Cuisinart®

Power Advantage® 6-Speed Hand Mixer

HM-6C

THREE YEAR WARRANTY
3 YEAR
CUISINART



Instruction & Recipe Booklet

For your safety and continued enjoyment of this product, always read the instruction book carefully before using.

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IMPORTANT SAFEGUARDS

When using an electrical appliance, basic safety precautions should always be taken, including the following:

1. **Read all instructions.**
2. To protect against risk of electric shock, do not put the hand mixer or cord in water or other liquids. If hand mixer or cord falls into liquid, unplug the cord from outlet immediately. Do not reach into the liquid.
3. This appliance is not intended for use by children or by persons with reduced physical, sensory, or mental capabilities, or lack of experience and knowledge. Close supervision is necessary when any appliance is used near children. Children should be supervised to ensure that they do not play with the appliance.
4. Turn the appliance OFF, then unplug from the outlet when not in use, before assembling or disassembling parts and before cleaning. To unplug, grasp the plug and pull from the outlet. Never pull from the power cord.
5. Avoid contact with moving parts. Keep hands, hair, clothing, as well as spatulas and other utensils away from beaters during operation to reduce risk of injury to persons, and/or damage to the mixer.
6. Remove beaters from the mixer before washing.
7. Do not operate any appliance with a damaged cord or plug or after the appliance malfunctions, or is dropped or damaged in any manner. Contact the manufacturer at their customer service telephone number for information on examination, repair, or adjustment.
8. The use of attachments not recommended by Cuisinart may cause fire, electric shock, or risk of injury.
9. Do not use outdoors or anywhere the cord or mixer might come into contact with water while in use.
10. To avoid possibility of mixer being accidentally pulled off work area, which could result in damage to the mixer or in personal injury, do not let cord hang over edge of table or counter.
11. To avoid damage to cord and possible fire or electrocution hazard, do not let cord contact hot surface, including the stove.
12. Do not operate your appliance in an appliance garage or under a wall cabinet. **When storing in an appliance garage, always unplug the unit from the electrical outlet.** Not doing so could create a risk of fire, especially if the appliance touches the walls of the garage or the door touches the unit as it closes.

SAVE THESE INSTRUCTIONS

FOR HOUSEHOLD USE ONLY

NOTICE

This appliance has a polarized plug (one prong is wider than the other). As a safety feature, this plug will fit into a polarized outlet only one way. If the plug does not fit fully into the outlet, reverse the plug. If it still does not fit, contact a qualified electrician. Do not modify the plug in any way. The maximum rating is based on the attachment that draws the greatest load (power or current); other recommended attachments may draw significantly less power or current.

FEATURES AND BENEFITS

250 Watt DC Motor
Powerful enough to easily cut through cookie dough or butter right out of the refrigerator.

Maximum Comfort
Balanced to do more work for you. The shape of the mixer allows maximum possible power and balance. Stress-free grip provides unparalleled comfort and control, even during extended mixing.

Easy To Clean
With a smooth, sealed base, the mixer wipes clean instantly.

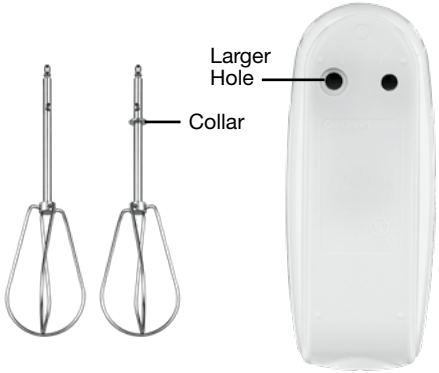
1. **Speed Control**
   Provides fingertip control for all speeds.
2. **Rotating Cord**
   Unique center cord will freely rotate with comfort for right- or left-handed use.
3. **Soft-Grip Handle**
   For maximum comfort.
4. **Beater Release Lever**
   Conveniently located for easy ejection of beaters.
5. **Heel Rest**
   Allows mixer to rest upright on countertop.
6. **Easy-Clean Beaters**
   Two extra-wide beaters for easy aerating, mixing, and whipping. Designed with no center post to prevent ingredients from clogging up beaters. Beaters are easy to clean and dishwasher safe.



USE, CARE AND MAINTENANCE

Inserting Beaters

1. With the mixer turned OFF and unplugged, insert beater with collar into the larger hole. Push beater in until it clicks into place. Insert the beater without collar into the smaller hole. Push beater in until it clicks into place.



Turning Mixer On and Changing Speeds

1. To turn mixer on, simply push the switch forward to Speed 1.
2. Push the switch forward to increase the speed. To turn off your mixer, position the switch to OFF.

Removing and Cleaning Beaters

1. Before cleaning the Power Advantage® Hand Mixer, set the speed control to OFF and unplug it from the wall outlet. Lift the beater release lever and remove beaters from the mixer. Wash the beaters after each use in hot, soapy water or in a dishwasher.
2. **NEVER PUT THE MOTOR HOUSING IN WATER OR OTHER LIQUIDS TO CLEAN.** Wipe with a damp cloth or sponge. Do not use abrasive cleansers, which could scratch the surface.

   NOTE: DO NOT USE THE CUISINART® HAND MIXER ON NONSTICK COOKWARE.

Maintenance

Any other servicing should be performed by an authorized service representative.

QUICK REFERENCE GUIDE

MIXING TECHNIQUES

The Power Advantage® Hand Mixer should always be set on the lowest speed when you start mixing.

