database, they show as higher than if you actually scan the physical box.
- **WATER BATH:** I did not use a water bath for my recipe, choosing to instead place a pot of boiling water in the oven. The reason is... for novice cooks. I am NOT going to tell them they have to use a water bath. If you want to use a water bath, have at it.
- **USING FAT FREE CREAM CHEESE:** If you'd like to make this even lower in points, replace the 14 oz of 1/3 less fat cream cheese with 16 oz of Fat Free cream cheese. Increase the flour from 1/4 cup to 1/3 cup, then increase the bake time to 60-70 minutes. Also, it will NEED to set overnight in the fridge. The top will have a lot more cracks, but that's a result of the cheesecake being nearly fat free. Making it this way, will lower the points by 2 per serving.
- **FRUIT TOPPING:** You can replace the blueberries with any type of fresh berries you want. For a more traditional NY-style topping, skip the fruit and use a thin layer of fat free sour cream instead. I personally prefer the fruit.





# Ricotta Cheesecake

This Delicious Chocolate & Pistachio Covered Cheesecake Self-Identifies as a Cannoli

This is a shout out to my nemesis @chiafullo and his army of Italian Nonnas. After tweaking his regular cannoli recipe, to make my low point cannolis (pgs 146-147), I thought it'd be cool to make a ricotta cheesecake based off of the filling. I decided to opt for a 'Sicilian-style' filling, by removing the cinnamon, then adding vanilla and orange zest. After baking, it gets topped with Lily's chocolate chips and crushed pistachios.

## Ingredients:

### CRUST:

- 1-1/4 cups Fiber One original bran cereal w/ whole grain
- 6 sheets (24 crackers) Honeymaid LOW FAT cinnamon graham crackers. Scan the box. (13 total points)
- 1/3 cup 0 point brown sugar replacement o' choice
- 3/4 tsp ground cinnamon
- 1/4 cup I Can't Believe It's Not Butter Light, warmed
- 1-1/2 Tbsp sugar free pancake syrup

### BATTER

- 15oz part-skim ricotta cheese
- 3-1/4 cups FAGE fat free plain Greek yogurt
- 1/3 cup all purpose flour
- 1-2/3 cups 0 point sugar replacement o' choice
- 3 large eggs PLUS 2 egg yolks, beaten like a snitch, in an episode of 'The Sopranos'.
- 3 tsp imitation vanilla extract (0 points vs regular)
- 1 tsp Watkin's cream cheese flavoring/extract (optional)
- 1 Tbsp orange zest, finely minced

### TOPPING

- 100 grams Lily's semi sweet chocolate chips, crushed slightly (or 15 points of any chocolate)
- 1/4 cup shelled pistachios, measured then crushed up
- 1/2 tsp powdered sugar, for dusting

## Servings Info.:

**Yield:** 9" Cheesecake  
**Servings:** 12 slices  
**Serving Size:** 1 slice

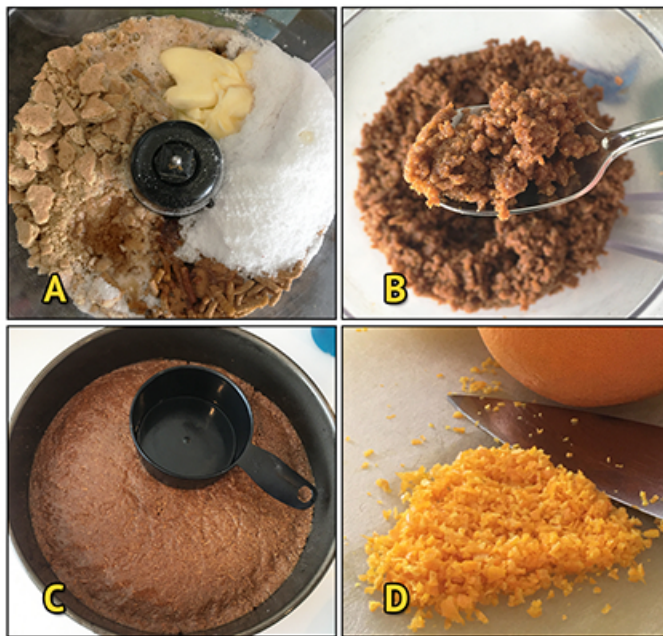


R D  
6-7

- last checked 11/17/22 -  
Use your mobile device's 'Camera' App to  
look at this code for nutritional info.

