

Death By Chocolate

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

Of all of my cupcakes & cakes, this is the one that people have made more than any other. This was made specifically to trigger overly sensitive and easily offended chocoholics. So go, chocoholics, flee to the nearest "safe space", because this bad boy is coming for ya... and it's taking no prisoners.

Serving Info.:

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

Points:

	G	B	P
1 serving =	7	7	7
2 servings =	14	13	13
3 servings =	21	20	20
4 servings =	28	26	26

Ingredients:

Cake:

- 1 sugar free devil's food cake mix
- 1 large egg
- 1-3/4 cup 0 point carbonated beverage (diet coke, diet dr. pepper, seltzer water, club soda, etc.)
- 1 tsp baking powder
- 1/2 tsp instant coffee grounds (optional)
- 1 (1.4oz) box sugar free instant chocolate pudding
- 1 Tbsp cocoa powder

Chocolate Pudding Frosting:

- 2 (1.4oz) boxes Jell-O sugar free instant chocolate fudge pudding mix
- 1 Tbsp cocoa powder
- 1-3/4 cups cold water

Chocolate 'Cream Cheese' Filling:

- 2 (1.4oz) boxes Jello-O sugar free instant chocolate fudge pudding mix
- 1-1/2 cups cold water
- 1 Tbsp cocoa powder
- 1 cup of "cream cheese" substitute, recipe found on pg. 16 (add more water if too thick, 1 tsp at a time)

Cake Toppings:

- 1/4 cup mini semi sweet chocolate chips (you can use 'Lily's Dark Chocolate Chips for lower points).
- 1/2 of a 'Honey Maid' chocolate graham cracker sheet. (2 of the 4 small crackers that make up 1 full sheet)



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, baking powder, instant coffee (if using), chocolate pudding mix and cocoa 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 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.

*** FROSTING DIRECTIONS

- 7 Combine the 2 boxes of pudding with COLD water and cocoa powder in a mixing bowl (an empty 32oz yogurt container works awesome for this). Use an electric hand mixer to mix it all together until thick and smooth, about 1-2 minutes. Set aside in the fridge to cool and firm up.

*** FILLING DIRECTIONS

- 8 Combine the 2 boxes of pudding with the COLD water in a mixing bowl, or in another empty yogurt container. Use an electric hand mixer to mix it all together until thick and smooth, about 1-2 minutes. Set aside in the fridge to cool and firm up.
- 9 In an old 32oz yogurt container (seriously... they are awesome for this stuff), use an electric hand mixer to mix together the "cream cheese" with the cocoa powder, till thick but smooth.

- 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 chocolate chips in a bowl, set aside in the fridge.
- 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... CRUSH the bajeezus out of it, until it resembles chocolate bread crumbs.

*** ASSEMBLY

- 13 Take one of your cake layers and spread 1/2 of your Filling layer across it from edge to edge. I personally prefer to put it all into a gallon sized ziplock bag, push it all to one corner, then snip the corner off with scissors. That way, rather than using a spatula to spread the frosting on, you can pipe it all around in a circular pattern, then spread it together with a rubber spatula. It makes for a perfectly even filling layer, without the mess.
- 14 Place the 2nd layer of cake on top of the filling, then repeat the process, piping the remaining filling on top of the cake, then smoothing it out.
- 15 Now, we switch it up. For the TOP layer.... place the top layer of cake down, Now here's where YOU choose how it'll look....
- 16 If you want an open sided "naked" cake, pipe 1/2 of the frosting onto the top of the cake, then smooth it out, edge to edge, leaving the sides of the cake open and unfrosted.
- 17 Ooooooor.... if you want to frost the sides of the cake, pipe some frosting onto the side, then use a rubber spatula to spread it around the cake, in a thin layer. You DON'T want to have a thick layer of frosting on the sides, it could sag down from the weight. Trust me, a thin layer of side frosting is best for this cake. It's pudding, not buttercream.
- 18 Now's the easy part. Take your mini chocolate chips and sprinkle them all around the top of the cake. Don't worry if every single inch is covered, there will be spaces, the graham cracker crumbs will take care of that.
- 19 Take the crushed up chocolate graham cracker crumbs and sprinkle them lightly around the top of the cake, don't dump them all in one place. They aren't just for texture, they will visually fill the empty space that doesn't have any chocolate chips, which will make it all like nice and uniform.
- 18 Done.