Speed 1
- Start mixing most ingredients together
- Combine dry ingredients
- Start creaming butter and sugar
- Start whipping cream
- Start whipping egg whites
- Add flour to batters, or liquids to dry ingredients

Speed 2
- Sift and aerate dry ingredients
- Mash potatoes/squash
- Mix heavy cookie doughs
- Add nuts, chips, and dried fruit to doughs and batters
- Add eggs to batters/doughs
- Mix pudding ingredients

Speed 3
- Complete beating cake mixes and batters
- Cut cold butter into dry ingredients (for pie doughs, biscuits, and pastries)
- Complete mixing frostings
- Whip potatoes/squash
- Beat whole eggs/yolks

Speed 4
- Cream butter and sugar until light and fluffy

Speed 5
- Whip egg whites
- Whip butter or cream cheese to light and fluffy consistency for dips and spreads

Speed 6
- Complete whipping cream
- Complete whipping egg whites/ meringues

RECIPES

Mixing Tips

- Always read entire recipe and measure all ingredients before beginning the mixing process.
- For best results, do not measure flour directly from the bag. Pour into a container or bowl, scoop out the flour and level with the back of a knife or spatula. For flour stored in a container, stir before measuring.
- Eggs, butter or cream cheese combine more thoroughly at room temperature.
- Remove butter for recipe first and cut into ½-inch (1.25 cm) pieces, then measure out remaining ingredients for recipe. This will hasten the warming process. Do not warm butter in a microwave unless instructed to do so. Microwaving can melt butter; melted butter will change the final product.
- The best cheesecakes are made when the eggs and cream cheese are at a similar room temperature. While the Cuisinart® Power Advantage® Hand Mixer can easily mix cold cream cheese, the trick is not to add too much air, which can cause cracking.
- For best results, use heavy cream, cold from the refrigerator, for whipped cream.
- For best results, whip egg whites in a spotlessly clean stainless steel or glass mixing bowl. If available, use a copper mixing bowl. Chocolate chips, nuts, raisins, etc., can be added using Speeds 1 or 2 of your hand mixer.
- To separate eggs for any recipe, break one at a time into a small bowl, gently remove yolk, then transfer egg white to spotlessly clean mixing bowl. If a yolk breaks into the egg whites, reserve that egg for another use. Just a drop of egg yolk will prevent the whites from whipping properly.
- To achieve the highest volume when whipping egg whites, the mixing bowl and beaters must be spotlessly clean and free of any fat, oil, etc. (Plastic bowls are not recommended for whipping egg whites.) The presence of any trace of fat or oil will prevent the egg whites from increasing in volume. Wash bowl and attachments thoroughly before beginning again.

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Lemon Ginger Scones

Not too sweet, these scones are a perfect match for a steamy cup of tea in the morning.

Makes 8 scones

2½ cups (625 ml) cake flour, plus more for shaping
2 tablespoons (30 ml) granulated sugar
1½ teaspoons (7.5 ml) baking powder
¼ teaspoon (1 ml) baking soda
1 teaspoon (5 ml) kosher salt
Grated zest of 1 lemon (about 1 tablespoon [15 ml])
6 tablespoons (90 ml) unsalted butter, cut into ½-inch (1.25 cm) cubes, room temperature (for about 5 to 10 minutes, be sure the butter is not too soft)
1 cup (250 ml) buttermilk
1 large egg
¼ cup (60 ml) chopped, candied ginger
Egg wash (1 large egg plus 1 teaspoon [5 ml] water, whisked well)
Turbinado sugar, for sprinkling

1. Put the flour, sugar, baking powder, baking soda, salt, and zest in a large mixing bowl. Mix the dry ingredients on Speed 1 to fully combine. Reserve.
2. Put the buttermilk and egg in a small bowl. Mix on Speed 1 to combine. Add the butter to the dry ingredients and mix on Speed 3 until mixture is shaggy. Reduce the speed to 1. With the mixer running, slowly add the liquid ingredients, and then the ginger, until just combined; do not over-mix.
3. Pour the mixture onto a clean counter/large cutting board. Form the dough into a 10-inch (25 cm) cylinder. Using a sharp knife, cut into 8 even rounds. Place on a parchment-lined baking sheet. Cover lightly and transfer to a refrigerator to chill for a minimum of 1 hour, or up to overnight.
4. Once chilled, preheat oven to 400°F (200°C) with the rack in the middle position. Brush each scone with egg wash and sprinkle with the turbinado sugar.
5. Bake in preheated oven for about 25 to 30 minutes, or until golden brown. Allow to cool before serving.

Nutritional information per scone:

Calories 264 (35% from fat) • carb. 40g pro. 5g • fat 9g • sat. fat 6g • chol. 47g sod. 440g • calc. 99mg • fiber 1g

Blueberry Muffins

Everyone has a favourite muffin, and this is quickly becoming ours. The orange zest should not be overlooked – it pairs so perfectly with the bright blueberry flavour.

Makes 12 muffins

Nonstick cooking spray
2 cups (500 ml) unbleached, all-purpose flour
⅓ cup (75 ml) granulated sugar
⅓ cup (75 ml) packed light brown sugar
1 teaspoon (5 ml) baking powder
¼ teaspoon (1 ml) baking soda
½ teaspoon (2.5 ml) kosher salt
½ teaspoon (2.5 ml) ground cinnamon
½ teaspoon (2.5 ml) grated orange zest
¾ cup (175 ml) buttermilk, room temperature
½ cup (125 ml) vegetable oil
1 large egg, room temperature
1 teaspoon pure vanilla extract
1 cup (250 ml) fresh or frozen, thawed, blueberries
½ teaspoon (2.5 ml) turbinado sugar

1. Preheat oven to 400°F (200°C) with a rack in the middle position. Lightly coat a regular 12-cup muffin pan with nonstick cooking spray; reserve.
2. Put the flour, sugars, baking powder and soda, salt, cinnamon, and zest in a large mixing bowl. Using Speed 1, mix until well combined, about 40 seconds. Reserve.
3. In a small bowl, mix the buttermilk, oil,

egg, and vanilla extract using Speed 1. Still using Speed 1, gradually add the liquid ingredients to the bowl of dry ingredients. Once almost fully mixed in, add the blueberries and gently mix until just combined. Spoon evenly into prepared muffin cups. Sprinkle the turbinado sugar on the top of each muffin.

4. Bake in the preheated oven for about 18 to 20 minutes, or until a cake tester comes out clean.

Nutritional information per muffin:

Calories 209 (41% from fat) • carb. 28g pro. 3g • fat 10g • sat. fat 1g • chol. 16g sod. 178g • calc. 45mg • fiber 1g

Gluten-Free Banana Muffins

The all-purpose, gluten-free flour mixes make gluten-free baking easy and convenient. There are a number of different brands on the market to choose from, so taste a few and find your favourite.

