

FOOD EXPLORERS

FALL DESSERTS



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PUMPKIN MOUSSE TRIFLES

INGREDIENTS

Crust (per trifle)

2 -3 crushed Gingersnaps

Filling

2, 8 oz blocks cream cheese (softened)

1 can pumpkin puree

1.5 tsp pumpkin pie spice

1 cup light brown sugar

1 tsp vanilla

1 cup whipped cream

Whipped Cream

1 pint heavy whipping cream

½ cup powdered sugar

1 tsp vanilla extract



DIRECTIONS

- **Make the whipped cream:** In a second large bowl, place whipped cream ingredients. Beat the ingredients together with an electric mixer, starting on low speed and increasing to high slowly as it begins to firm up. When whipped cream reaches stiff peaks
- **Make the filling:** in a second large bowl, combine all filling ingredients **except for whipped cream** using electric mixer, until smooth and creamy.
- Add half of the whipped cream to the bowl of filling. Gently mix together using a spatula.
- **To make the crust:** place 2-3 gingersnap cookies into a ziploc bag, crush into crumbs. Pour these crumbs into the bottom of a plastic cup. Repeat with as many cups as you like (2-3 cookies per cup).
- **Assemble:** Spoon pudding filling and then whipped cream into the cups, creating layers.
- If any gingersnap crumbs remain, sprinkle on top of whipped cream.

APPLE FRITTERS

INGREDIENTS

Fritters:

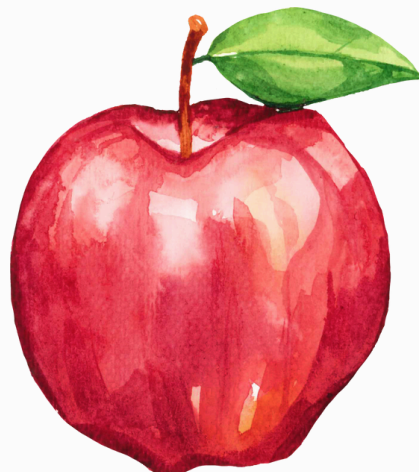
8 apples, peeled, cored and cut into small dice
2 cups all-purpose flour
4 Tbsp. sugar
1 tsp. baking powder
1 tsp ground cinnamon
4 eggs, separated
1 cup milk

To cook:

2 sticks unsalted butter

To serve:

1 (8 oz.) bottle maple syrup



DIRECTIONS

- Rinse and peel apples. Dice them to about the size of playing dice.
- In a large mixing bowl, whisk together the flour, sugar, baking powder, and cinnamon.
- Separate 4 egg yolks from the whites.
- In a medium mixing bowl, beat together the egg yolks and milk with a whisk. Stir the egg yolk mixture into the dry ingredients, then fold the apples in.
- With an electric mixer in a mixing bowl beat the egg whites on high until they form stiff peaks. Carefully fold the egg whites into the apple fritter mixture.
- Heat griddle to medium-high heat. Melt 1 Tbsp. butter on the griddle and spread to coat the griddle. Heat griddle until a drop of fritter batter sizzles immediately.
- Drop tablespoonfuls of the batter 2 inches apart and cook until golden brown, 2 to 3 minutes per side. Repeat with remaining batter, adding more butter as needed.
- Serve fritters with maple syrup.

SNICKERDOODLE CUPCAKES

INGREDIENTS

Cupcakes:

2.5 cups flour
2.5 tsp baking powder
1 tsp salt
2 sticks softened butter
1.5 cups granulated sugar
4 eggs
3 tsp vanilla extract
1 cup whole milk
2 tsp cinnamon
1 cup crushed (cinnamon) graham crackers

Cinnamon Maple Frosting

2 sticks softened butter
2 teaspoons vanilla extract
¼ cup maple syrup
1 tsp cinnamon (more to taste if needed)
1 Tablespoon water (more as needed)
~2 cups powdered sugar



DIRECTIONS

- Preheat oven to 350F and line a cupcake tray with liners.
- Crush approx 2 sleeves of graham crackers into a fine dust. Set aside.
- In a large bowl, cream together the butter and sugar until smooth and fluffy using the electric mixer.
- Add eggs and vanilla and mix for 30 seconds.
- Add flour, baking powder, cinnamon, salt and milk and mix until combined.
- Measure 1 cup of crushed graham crackers and use a spatula to **fold** into the cupcake batter.
- Fill cupcake wells approx ¾ full and bake for 15-17 minutes, until a fork inserted comes out clean.
- While cupcakes bake and cool, make the **frosting**:
- In a large bowl, combine softened butter and vanilla and mix until smooth, approx 3-4 minutes.
- Add the powdered sugar, maple syrup and cinnamon and mix until thick and fluffy. Add an optional tbsp of water to achieve a thinner consistency.
- Fill a piping bag and decorate cupcakes and sprinkle with leftover graham cracker crumbs.