NOTES:

- I used Ghirardelli MINI premium semi sweet chocolate chips for my cake. However, if you have access to 'Lily's' chocolate chips... use those. They are much lower in points.
- A 1.4oz box of Jell-O sugar free instant chocolate FUDGE pudding, is 1 point lower than a box of their regular chocolate pudding mix. If you have to use the regular Jello-O chocolate packets... the cake will go up 1 point.





German Chocolate Cake

Moist and Fluffy Chocolate Cake with a Toasted Coconut & Pecan Icing/Frosting. Ja.. 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.

Serving Info.:

YIELDS: 12 slices
Servings: 12
Serving Size: 1/12 slice

Points:

	G	B	P
1 serving =	8	7	7
2 servings =	15	15	15
3 servings =	23	22	22
4 servings =	30	30	30

Ingredients:

Cake:

- 1 sugar free devil's food cake mix
- 1 large egg
- 1-3/4 cup 0 point carbonated beverage
(I used Diet Root Beer for the flavor)
- 1 Tbsp 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 almond milk

Coconut & Pecan Goopy Awesomeness:

- 3/4 cup chopped pecans
- 3/4 cup sweetened coconut flakes
- 1-1/4 cup water
- 1/2 cup 0 point natural sweetener o' choice
(monkfruit, swerve, stevia, etc.)
- 1/4 tsp molasses
- 1 tsp vanilla extract
- 1-1/2 tsp cornstarch dissolved in a little water
- pinch of salt

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, extract and molasses. 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.



Pumpkin Spice 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. I loved it, my wife, who can't stand pumpkin pie spice anything, still didn't like it... So that's how I knew it was juuuust right 😊. Imagine if you will, a sexy pumpkin pie, going out to a club, having a few drinks, then hooking up with a tall dark and handsome pumpkin cake. The two elope to Vegas... then 9 months later, this cake would be the logical byproduct of said-union.

Serving Info.:

YIELDS: 12 slices

Points: 1 slice = 5 points

2 slices = 9 points

3 slices = 14 points

Points:

1 serving = 4 4 4

2 servings = 9 8 8

3 servings = 12 11 11

4 servings = 16 15 15

When you build this recipe in the recipe builder, it incorrectly shows the first serving at 5 points on each plan. Scroll the servings to 0, then back to 1. It will change to the correct point value of 4 points for the first serving. (accurate as of 12/09/19)

Ingredients:

Cake Batter:

- 1 sugar free yellow cake mix
- 1 (15oz) canned pumpkin puree (*Pick a 0 point can, scan it*)
- 1 egg (*optional though HIGHLY recommended for texture*)
- 1 tsp baking powder
- 2 tsp ground cinnamon
- 2 tsp pumpkin pie spice
- 1 tsp McCormick's maple extract (or other brand)
- 2 tsp McCormick's Pumpkin Pie Spice EXTRACT
- 1-1/3 cup carbonated water or diet soda (root beer)

Pumpkin Spice Puree Frosting

- 2 (15oz) cans pumpkin puree (*pick 0 point cans, scan them*)
- 1 (1oz) box sugar free Jello instant butterscotch pudding
- 1 (1oz) box sugar free Jello instant vanilla pudding
- 2 tsp pumpkin pie spice
- 1-1/4 tsp ground cinnamon
- 1-1/2 tsp McCormick's Pumpkin Pie Spice EXTRACT

Topping:

- 1/4 tsp ground cinnamon
- fine mesh, wire strainer



Directions:

- 1 Preheat oven to 325.
- 2 Line the bottom of 2 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, egg, pumpkin puree, baking powder, cinnamon, pumpkin pie spice, and the extracts. Pour in the carbonated liquid of choice (I used seltzer water) and mix.
- 4 Pour the batter into the 2 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.
- 5 Bake at 325 for 30-35 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 to room temperature.