Makes 12 muffins

Nonstick cooking spray
2 cups (500 ml) gluten-free, all-purpose flour
½ cup (125 ml) rolled oats, not quick cooking
⅓ cup (75 ml) granulated sugar
⅓ cup (75 ml) packed light brown sugar
1½ teaspoons (7.5 ml) baking powder
¼ teaspoon (1 ml) baking soda
½ teaspoon (2.5 ml) kosher salt
½ teaspoon (2.5 ml) xanthan gum (optional – only if flour blend does not have it in list of ingredients)
½ teaspoon (2.5 ml) ground cinnamon
½ cup (125 ml) vegetable oil
2 large eggs, room temperature
½ teaspoon (2.5 ml) pure vanilla extract
1½ cups (375 ml) mashed, very ripe bananas (about 3 medium bananas)

1. Preheat oven to 375°F (190°F) with the rack in the middle position. Lightly coat a regular 12-cup muffin pan with nonstick cooking spray; reserve.
2. Put the flour, oats, both sugars, baking powder and soda, salt, xanthan gum (if using), and cinnamon into a mixing bowl. Mix on Speeds 1 to 2 until fully combined, about 30 seconds.
3. In a separate, large mixing bowl, mix the remaining ingredients on Speed 3 until smooth and creamy, about 1 to 2 minutes. Add the dry ingredients and mix on Speed 2 until fully combined.
4. Spoon evenly into prepared muffin cups. Bake in the preheated oven for about 16 to 18 minutes, or until a cake tester comes out clean.

Nutritional information per muffin:

Calories 248 (38% from fat) • carb. 37g pro. 3g • fat 11g • sat. fat 1g • chol. 31g sod. 223g • calc. 92mg • fiber 3g

Apple Cider Doughnuts

Be sure to use the best quality cider that you can find, not juice, for a true apple flavour.

Makes 12 doughnuts

Nonstick cooking spray, or softened butter
2 cups (500 ml) unbleached, all-purpose flour
1 teaspoon (5 ml) ground cinnamon
¼ teaspoon (1 ml) ground nutmeg
1½ teaspoons (7.5 ml) baking powder
½ teaspoon (2.5 ml) kosher salt
6 tablespoons (90 ml) unsalted butter, room temperature and cut into four pieces
⅔ cup (150 ml) packed light brown sugar
¼ cup (60 ml) granulated sugar
2 tablespoons (30 ml) pure maple syrup
2 large eggs, room temperature
1 teaspoon (5 ml) pure vanilla extract
¾ cup (175 ml) apple cider
¼ cup (60 ml) buttermilk, room temperature
6 tablespoons (90 ml) unsalted butter, melted and warm
⅔ cup (150 ml) granulated sugar
1 teaspoon (5 ml) ground cinnamon
Pinch kosher salt

1. Coat a standard doughnut pan with nonstick cooking spray or softened butter; reserve. Preheat oven to 350°F (180°C) with the rack in the middle position.
2. Put the flour, 1 teaspoon (5 ml) of cinnamon, nutmeg, baking powder, and ½ teaspoon (2.5 ml) of salt into a medium mixing bowl. Mix on Speed 2 to thoroughly combine, a minimum of 30 seconds;

reserve.

3. Put the softened butter, brown sugar, ¼ cup (60 ml) of granulated sugar, and pure maple syrup in a large mixing bowl. Start on Speed 2 and increase to Speed 4, until light and creamy, about 1 minute. Gradually add the eggs, one at a time, using Speed 2, and then add the vanilla extract.
4. Combine the apple cider and buttermilk in a liquid measuring cup. Add the dry ingredients to the batter, in three additions, alternating with the cider/buttermilk. Be sure to mix gently, but thoroughly, using Speed 2.
5. Transfer batter to the prepared doughnut molds.
6. Put in the preheated oven and bake until browned and set, about 15 to 20 minutes (this will depend on the oven and pan being used).
7. While doughnuts are baking, keep the 6 tablespoons (90 ml) of melted butter warm, and then combine the ⅔ cup (150 ml) granulated sugar, 1 teaspoon (5 ml) of cinnamon, and pinch of salt together in a shallow bowl. Using the hand mixer on Speed 1, whisk until combined; reserve.
8. Remove pan from the oven and allow doughnuts to rest in the pan for 5 to 6 minutes. Once they have rested, carefully remove and brush them with melted butter, then gently toss in the cinnamon sugar. These are best served and consumed immediately!

Nutritional information per doughnut:

Calories 299 (35% from fat) • carb. 45g pro. 3g • fat 12g • sat. fat 7g • chol. 61mg sod. 146mg • calc. 18mg • fiber 1g

Cinnamon Swirl Coffee Cake

This coffee cake is rich, buttery, and chock-full of cinnamon. It is best made and served the same day.

Makes one 9-inch (23 cm) round cake, 12 servings

Filling/Topping:

½ cup (125 ml) toasted walnuts, chopped
¼ cup (60 ml) granulated sugar
1 tablespoon (15 ml) ground cinnamon
Pinch kosher salt

Cake:

1¾ cups (425 ml) unbleached, all-purpose flour
½ teaspoon (2.5 ml) kosher salt
½ teaspoon (2.5 ml) baking powder
¼ teaspoon (1 ml) baking soda
8 tablespoons ([120 ml] 1 stick) unsalted butter, room temperature and cut into four pieces, plus more for pan
½ cup (125 ml) granulated sugar
¼ cup (60 ml) packed light brown sugar
2 large eggs, room temperature
1 teaspoon (5 ml) pure vanilla extract
1 cup (250 ml) plain Greek yogurt, preferably full fat

1. Coat 9-inch (23 cm) round pan with softened butter; reserve. Preheat oven to 350°F (180°C) with the rack in the middle position.
2. Put the filling/topping ingredients into a small mixing bowl. Mix on Speed 1 until combined. Reserve.
3. Put the flour, salt, baking powder, and baking soda into a medium mixing bowl. Mix on Speed 2 to thoroughly combine, a minimum of 30 seconds; reserve.
4. Put the butter and sugars in a large mixing bowl. Mix, starting on Speed 2 and increasing to Speed 4, until light and creamy, about 2 minutes. Gradually add the eggs, one at a time, using Speed 3, and then the vanilla extract and the yogurt. Add the dry ingredients in two additions and be sure to mix gently, but thoroughly, using Speed 2.
5. Transfer half of the batter to the prepared cake pan. Top with half of the nut filling/topping, and then add the remaining batter. Smooth to the edges of the pan, and then top with the remaining nut mixture.
6. Put in the preheated oven and bake until browned and set, about 45 minutes.