## Directions:

- 1-2 hours before baking, set out the ricotta, yogurt and eggs, letting them get to room temperature.



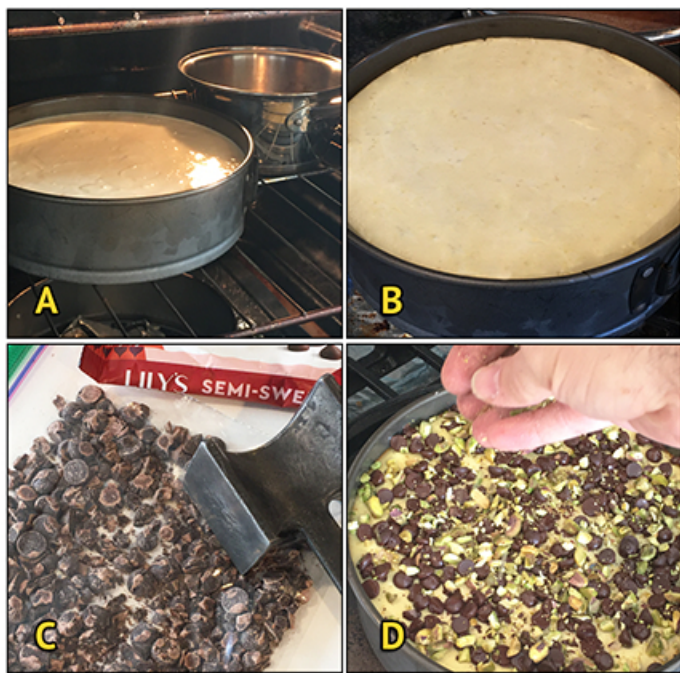
- (A) Add the cereal, graham crackers, sweetener, cinnamon, softened butter and syrup into a food processor. (B) Run the processor till the ingredients are similar in texture to a regular graham cracker crust. Add water if needed. (C) Pour into a 9" springform pan and spread around the bottom of the pan, by pressing down with a cup or measuring scoop. Done. (D) Zest and finely chop/mince the peel of a large orange, set aside.





3. (A) In a large bowl, mix together the ricotta, till smooth. Add the greek yogurt, blend till smooth. Add the eggs and vanilla extract, mixing on low speed until smooth. Finally, add the flour, sweetener and minced orange zest. Mix on low speed, till smooth. (B) Pour into the prepared crust. Tap on the sides of the cheesecake pan for 30 seconds, to help release air bubbles trapped within the batter. Don't pummel it, tap like you're gently knocking on a door.

4. Preheat oven to 325 degrees. Fill an OVEN SAFE pot with water. Bring to a rolling boil. (see notes about water bath)



5. (A) When the oven is at 325 degrees, place the pot of boiling water into the oven, followed by the cheesecake. (B) Bake your cheesecake for 60-70 minutes at 325 degrees. How do you know when it's done? Open the oven and use a kitchen spoon to poke/jostle the pan. The middle of the cheesecake should still juuuuuust jiggle a little bit. I like the texture of mine at 70 minutes. (C) While the cheesecake is baking, place the chocolate into a plastic bag and pound with a kitchen mallet, creating smaller pieces. Do the same with your pistachios. Set both aside (D) As soon as your cheesecake comes out of the oven, sprinkle the chocolate chip pieces over the top, followed by the crushed pistachios. Place in fridge for at least 4-5 hours, though overnight is best. Finally, right before serving, put the powdered sugar into a fine wire mesh strainer. Hold it 6 inches or so over the cake and lightly tap it, dusting the top of the cheesecake.