*** FROSTING DIRECTIONS

- 7 Using an electric mixer, mix together the 2 cans of pumpkin puree, instant pudding packets, pumpkin pie spice, cinnamon and pumpkin pie spice EXTRACT. Mix until well combined and smooth.
- 8 Cover and place in the refrigerator for 30 minutes to set.

*** ASSEMBLY

- 9 Remove one of the cake layers from the pans and place it on a serving dish or platter, flat side down.
- 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 a layer of frosting, about as tall as your pinky finger is wide. Pipe a second layer of frosting on top of the first, to create a thick layer of filling for the cake.
- 12 Take your second cake layer, and flip it upside down, so that the perfectly flat bottom, which was on the bottom of the cake pan, will now be the top of your cake. Gently push down on the top cake layer, to sliiiiightly press it down into the pumpkin filling.
- 13 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.
- 14 Put the remaining 1/4 tsp of cinnamon into a small wire strainer and dust all over the top of the cake, to lightly coat the frosting.
- 15 Pipe small mounds 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.

*** NOTES

- If you cannot find pumpkin pie spice EXTRACT at your local grocery stores, you might be able to purchase it online at [walmart.com](https://www.walmart.com). You can then have it delivered to a local walmart for free in-store pickup.
- IF you have no luck, you can always just use maple extract. The final flavor will be different, but it will still be very tasty.
- You can leave out the 1 egg from the batter if you wish, however, the cake WILL be light and fluffy, but extremely delicate. When I made it without the egg, it was light, fluffy and delicious, but it would start to break when I'd pick up the finished cake layers. Adding 1 egg helps hold it together, though it's not absolutely necessary. I care about you ultra strict vegan hipsters too. 😊





Easy Peach Cobbler

A Quick And Easy Peach Cobbler, Made with Sugar Free Cake Mix and Canned Peaches



When my wife's family used to get together (back when family get togethers were still legal... 🙄), there was one dessert that I ALWAYS looked forward to. My Brother In Law's Peach Cobbler. He's a Fire Captain, has to cook for macho men, so as you can imagine, his cobbler is legit. When I was finalizing this book, I realized that I needed to have an easy to make, simple dessert. I figured it'd be nice to have an easy peach cobbler recipe that required little effort, but was low in calories and fat. Easiest way to accomplish that? Use sugar free yellow cake mix as the base. You can use fresh peaches, but I prefer canned peaches in a cobbler, for the softer texture.

Ingredients:

- 1 Pillsbury sugar free 'supreme' yellow cake mix
- 1/2 tsp ground cinnamon
- 2 Tbsp 0 point natural sweetener o' choice
- (3) 15oz cans sliced peaches, in water (or no sugar added), drained and rinsed, to ensure 0 points.
- 1-1/4 cup water
- Butter flavored cooking spray
- 13x9 baking pan or casserole
- (optional) 1/2 tsp powdered sugar, to dust, for garnish.

Serving Info.:

Yields: (1) 13"x9" casserole pan
Servings: 12
Serving Size: 2/3 cup

Points:

	G	B	P
1 serving =	3	3	3
2 servings =	6	6	6
3 servings =	10	10	10
4 servings =	13	13	13

Directions:

- 1 Preheat oven to 350 degrees. Lightly spray 13x9 baking dish with cooking spray, set aside.
- 2 In a large bowl, mix together the cake mix, cinnamon and sweetener.
- 3 Add HALF of the mixed dry ingredients into the bottom of the baking dish. Pour the rinsed and drained sliced peaches over the dry ingredients, followed by the water. Gently stir to combine.
- 4 Pour the remaining dry ingredients over the top of the 'battered' peach slices, then stir till mostly mixed in.
- 5 Coat the top of the batter with a good 0 point amount of butter flavored cooking spray.
- 6 Bake at 350 degrees for 40-45 minutes, or until an inserted toothpick comes out mostly clean. You want it to have just a tiny bit of moist crumb still, on the bottom of the toothpick. You don't want a fully set cake. You want this to be a still-moist cross between a cake and a cobbler.
- 7 (optional) When the cake comes out of the oven, put 1/2 tsp powdered sugar into a fine wire mesh strainer. Lightly tap the strainer while holding it over the cake, to lightly dust it.