Nutritional information per serving:

Calories 245 (41% from fat) • carb. 31g pro. 5g • fat 11g • sat. fat 5g • chol. 51mg sod. 161mg • calc. 50mg • fiber 1g

Lemon Pound Cake

A traditional, moist pound cake with a lemon twist.

Makes one 9-inch (23 cm) loaf cake, 16 servings

Cake:

Unsalted butter, softened, or nonstick cooking spray
2 cups (500 ml) unbleached, all-purpose flour
1 teaspoon (5 ml) baking powder
1 teaspoon (5 ml) kosher salt
14 tablespoons (210 ml) unsalted butter, cut into 1-inch (2.5 cm)pieces, room temperature
1⅓ cups (325 ml) granulated sugar
3 tablespoons (45 ml) grated lemon zest
4 tablespoons (60 ml) vegetable oil
4 teaspoons (20 ml) fresh lemon juice
2 large eggs, room temperature
1 large egg yolk, room temperature
⅔ cup (150 ml) sour cream, room temperature

Icing:

1 cup (250 ml) confectioners' sugar, sifted
3 tablespoons (45 ml) heavy cream
2 tablespoons (30 ml) fresh lemon juice
Pinch fine sea salt

1. Preheat oven to 350°F (180°C) with the rack in the lower third position. Lightly coat a 9 x 5 x 3-inch (23 x 13 x 6 cm) loaf pan with softened butter or nonstick cooking spray; reserve.
2. Put the flour, baking powder, and salt together in a small mixing bowl. Mix on Speed 1 until well sifted, about 30 seconds. Reserve.
3. Put the butter into a large mixing bowl and using Speeds 2 to 4, cream butter until softened. Add the sugar and lemon zest. Mix well, using Speeds 2 to 5, until very light in colour, about 2 minutes.
4. Combine the oil, lemon juice, eggs, yolk, and sour cream in a small bowl. Mix on Speed 1 to combine.
5. While mixing on Speeds 1 to 2, gradually add one-third of the dry ingredients to the butter/sugar mixture, and then half of the wet ingredients, alternating until all of the ingredients are added and well mixed.
6. Transfer the batter to the prepared cake pan and then place in the preheated oven. Bake until cake is set in the middle and a cake tester comes out clean, about 1 hour and 10 minutes.
7. Allow cake to cool in pan on a cooling rack for about 10 to 15 minutes, and then remove from the pan and immediately wrap in plastic wrap to cool a bit further.
8. While the cake is cooling, prepare the lemon icing. Put all of the icing ingredients into a small to medium mixing bowl and, using Speeds 1 to 3, mix until completely smooth, adding more sifted sugar or cream to achieve desired consistency.
9. Once the cake is mostly cool, place it on the cooling rack atop a baking pan (or foil or parchment, something that will catch excess icing). Drizzle or spread over cake as desired. Allow icing to set and cake to cool completely before cutting and serving.

Nutritional information per serving:

Calories 275 (44% from fat) • carb. 36g • pro. 3g fat 14g • sat. fat 8g • chol. 71mg • sod. 164mg calc. 13mg • fiber 2g

Maple Butter

Serve on top of waffles and pancakes, or even on top of toast; this delicious butter should be served at room temperature.

Makes ½ cup (125 ml)

8 tablespoons ([120 ml] 1 stick) unsalted butter, room temperature and cut into 4 pieces
2½ tablespoons (40 ml) pure maple syrup
Pinch fine sea salt

1. Put the butter in a medium mixing bowl. Mix on Speeds 2 to 3 until creamy, about 30 to 40 seconds.
2. Add remaining ingredients and mix until completely combined, another 40 to 50 seconds.

Nutritional information per teaspoon (5 ml):

Calories 39 (86% from fat) • carb. 1g • pro. 0g fat 4g • sat. fat 2g • chol. 10mg • sod. 6mg calc. 2mg • fiber 0g

Bacon and Swiss Quiche

An American take on the classic French Quiche Lorraine, we substitute bacon for the traditional lardons.

Makes 10 to 12 servings

- **½ recipe Pâte Brisée (recipe follows)**
- **8 ounces (227 g) thick-cut bacon, diced**
- **1 small shallot, finely chopped**
- **1 cup (250 ml) half & half**
- **4 large eggs**
- **Pinch kosher salt**
- **Pinch freshly ground black pepper**
- **1 cup (250 ml) finely shredded Gruyère cheese (or another similar Swiss cheese)**
- **1 tablespoon (15 ml) thinly sliced chives**

1. Preheat oven to 350°F (180°C) with one rack in the lower position and one rack in the middle position.
2. Roll out the rested pâte brisée dough and fit it into a 9-inch (23 cm) tart pan with removable bottom. Prick the bottom and sides of the dough with the tines of a fork, being sure to not pierce the dough all the way through. Line the dough with foil, and then weigh it down with pie weights (dried beans or rice work just as well). Place the tart pan in the lower position of the preheated oven and bake for 25 minutes, or until the dough no longer looks wet. Carefully remove the foil with weights and then move the shell to the middle rack for an additional 5 minutes, or until lightly browned.
3. Remove and allow to cool completely before filling.
4. In a medium to large skillet, cook the diced bacon until browned and crispy. Remove and transfer to a paper towel-lined plate to drain excess oil. Remove all but 1 tablespoon (15 ml) of the bacon grease and then return the skillet to the stove. Set over medium-low heat and then add the shallot. Sauté until softened. Remove and allow to cool slightly.
5. Put the half & half, eggs, salt, and pepper into a medium mixing bowl. Mix on Speeds 2 to 3 until completely combined, about 1 minute; you want to be sure there are no flecks of egg yolk.
6. Place the cooled tart pan onto a rimmed baking sheet (this will make it easier to transfer to the oven). Sprinkle the bacon and shallot evenly on the bottom of the blind-baked tart shell. Pour the half & half/egg batter over the bacon and shallot and then top with the shredded cheese. Sprinkle the chives on top of the cheese.
7. Carefully place the filled shell on the pan onto the middle rack of the preheated oven. Bake until it is just set around the edges, but still a little jiggly in the center, about 20 to 22 minutes.
8. Remove and allow to cool slightly before slicing and serving.