#### NOTES:

- **GRAHAM CRACKERS:** Use LOW FAT cinnamon or honey graham crackers, they are lower in points than regular ones. *Honey Maid* brand scans as 6 sheets for 13 points, but if you search for them in the database, they show as higher than if you actually scan the physical box.
- **ORANGE ZEST:** Using a zest peeler on an orange can be a pain. Try using a vegetable peeler, then chop the slices. Try not to slice off any of the white 'pith' though. You can also leave out the orange zest, then add 1-3/4 tsp cinnamon. Then, it'll be the same filling as my regular cannoli.
- **WATER BATH:** Believe it or not... this cheesecake was a minor miracle. It baked with a smooth, uncracked top, without a water bath! Easy peasy.
- **PISTACHIOS:** Don't like pistachios? No problem. Leave them out and you gain 5 more points for chocolate chips.
- **RICOTTA vs CREAM CHEESE CHEESECAKES:** I gotta bring this up right now. This IS NOT a regular cheesecake, made with cream cheese. It's not liquid creamy. This emulates the filling of a ricotta cheese cannoli. The finished cake has a very slight texture to it, because... RICOTTA CHEESE! If you want a CREAMY cheesecake version of this, make the following simple changes: Use the batter recipe from my "NY Cheesecake", but with orange zest instead of lemon zest and use 1-3/4 tsp cinnamon. When done baking, top it with the pistachios and chocolate, like in this recipe.
- **LILY'S CHOCOLATE CHIPS:** I personally prefer using Lily's semi sweet chips for this dessert, instead of the more easy to find 'Lily's dark chocolate chips'. Though I used Lily's semi sweet chips, you can use 16 points of any kind of chocolate you want, without the points changing.







# Sugar Free Cake Recipes

A 'Base' Cake Recipe For People Who Have Food Sensitivities to Aspartame, As Well as Other Allergies

All of my cake recipes use Pillsbury sugar free mixes, which are sweetened with Aspartame or Sucralose. A lot of folks have food sensitivities and would like to sweeten a cake with a sweetener of their OWN choosing. The following recipes will let you make a cake using ANY 1-to-1 sugar replacement that you CAN have.

## Servings Info.: (for 9" round cake)

Yields: 12 slices

Servings: 9" round cake

Serving Size: 1 slice



R D  
4-4

- last checked 11/17/22 -

## DEVIL'S FOOD CAKE Ingredients:

### Dry Ingredients:

- 3 cups all purpose flour
- 3/4 cup Hershey's unsweetened cocoa powder
- 2 cups 0 calorie "1 to 1" sugar replacement o' choice.  
(Use any sweetener you want, I used lakanto monkfruit classic)
- 2 tsp baking soda
- 1/2 tsp salt
- 2 tsp instant coffee (optional)

### Wet Ingredients:

- 1-3/4 to 2 cups water or 0 calorie liquid o' choice \*\*\*  
(water, cooled coffee or diet cola work great)
- 1 cup plain fat free Greek yogurt, OR 2/3 cup unsweetened applesauce (I prefer the texture with the yogurt)
- 3 large eggs
- 1 Tbsp imitation vanilla extract
- 4 tsp white vinegar