S'MORES DONUTS

INGREDIENTS

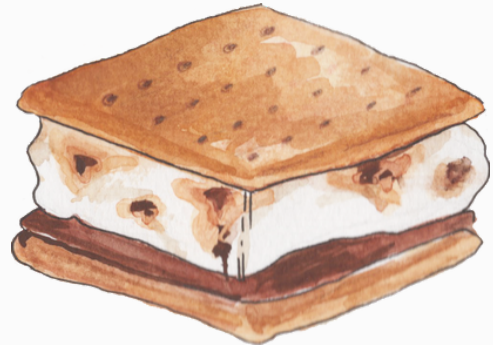
Donuts

2 cups flour
½ cup cocoa powder
1 tsp baking powder
1 tsp baking soda
¼ tsp salt
2 eggs
1 cup sugar
⅔ cup milk
½ cup plain Greek yogurt
½ stick butter, melted
1 tsp vanilla

Glaze (per 2 donuts):

2 tbsp fluff
1 tsp milk

1 box graham crackers (for decoration)



DIRECTIONS

- Preheat oven to 350F and spray donut pan with non-stick spray.
- In a large bowl, combine eggs and sugar.
- Add melted butter, milk, yogurt and vanilla. Mix for 30 seconds.
- Add flour, cocoa powder, baking powder, baking soda and salt. Mix until combined (batter will be thick).
- Fill donut wells ¾ full and bake for 10-12 minutes.
- While donuts are baking and cooling, make the **glaze**:
- Use a fork to whisk together fluff and milk until loose and “drizzly”.
- Crush graham crackers in a ziploc bag into a fine dust.
- Dip the donuts in the glaze and then sprinkle with graham cracker crumbs.

MAPLE CHAI PUDDING PIE

INGREDIENTS

Crust (per pie):

- 2 sheets graham crackers
- 1 tbsp melted butter
- 1 tsp granulated sugar

Filling:

- 1, 5.9 oz package **INSTANT vanilla pudding**
- 2 cups milk
- 1 tsp chai spice

Whipped Cream:

- 1 pint heavy cream
- $\frac{1}{4}$ cup maple syrup
- 1 tsp vanilla



DIRECTIONS

- Make vanilla pudding according to package directions and whisk in chai spice. Leave to set.
- Begin melting butter on low heat either in the microwave or stove top.
- Crush graham crackers in a ziploc bag and add melted butter and sugar. "Smooch" together until crumbs are moist.
- Press the moist crumbs into the base of a 5 inch foil pie pan.
- In a large bowl, use electric mixer to combine all whipped cream ingredients and beat on high speed until stiff peaks form.
- Scoop out approximately **half of the whipped cream** and use a spatula to gently fold it into the pudding mixture to create a mousse like texture.
- Spread the filling onto the pie crust and then place a dollop of whipped cream on top.
- Sprinkle lightly with optional chai spice.

APPLE CRUMBLE MUFFINS

INGREDIENTS

Muffins

$\frac{2}{3}$ cup (1 $\frac{1}{3}$ sticks) butter, softened
1.5 cup granulated sugar
4 eggs
2 teaspoons vanilla
2 & $\frac{2}{3}$ cup flour
2 teaspoons baking powder
1 teaspoon baking soda
1 teaspoon salt
2 teaspoons cinnamon
1.5 cup applesauce

Crumble Topping:

1 stick unsalted butter
 $\frac{1}{2}$ cup brown sugar
 $\frac{1}{4}$ cup pure maple syrup
1 tablespoon vanilla
2 teaspoons cinnamon
3 cups quick oats

Glaze (per 2 muffins)

1 tbsp applesauce
2 tbsp powdered sugar



DIRECTIONS

- Preheat oven and line a cupcake pan with liners or spray with non stick spray.
- **Muffins:** In a large bowl, cream together the butter and sugar using an electric mixer, then add the eggs, vanilla and applesauce. Mix until combined.
- Add flour, baking powder, baking soda, cinnamon, and salt. Mix until combined.
- Fill the cupcake wells approx. $\frac{3}{4}$ full and bake for 15-17 minutes, until a fork inserted comes out clean.
- **Crumble Topping:** in a large skillet, melt the butter and add the brown sugar, maple syrup, vanilla and cinnamon and cook for 2-3 minutes until bubbly and sugar has dissolved.
- Add the oats and continue to cook for 4-5 minutes (stirring often) until mixture is fragrant and slightly toasted. Set aside to cool.
- **Glaze:** use a fork to combine glaze ingredients until smooth.
- Once muffins are cooled, use a spoon to spread some glaze on top, this will act as glue for the crumble topping.
- Either dip the muffins upside down into the crumble topping or generously sprinkle on top.
- Drizzle any leftover glaze on top.