Nutritional information per serving (based on 12 servings):

Calories 283 (72% from fat) • carb. 8g • pro. 11g fat 23g • sat. fat 12g • chol. 120mg • sod. 571mg calc. 76mg • fiber 0g

Pâte Brisée

This versatile dough can be used for sweet or savoury treats.

Makes two 9-inch (23 cm) crusts, 24 servings

- **2 cups (500 ml) unbleached, all-purpose flour**
- **1 teaspoon (5 ml) kosher salt**
- **16 tablespoons ([240 ml] 2 sticks) unsalted butter, cut into ½-inch (1.25 cm) cubes and sitting at room temperature for 15 minutes**
- **¼ cup (60 ml) ice water**

1. Put the flour and salt into a large mixing bowl. Mix on Speed 1 to fully combine, about 20 seconds. Add the butter and mix on Speed 1 until the butter has been worked into the flour and is about the size of peas.
2. Slowly add the water, about 1 teaspoon (5 ml) at a time, and mix until the flour is hydrated, but not wet. The dough will not be fully together, just shaggy.
3. Turn the dough out onto a clean, lightly floured surface and knead by hand a few times to bring it together. Divide into two pieces and form each into a flat disc. Wrap in plastic wrap and chill until ready to use, a minimum of 2 hours, or up to 2 days.*

* As long as it is wrapped, this pastry freezes well for up to 6 months.

Nutritional information per serving:

Calories 100 (66% from fat) • carb. 7g • pro. 1g fat 7g • sat. fat 5g • chol. 20mg • sod. 95mg calc. 0mg • fiber 0g

Spinach Artichoke Dip

A bit of a twist on the standard spinach artichoke dip, for the more grown-up palate. The combination of Gruyère and Parmesan gives the dip a pleasant nuttiness. No special pan required – we found that using a pie plate was the best and quickest way to warm this dish.

Makes 2 cups (500 ml)

- **Olive oil or nonstick cooking spray**
- **12 ounces (340 g) cream cheese, room temperature and cut into 1-inch pieces**
- **2 ounces (57 g) Gruyère cheese, finely grated**
- **1 ounce (28 g) Parmesan cheese, finely grated**
- **1 garlic clove, finely chopped**
- **½ small shallot, finely chopped**
- **8 ounces (227 g) frozen, chopped spinach, thawed and drained well**
- **1 can (15 ounces [425 g]) quartered artichoke hearts, drained**
- **2 tablespoons (30 ml) heavy cream**
- **½ teaspoon (2.5 ml) crushed red pepper**

1. Preheat oven to 350°F (180°C) with the rack in the middle position. Lightly coat a 9-inch (23 cm) pie or cake pan with olive oil or nonstick cooking spray; reserve.
2. Put the cream cheese in a large mixing bowl. Mix on Speed 3 until softened, about 30 seconds. Add remaining ingredients and mix on Speed 1 to fully combine, about 20 seconds.
3. Transfer mixture to the prepared pie/cake pan and place in the oven. Bake 20 minutes, and then broil for an additional 6 to 8 minutes, or until top is nicely browned.
4. Serve immediately with pita chips, crusty bread, and crisp vegetables.

Nutritional information per serving (2 tablespoons [30 ml]):

Calories 115 (76% from fat) • carb. 3g • pro. 4g fat 10g • sat. fat 6g • chol. 30mg • sod. 218mg calc. 71mg • fiber 1g

Creamy Mashed Potatoes

This recipe is a bit of a blank canvas. We keep it simple, but it can easily be changed by adding mix-ins or toppings, such as chopped chives or scallions, crispy bacon bits, or grated Cheddar.

Makes about 6 cups (1.5 L)

- **2½ pounds (1.1 kg) Yukon Gold potatoes, peeled and cut into 1-inch (2.5 cm) pieces**
- **½ cup (125 ml) whole milk, room temperature**
- **3 tablespoons (45 ml) unsalted butter, cut into 1-inch (2.5 cm) pieces, room temperature**
- **¾ teaspoon (3.75 ml) kosher salt**
- **½ teaspoon (2.5 ml) freshly ground black pepper**
- **½ cup (125 ml) mascarpone cheese or crème fraiche, room temperature**

1. Put the potatoes in a medium to large stockpot; add cold water to cover potatoes by 2 inches (5 cm). Set over medium-high heat to bring to a boil, and then reduce to simmer until the potatoes are very soft.
2. Drain the potatoes and return to the pot. Mix on Speeds 1 to 2 to mash as desired, about 30 seconds. Add the remaining ingredients and mix on Speed 2 until fully incorporated.
3. Taste and adjust seasoning according to preference.

Nutritional information per serving (½ cup [125 ml]):

Calories 117 (38% from fat) • carb. 16g • pro. 2g fat 5g • sat. fat 3g • chol. 16mg • sod. 159mg calc. 35mg • fiber 2g

Mashed Maple Sweet Potatoes

The perfect mix of fall flavours makes this dish a must-have for the holiday table.

Makes about 6 cups (1.5 L)

- **3 pounds (1.36 kg) sweet potatoes or yams**
- **2 teaspoons (10 ml) kosher salt, divided**
- **4 tablespoons (60 ml) unsalted butter**
- **¼ cup (60 ml) orange juice**
- **¼ cup (60 ml) pure maple syrup**
- **½ teaspoon (2.5 ml) cinnamon**
- **⅛ teaspoon (0.5 ml) freshly ground nutmeg**

1. Peel potatoes and cut into 1-inch (2.5 cm) pieces. Put potatoes in a medium to large

stockpot and cover with cold water by 2 inches (5 cm).