Note:

- You can find a ton of variations of this type of easy cake, online. They are traditionally called a 'dump cake'. But because the name 'Dump Cake' is a COMPLETELY UNAPPEALING term for food... yeah. I'm not calling mine that. Regardless, use mine as a template. It's pretty easy to lower the calories and fat in any of them, with a few smart ingredients swaps.
- Want a cool idea for a chocolate version? Use a Pillsbury sugar free devil's food cake mix. Instead of canned peaches, add a few cups of fresh dark cherries, plus the water. Add some rum extract... Hellooooo, nurse.
- Butter Flavored Cooking Spray?!?!: Yup, trust me. Scan your can to see how much you can use to stay at 0 points. I was able to use a solid 8 second buttery spray. It gave a great butter flavor to the dish. The regular recipes call for an entire 1/2 stick of butter, melted and poured onto the top of the cobbler. That's because regular food bloggers and 'celebrity' chefs don't care if you gain weight from eating their food. I do.

Holiday Drinks

Quick & easy, customizable drinks, made from non dairy 'milk', pudding and baking extracts

These are so simple to make, I'm not even going to write out a directions for each one, because they are all made with the same exact process. (1) Pour half of the liquid from the 1/2 gallon carton into a blender (or a pitcher, if using an immersion blender). (2) Add the other listed ingredients. (3) Blend or process until smooth. (4) Pour the blended mixture back into the 'milk' container.. (5) Shake to combine. Done.

NOTES:

- You can use almond milk or any low point beverage instead of cashew milk. Adjust your points accordingly.
- You can also turn these into coffee drinks, by adding 8 tsp instant coffee, dissolved in a little warm water.

CREAMY PUMPKIN SPICE:

Ingredients:

- 1/2 gallon unsweetened cashew milk **
- 1/4 cup 0 point canned pumpkin puree (scan the can).
- 2 tsp pumpkin spice extract (in the spice aisle)
- ooor... 1-1/2 tsp pumpkin spice mix (the seasoning blend)
- 1-1/4 tsp ground cinnamon
- 2-1/2 Tbsp 0 point natural sweetener o' choice
- (1) 1oz box Jello-O sugar free butterscotch pudding

Serving Info.:

Yields: 1/2 gallon
Servings: 8
Serving Size: 1 cup

Points:

	G	B	P
1 serving =	1	1	1
2 servings =	2	2	2

CREAMY EGG NOG:

Ingredients:

- 1/2 gallon unsweetened cashew milk **
- 1/2 tsp rum extract, found in the spice aisle, by the baking extracts.
- 1/2 to 3/4 tsp ground cinnamon, to taste.
- 1/4 tsp nutmeg
- 2-1/2 Tbsp 0 point natural sweetener o' choice
- (2) 1oz boxes Jello-O sugar free instant vanilla pudding

Points:

	G	B	P
1 serving =	2	2	2
2 servings =	3	3	3

MEXICAN HOT CHOCOLATE:

Ingredients:

- 1/2 gallon unsweetened cashew milk **
- (1) 1.4oz box Jell-O sugar free instant chocolate fudge pudding
- 1 Tbsp cocoa powder
- 1-1/4 tsp ground cinnamon
- 3-4 Tbsp 0 point natural sweetener o' choice, to taste
- 2 Tbsp Masca (Masa Harina) Instant Tamale Masa Mix (in the grocery store, next to the corn flour, or in the Mexican food aisle).

Points:

	G	B	P
1 serving =	1	1	1
2 servings =	3	3	3

PEPPERMINT WHITE CHOCOLATE:

Ingredients:

- 1/2 gallon unsweetened cashew milk **
- (1) 1oz box Jell-O sugar free instant white chocolate (or vanilla) pudding
- 1/4 tsp peppermint extract
- 2 Tbsp 0 point natural sweetener o' choice

Points:

	G	B	P
1 serving =	1	1	1
2 servings =	2	2	2

