

FOOD EXPLORERS

GLASTONBURY

CHOPPED / SURPRISE DESSERTS

SPRING 2026



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CHOPPED: CARROT CAKE CUPS

INGREDIENTS

Frosting

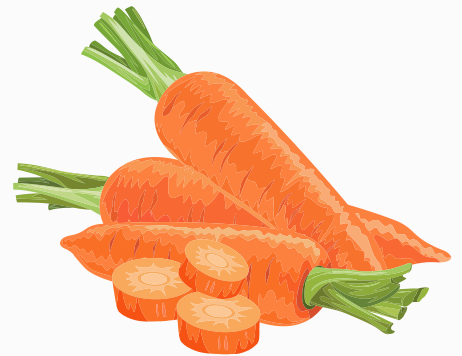
2 stick (softened) unsalted butter
8 oz (softened) cream cheese
1 tsp vanilla extract
3.5 - 4 cups powdered sugar

Customizations:

Pinch of cinnamon
Orange (zest and/or juice)
Lemon (zest and/or juice)
Pinch of cocoa powder

Cake:

1 cup flour
1 tsp baking powder
¼ tsp baking soda
1 tsp cinnamon
¼ tsp salt
1 ¼ cups shredded carrots (1 small bag of large whole carrots, peeled and use grater)
¾ cup sugar
2 eggs
½ cup canola oil
1 tsp vanilla



DIRECTIONS

- Rinse, peel, and grate carrots.
- **Make frosting:** In a large bowl, add butter and cream cheese and use electric mixer to beat on medium/high speed until smooth and creamy. Add powdered sugar and vanilla and mix for 1-2 minutes until light and fluffy. To make it thinner, add 1-2 tbsp water. Set aside.
- **Make the cake:** In a second large bowl, use an electric mixer to beat together sugar, eggs, oil, and vanilla until light and fluffy. Add flour, baking powder, cinnamon and salt and mix until combined. Add grated carrots and mix with spoon until combined (do not overmix)
- Preheat cake pop machine and spray with non-stick cooking spray. Add ~1 TBS of batter to each well. Bake ~5 minutes, flipping halfway through.
- Divide frosting into bowls (1 per person) and set up frosting ingredients (cinnamon, lemon, orange, cocoa powder) Each person customizes their own frosting.
- Once cake pops are baked, divide evenly between people. Crumble the cake pops up and make layers in their cups (cake, frosting, cake, frosting).



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
¼ cup cocoa powder
3-4 tbsp milk or water

Cheesecloth

1 can non stick cooking spray

Cake

2 cups flour
¾ cup cocoa powder
2 tsp baking soda
½ tsp baking powder
½ tsp salt
1 cup canola oil
1 cup sugar
¾ cup light brown sugar (packed)
4 eggs
⅓ 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.



CHOPPED: NO-BAKE CHEESECAKES

INGREDIENTS

Cheesecake Base:

4, 8 oz packages cream cheese
1, 14 oz can sweetened condensed milk
1, 5.3 oz container vanilla Greek yogurt

Crust (per child):

2 graham cracker sheets (in Ziploc bag)
2-3 tsp melted butter
1 tsp sugar
1 mini foil pie pan

Customizations:

1 (21 oz.) can Blueberry Pie Filling
1 (21 oz.) can Cherry Pie Filling
1 (14.5 oz.) can Peaches
Fresh strawberries
Fresh bananas
Orange (zest or juice)
Lemon (zest or juice)
Cinnamon
Cocoa powder
Sprinkles
Mini chocolate chips



DIRECTIONS

- **Create crust:** Crush graham cracker sheets into fine crumbs. Mix in the melted butter and sugar. Empty graham cracker mixture into mini foil pie pan and use fingers/back of spoon to press down so crumbs form a crust. Set aside.
- **Make the cheesecake base:** in a large bowl, use an electric mixer to beat cream cheese until smooth and creamy. Add sweetened condensed milk and Greek yogurt. Mix until combined.
- **Customize:** Make additions to cheesecake base as desired.
- Spread cheesecake base on to crust. Top with additional customizations if desired. Chill if desired.

