

FOOD EXPLORERS

SURPRISE DESSERTS

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CARROT CAKE ENERGY BITES

INGREDIENTS

Energy Bites:

5 cups quick oats
1 (16 oz.) jars of sunbutter
3/4 cup maple syrup
2 tsp cinnamon
2 cups grated carrot
1/2 cup powdered sugar

Cream Cheese Glaze

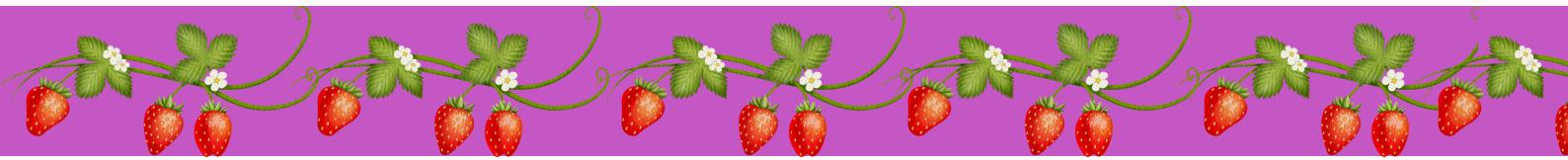
1 (8 oz.) block cream cheese
1 cup powdered sugar
2 tsp vanilla
3-4 tablespoons water



DIRECTIONS

- Rinse, peel, and grate carrots.
- In a large bowl, combine oats, sunbutter, maple syrup and cinnamon.
- Add grated carrot to bowl and mix.
- Once a dough has formed, set aside. If too wet/sticky, add more oats.
- In a second large bowl, add ingredients for cream cheese glaze (make sure cream cheese is softened).
- Mix well until a thick icing forms. Add water only as necessary. Glaze should be thin enough to drizzle slowly off a spoon but not runny. Better to be on the slightly thicker side.
- Roll dough into balls.
- Glaze bites by drizzling over energy bites with a spoon.

BLACK BEAN BROWNIE TRIFLES



INGREDIENTS

Whipped Cream:

1 pint (2 cups) heavy whipping cream
½ cup powdered sugar
1 teaspoon vanilla

Fruit Layer:

1 large container of strawberries
1 can nonstick cooking spray

Black Bean Brownies:

2 (15-oz can) black beans
rinsed and drained
3 large eggs
3 Tbsp vegetable oil
1 tsp vanilla
¼ cup unsweetened cocoa
powder
⅔ cup sugar
½ tsp baking powder
¼ tsp salt
½ cup mini semi-sweet
chocolate chips

DIRECTIONS

- Preheat cake pop machine.
- Drain and rinse can of beans.
- Mash the bean well with fork and add to large mixing bowl with all wet ingredients. Whisk until smooth.
- Measure and mix remaining ingredients into bowl. Gently fold in chocolate chips.
- Spray the heated cake pop machine well with nonstick cooking spray. Spoon 1 tablespoon of batter into each well of the cake pop machine. Cook in batches for 5-6 minutes.
- Combine whipped cream ingredients in a large bowl. Using a hand-held mixer, beat the ingredients together, starting on low speed and increasing to high slowly as it begins to firm up. Beat for 60-90 seconds until stiff peaks form.
- Dice strawberries and crumble up brownies.
- Layer brownie, strawberries, and whipped cream in a cup.



CHOCOLATE ZUCCHINI CAKE POPS

INGREDIENTS

Frosting:

2 sticks butter (softened)
3.5 - 4 cups powdered sugar
1/4 cup cocoa powder
3-4 tbsp milk or water

Cheesecloth

1 can non stick cooking spray

Cake

2 cups flour
3/4 cup cocoa powder
2 tsp baking soda
1/2 tsp baking powder
1/2 tsp salt
1 cup canola oil
1 cup sugar
3/4 cup light brown sugar (packed)
4 eggs
1/3 cup plain Greek yogurt
2 tsp vanilla
3 cups shredded zucchini (3 medium zucchini)
1 cup chocolate chips



DIRECTIONS

- Preheat cake pop machine.
- Rinse and grate zucchini.
- Spread out a large section of cheese cloth and put all the shredded zucchini in the middle. Seal it and squeeze until no more liquid comes out.
- Transfer zucchini into large bowl. Add the: oil, both sugars, eggs, yogurt and vanilla. Use electric mixer to beat until combined.
- Add flour, baking powder, baking soda and salt. Mix on medium speed until combined.
- Use a spatula to fold in 1 cup chocolate chips. Batter will be thick.
- Spray the heated cake pop machine well with nonstick cooking spray. Spoon 1 tablespoon of batter into each well of the cake pop machine. Cook in batches for 5-6 minutes.
- Make the frosting: In a large bowl, beat softened butter until smooth and creamy.
- Add powdered sugar, cocoa powder and water and beat until smooth.
- "Frost" cake pops or simply dip them into their frosting.

ZUCCHINI COBBLER

INGREDIENTS

Topping:

$\frac{3}{4}$ cup (12 Tablespoons/1.5 sticks) unsalted butter
 $\frac{3}{4}$ cup brown sugar
 $\frac{1}{2}$ cup pure maple syrup
1 tablespoon vanilla
3 teaspoons cinnamon
4 $\frac{1}{2}$ cups quick oats

Cobbler:

6 cups zucchini (6 medium zucchini)
 $\frac{3}{4}$ cup (12 Tablespoons/1.5 sticks) unsalted butter
6 Tablespoons brown sugar
3 teaspoons cinnamon

DIRECTIONS

- Rinse and peel zucchini.
- Measure the topping ingredients except the oats for the topping into the large skillet. Set aside.
- Rinse and peel zucchini. Slice in half lengthwise, remove seeds with knife or spoon and then thinly slice to resemble crescents. If you have small zucchini with tender/small seeds, you can skip removing the seeds.
- Cook topping: Place skillet on burner over medium heat and stir until melted and bubbly.
- Add oats then cook, stirring often, until mixture is very fragrant and slightly toasted, about 4-5 minutes.
- Scrape mixture into a large bowl then set aside to cool
- To cook the zucchini filling: In the large skillet (now empty after cooking the topping), Add butter, brown sugar, and cinnamon then stir until melted and bubbly. Add zucchini pieces then turn the heat down slightly and saute for 2 minutes. Cover the skillet with a lid then saute, stirring occasionally, until the zucchini is tender but still has a little bit of a bite, 3-5 more minutes.
- To serve, top with crumb topping.