2. Add 1 teaspoon (5 ml) of the salt to the pot and place it over medium-high heat. Bring water to a boil and allow potatoes to simmer until very tender. Drain water well and put potatoes back in stockpot.
3. Using Speed 2, mash the potatoes directly in the pot to desired consistency.
4. Add the remaining ingredients and mix on Speed 2 until completely incorporated.
5. Taste and adjust seasoning as desired. Serve immediately.

Nutritional information per ½-cup (125 ml) serving:

Calories 192 (18% from fat) • carb. 38g • pro. 2g fat 4g • sat. fat 2g • chol. 10mg • sod. 189mg calc. 26mg • fiber 5g

Sweet Potato Biscuits

Sweet potato lends moisture for supremely light and tender biscuits. We love these warm with butter and a simple drizzle of honey or maple syrup.

Makes 12 biscuits

2 **cups (500 ml) unbleached, all-purpose flour**
2½ **teaspoons (13 ml) baking powder**
½ **teaspoon (2.5 ml) baking soda**
2 **teaspoons (10 ml) granulated sugar**
1 **teaspoon (5 ml) kosher salt**
6 **tablespoons (90 ml) cold, unsalted butter, cut into ½-inch (1.25 cm) cubes**
⅔ **cup (150 ml) cooked mashed or puréed sweet potato (about 1 small sweet potato)**
½ **cup (125 ml) buttermilk, cold**
Nonstick cooking spray
Heavy cream, for brushing biscuits

1. Preheat oven to 400°F (200°C) with the rack in the middle position.
2. Put the flour, baking powder, baking soda, sugar, and salt into a large mixing bowl. Mix on Speed 1 to fully sift. Add the cold butter. Begin to mix on Speed 1, pressing the beaters into the cubes of butter to cut them into the flour. Gradually increase to Speed 3. Mix until only pea-sized pieces of butter remain.
3. Add the sweet potato and buttermilk. Continue to mix until just combined, 15 to 30 seconds. The dough will be shaggy.
4. Turn out the dough onto a lightly floured surface. Roll it out, or press with floured hands, into a rectangle. Fold the dough in half and roll out/press again, repeating this process 3 or 4 times (folding creates layers in the dough). At last, roll the dough into a rectangle of ¾-inch (19 mm) thickness. Use a 2½-inch (6.25 cm) round cutter to cut out 12 biscuits, pressing together scraps if necessary.
5. Arrange the biscuits tightly in 3 rows of 4 on a parchment-lined sheet pan. Brush the tops with heavy cream. Bake biscuits until puffed and golden, 20 to 22 minutes.
6. Allow biscuits to rest for 5 minutes. Pull apart and serve warm.

Nutritional information per biscuit:

Calories 145 (36% from fat) • carb. 19g • pro. 3g fat 6g • sat. fat 4g • chol. 15mg • sod. 197mg calc. 470mg • fiber 1g

Lemon Thyme Shortbread

While thyme may seem like an unlikely ingredient for a sweet cookie, you will quickly learn why these are so popular.

Makes about 3 dozen cookies

Cookie Dough:

1¾ **cups (425 ml) unbleached, all-purpose flour**
½ **teaspoon kosher salt**
16 **tablespoons (240 ml) (2 sticks; ½ pound [227 g]) European-style, unsalted butter, room temperature and cut into 8 pieces**
⅓ **cup (79 ml) granulated sugar**
⅓ **cup (79 ml) confectioners' sugar, sifted**
2 **large egg yolks, room temperature**
1 to 2 **tablespoons (15 to 30 ml) fresh thyme leaves**
2 **tablespoons (30 ml) grated lemon zest**

Lemon Icing:

½ **cup (125 ml) confectioners' sugar, sifted**
2 **tablespoons (30 ml) heavy cream**
2 **teaspoons (10 ml) fresh lemon juice**
Pinch fine sea salt

1. Put the flour and salt in a medium mixing bowl. Mix on Speed 1 to fully combine, about 30 seconds. Reserve.

2. Put the butter into a large mixing bowl. Mix on Speeds 2 to 3 until creamy, then add the sugars. Mix on Speeds 2 to 3 until light, then add the egg yolks and mix until combined. Add the dry ingredients and mix on Speed 2 until evenly mixed. Add the thyme and lemon zest and mix to gently incorporate into dough.
3. Divide dough into two discs. Wrap in wax paper/parchment, then wrap well in plastic wrap, and refrigerate overnight.
4. Take dough out of fridge to soften slightly. Preheat oven to 350°F (180°C) with two racks in the lower and upper middle positions. Line two rimmed baking sheets with parchment paper.
5. Roll dough out to ¼-inch (0.6 cm) thickness and use a 1½-inch (3.75 cm) round cutter to form small discs. Put onto baking sheets and chill for about 10 minutes.
6. Bake chilled cookies for about 12 minutes, until just browned around the edges, rotating pans if necessary. Cool cookies completely.
7. While cookies are cooling, prepare the icing. Put all of the ingredients into a medium mixing bowl and mix on Speed 1 until very smooth. If the icing appears to be too thick, add more cream, 1 teaspoon (5 ml) at a time. If it appears to be too thin, add more confectioners' sugar, 1 teaspoon (5 ml) at a time. Spread on top of cooled cookies as desired.

Nutritional information per cookie (with ½ teaspoon [2.5 ml] icing):

Calories 89 (56% from fat) • carb. 9g • pro. 1g fat 5g • sat. fat 3g • chol. 25mg • sod. 32mg calc. 2mg • fiber 0g

Strawberry Sandwich Cookies

The great part about these cookies is that you can enjoy the taste of summer fruit any time of year, thanks to the intense flavour in freeze-dried strawberries. Adjust the amount in the filling if a richer strawberry flavour is desired.