## BAKE TIMES: (Preheat oven to 350, then lower it to 325, once you put the cake in the oven)

(2) 9" Round Pie/Cake Pans: 325 degrees, 30-34 minutes

13"x 9" Pan: 325 degrees, 40-45 minutes

Cupcakes: 325 degrees, 23-26 minutes

## Directions:

- 1 Preheat oven to 350 degrees. Line bottoms of (2) 9 inch round pans with parchment paper, spray with cooking spray, set aside.
- 2 In a large mixing bowl, add all of the dry ingredients, then stir till completely mixed through, with a nice uniform appearance. Set aside.
- 3 In a separate bowl, whisk together all of the wet ingredients, till well combined into a slightly thick and smooth mixture. Pour wet ingredients into the bowl with the dry ingredients.
- 4 Mix both the wet and dry ingredients together until well combined. Divide batter between the 2 prepared pans and place into the oven. Close the oven door and TURN THE HEAT DOWN TO 325 degrees. Bake for 30-35 minutes, or when a toothpick comes out aaaalmost completely dry.
- 5 Remove from oven, cool cakes on a wire rack.

## VANILLA CAKE VARIATION:

To make a plain vanilla version, make the following changes to the Devil's Food Cake recipe.

### CHANGES:

#### Dry Ingredients:

- Remove the unsweetened cocoa powder
- Reduce sweetener to 1-1/2 cups
- Remove instant coffee

#### Wet Ingredients:

- Reduce liquid to 1-1/2 to 1-3/4 cups.
- Reduce either unsweetened applesauce OR Greek yogurt by 1/3 cup.
- Done, simple.



## GLUTEN FREE VARIATION:

### Dry Ingredients:

- Replace 3 cups of regular all purpose flour, with 3 cups Gluten Free "1 to 1 All Purpose Flour or 'Baking Flour' REPLACEMENT", such as from the brands: Bob's Red Mill, King Arthur, Krusteaz, etc.

### Wet Ingredients:

- Add an additional 5 to 6 Tbsp water to the cake recipes. The gluten free flours tend to soak up more liquid.

## GLUTEN FREE BAKE TIME CHANGES:

### Regular Recipe (pg 156)

- Add an ADDITIONAL 10-15 minutes, for 13x9 pan
- Add an additional 5-7 minutes, for 9" round pans

### Depression Cake (wacky cake):

- Add an ADDITIONAL 15-20 minutes, for 13x9 pan

### GLUTEN FREE 'BAKING FLOUR' INFO.:

Make sure to purchase a Gluten Free flour blend that STATES "1 to 1 baking flour replacement" or "replaces wheat flour 1 to 1", or has similar wording. These blends already have binders added to them. These are specially made to use in recipes, as-is.



## 'DEPRESSION CAKE' (Egg, Dairy, Oil & Sugar Free)

This cake dates back to The Great Depression. It contains NO eggs, dairy, oil and is sugar free. ***If made with gluten free 1-to-1 flour, not produced in a facility that makes nuts, people allergic to almost EVERYTHING, can have it!***

### Dry Ingredients:

- 3 cups all purpose flour
- 3/4 cup Hershey's unsweetened cocoa powder
- 2 cups 0 calorie 1 to 1 sugar replacement o' choice
- 2-1/4 tsp baking soda
- 1/2 tsp salt
- 1 tsp instant coffee (optional)

### Wet Ingredients:

- 2-1/4 cups water or 0 calorie liquid o' choice (water, coffee or diet cola work great)
- 1/2 cup unsweetened applesauce
- 1 Tbsp imitation vanilla extract
- 1 Tbsp PLUS 2 tsp white vinegar

## Directions:

- 1 Preheat oven to 350. Line the bottom of a 13x9 pan with parchment paper, spray with cooking spray, then set aside.
- 2 Add all the dry ingredients to a large mixing bowl, stir till well combined.
- 3 In a separate bowl, mix the wet ingredients, then pour into the dry.
- 4 Quickly mix the ingredients together, till well combined. Hurry, because it's going to start bubbling up like a 3rd grade science project. Pour into the 13x9 pan and place into the oven that was heated to 350 degrees.
- 5 Once the cake is IN the oven, turn the temperature down to 325. Bake for 30-35 minutes, till toothpick comes out baaaarely moist on the tip, NOT dry.





# 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.