Makes about 2 dozen sandwich cookies

Cookie Dough:

- **1¾ cups (425 ml) unbleached, all-purpose flour**
- **½ teaspoon (2.5 ml) kosher salt**
- **16 tablespoons (240 ml) (2 sticks; ½ pound [227 g]) European-style, unsalted butter, room temperature and cut into 8 pieces**
- **⅓ cup (75 ml) granulated sugar**
- **¼ cup (60 ml) confectioners' sugar, sifted**
- **½ teaspoon (2.5 ml) pure vanilla extract**
- **2 large egg yolks, room temperature**
- **1 cup (250 ml) freeze-dried strawberries, finely ground and sifted***

Strawberry Filling:

- **4 tablespoons (60 ml) unsalted butter, room temperature**
- **2 ounces (57 g) cream cheese, room temperature**
- **2 cups (500 ml) confectioners' sugar, sifted**
- **Pinch kosher salt**
- **2 tablespoons (30 ml) whole milk, room temperature**
- **¼ teaspoon (1 ml) pure vanilla extract**
- **½ cup (125 ml) freeze-dried strawberries, finely ground and sifted**

1. Put the flour and salt in a medium mixing bowl. Mix on Speed 1 to fully combine, about 30 seconds. Reserve.
2. Put the butter into a large mixing bowl. Mix on Speeds 2 to 3 until creamy, then add the sugars and vanilla extract. Mix on Speeds 2 to 3 until light, then add the egg yolks and mix until combined. Add the dry ingredients and mix on Speed 2 until evenly incorporated. Add the ground strawberries and mix until fully combined.
3. Divide dough into two discs. Wrap in wax paper/parchment, then wrap well in plastic wrap, and refrigerate overnight.
4. Take dough out of fridge to soften slightly. Preheat oven to 350°F (180°C) with two racks in the lower and upper middle positions. Line two rimmed baking sheets with parchment paper.
5. Roll dough out to ¼-inch (0.6 cm) thickness and use a 1½-inch (3.75 cm) round cutter to form small discs. Put onto baking sheets and chill for about 10 minutes.
6. Bake chilled cookies for about 12 minutes,

until just set, rotating pans if necessary – you want to avoid browning of any kind. Cool cookies completely.

7. While cookies are cooling, prepare the filling. Put the butter and cream cheese into a large mixing bowl. Mix on Speeds 2 to 3 to soften and fully combine, about 1 minute. Add the sugar, salt, milk, and vanilla extract and mix on Speeds 1 to 3 until light and fluffy. Add the ground strawberries and mix on Speed 1 until fully combined.
8. Once cookies are fully cooled, scoop filling onto the bottom of one cookie, about 1 tablespoon (15 ml), and then top with another cookie to make a sandwich. Repeat with remaining cookies.

* A spice or coffee grinder is the best way to achieve the finest grind.

Nutritional information per cookie sandwich:

Calories 201 (47% from fat) • carb. 25g • pro. 1g fat 10g • sat. fat 7g • chol. 43mg • sod. 57mg calc. 8mg • fiber 1g

Buckwheat Chocolate Chunk Cookies

The nuttiness of the buckwheat is a perfect match for chunks of bittersweet chocolate.

Makes about 4 dozen cookies

1½ **cups (375 ml) unbleached, all-purpose flour**
¾ **cup (175 ml) buckwheat flour (or may substitute whole-wheat flour)**
1 **teaspoon (5 ml) baking soda**
1 **teaspoon (5 ml) kosher salt**
½ **teaspoon (2.5 ml) espresso powder**
16 **tablespoons (240 ml) (2 sticks; ½ pound [227 g]) unsalted butter, cut into 1-inch (2.5 cm) pieces, room temperature**
1 **cup (250 ml) packed light brown sugar**
½ **cup (125 ml) granulated sugar**
2 **large eggs, room temperature**
1½ **teaspoons (7.5 ml) pure vanilla extract**
2 **cups (500 ml) chopped bittersweet chocolate**
Flaked sea salt, for sprinkling

1. Put the flours, baking soda, salt, and espresso powder into a medium mixing bowl. Mix on Speed 1 to fully combine, at least 30 seconds. Reserve.
2. Put the butter into a large mixing bowl. Mix, starting at Speed 1 and increasing to Speed 3, until light and creamy. Add the sugars and mix on Speeds 2 to 4 until very light, scraping down the sides of the bowl as necessary, where it seems that much of the sugar has dissolved into the butter, about 2 minutes. Add the eggs, one at a time, mixing on Speed 2, and then the vanilla extract. Add the dry ingredients and mix on Speed 2 until just combined, and then add the chopped chocolate and mix on Speed 2 until evenly incorporated.
3. Scoop the dough into even, golf ball-sized rounds and place on a parchment-lined tray or baking sheet. Wrap well with plastic wrap and allow to chill for a minimum of 1 hour, or up to overnight.
4. Preheat oven to 350°F (180°C) with racks in the lower and upper thirds of the oven. Line two baking sheets with parchment paper.
5. Once the oven has preheated, place the chilled dough onto the baking sheets and bake until just browned and set at the edges, about 15 minutes. Remove and immediately sprinkle baked cookies with a pinch of flaked sea salt. Allow pans to cool prior to baking remaining dough.

Nutritional information per cookie:

Calories 137 (48% from fat) • carb. 17g • pro. 2g fat 8g • sat. fat 4g • chol. 18mg • sod. 78mg calc. 3mg • fiber 1g

Crunchy Peanut Butter Chip Cookies

Using a mixture of creamy peanut butter and shelled, roasted peanuts makes each bite of these tender cookies packed full of peanut flavour.

Makes about 5 dozen cookies

2 **cups (500 ml) unbleached, all-purpose flour**
¾ **teaspoon (3.75 ml) kosher salt**
½ **teaspoon (2.5 ml) baking powder**
¼ **teaspoon (1 ml) baking soda**
16 **tablespoons ([240 ml] 2 sticks) unsalted butter, cut into 1-inch**

(2.5 cm) pieces, room temperature

- **1½ cups (375 ml) creamy peanut butter, preferably unsweetened (both traditional and natural styles work well, just be sure to fully stir the natural style to prevent separation)**
- **1 cup (250 ml) packed light brown sugar**
- **½ cup (125 ml) granulated sugar**
- **2 large eggs, room temperature**
- **1 teaspoon (5 ml) pure vanilla extract**
- **1 cup (250 ml) roasted, unsalted peanuts**
- **½ cup (125 ml) miniature chocolate chips**
- **Turbinado sugar mixed with flaked sea salt, for sprinkling**

1. Preheat oven to 350°F (180°C) with racks in the lower and upper thirds of the oven. Line two baking sheets with parchment paper.
2. Put the flour, salt, baking powder, and soda into a medium mixing bowl. Mix on Speed 1 to fully combine, at least 30 seconds. Reserve.
3. Put the butter and peanut butter into a large mixing bowl. Mix, starting at Speed 2 and increasing to Speed 5, until homogenous, about 2 minutes. Scrape down the sides of the bowl and then add the sugars. Mix on Speeds 2 to 4 until very light, when it seems that much of the sugar has dissolved into the butter/peanut butter, about 2 minutes. Add the eggs, one at a time, mixing on Speeds 2 to 3, and then the vanilla extract. Add the dry ingredients and mix on Speed 2 until just combined, and then add the peanuts and chocolate chips; mix on Speed 2 until evenly incorporated.
4. Scoop the dough into evenly sized golf-ball rounds and place on a parchment-lined tray or baking sheet. Press each round down with a fork and then sprinkle with the sugar and flaked sea salt.
5. Bake in the preheated oven until just set at the edges, about 12 to 15 minutes. Allow pans to cool before baking remaining dough.

Nutritional information per cookie:

Calories 124 (57% from fat) • carb. 11g • pro. 3g fat 8g • sat. fat 3g • chol. 15mg • sod. 70mg calc. 7mg • fiber 1g

Edible Cookie Dough (with variations)

Eat that dough guilt free (well, egg free!) with one of our edible cookie dough recipes. There are gluten-free options, as well as a kid-favourite snickerdoodle. Eat by the scoop, or even crumble into vanilla ice cream; there are so many possibilities.

Makes 3½ cups (875 ml)

- **8 tablespoons ([120 ml] 1 stick) unsalted butter, room temperature, cut into 4 pieces**
- **⅔ cup (150 ml) packed light brown sugar**
- **⅓ cup (75 ml) granulated sugar**
- **2 tablespoons (30 ml) milk (any fat variety or nondairy alternative)**
- **1 tablespoon (15 ml) pure vanilla extract**
- **1⅓ cups (325 ml) unbleached, all-purpose flour (you can substitute a gluten-free, all-purpose flour blend)**
- **½ teaspoon (2.5 ml) kosher salt**
- **1 cup (250 ml) semisweet chocolate chips**

1. Put the butter and sugars into a large mixing bowl. Mix on Speeds 2 to 4 until very light and creamy, about 2 minutes. Stop to scrape down sides of bowl as needed.
2. While mixing on Speed 2, add the milk and vanilla extract. Add the flour and salt and mix on Speed 2 until completely combined. Add the chips and mix on Speed 2.
3. Scoop the dough into desired-size pieces. While the dough can be eaten right away, it is best eaten chilled.

Variations:

Snickerdoodle:

Add ½ teaspoon (2.5 ml) ground cinnamon and do not add the chocolate chips. Scoop into tablespoon (15 ml) size balls and roll in cinnamon sugar.

Oatmeal Cranberry:

Add ½ cup (125 ml) rolled oats and ¼ teaspoon (1 ml) ground cinnamon with the flour. Substitute dried cranberries for

the chocolate chips.

Nutritional information per serving (1 tablespoon [15 ml], Chocolate Chip):

Calories 55 (41% from fat) • carb. 8g • pro. 0g fat 3g • sat. fat 2g • chol. 4mg • sod. 22mg calc. 2mg • fiber 0g

Nutritional information per serving (1 tablespoon [15 ml], Snickerdoodle):

Calories 42 (35% from fat) • carb. 6g • pro. 0g fat 2g • sat. fat 1g • chol. 4mg • sod. 21mg calc. 1mg • fiber 0g

Nutritional information per serving (1 tablespoon [15 ml], Oatmeal Cranberry):

Calories 49 (32% from fat) • carb. 8g • pro. 0g fat 2g • sat. fat 1g • chol. 4mg • sod. 22mg calc. 1mg • fiber 0g

Bittersweet Espresso Brownies

Rich and fudgy, these brownies are for the true chocolate lover.

Makes 16 brownies

Nonstick cooking spray
¾ cup ([175 ml] 1½ sticks) unsalted butter, cubed
4 ounces (113 g) unsweetened chocolate, chopped
4 ounces (113 g) bittersweet chocolate, chopped
2 tablespoons (30 ml) cocoa powder
2 teaspoons (10 ml) espresso powder
½ cup (125 ml) unbleached, all-purpose flour
¾ teaspoon (3.75 ml) kosher salt
3 large eggs, room temperature
1½ cups (375 ml) granulated sugar
2 teaspoons (10 ml) pure vanilla extract

1. Preheat oven to 350°F (180°C) with the rack in the middle position. Lightly coat a 9-inch (23 cm) square baking pan with nonstick cooking spray and line with parchment paper; reserve.
2. Put the butter and both chocolates into a heatproof bowl and place over a pot of simmering water. Once the butter/chocolate mixture is almost completely melted, stir in cocoa powder and espresso powder. When chocolate is completely melted, stir in flour and salt; set aside to cool to room temperature.
3. Beat the eggs on Speed 2 to break them slightly, then gradually add the sugar. Mix until light and thickened, about 2 to 3 minutes. Add the vanilla extract and mix until well combined. Fold the cooled chocolate mixture into the egg mixture, on Speed 1, until the batter is no longer streaky. Pour the batter into prepared pan. Tap pan on the counter a few times to remove any air bubbles.
4. Bake in the preheated oven for 25 to 30 minutes, or until edges are just dry. Cool completely before cutting and serving.

Nutritional information per brownie:

Calories 249 (54% from fat) • carb. 28g • pro. 3g fat 16g • sat. fat 10g • chol. 57mg • sod. 120mg calc. 12mg • fiber 2g

Blonde Brownies (Blondies)

Often the sweeter, and obviously lighter in colour, cousin of the brownie, this recipe is rather traditional, but it can easily be altered by changing the type of chips or nuts to make it your own.

Makes 24 blonde brownies

Unsalted butter, softened, or nonstick cooking spray
2 cups (500 ml) unbleached, all-purpose flour
1½ teaspoons (7.5 ml) kosher salt
½ teaspoon (2.5 ml) ground cinnamon
16 tablespoons (236 ml [2 sticks]) unsalted butter, cubed, room temperature
½ cup (125 ml) granulated sugar
1 cup (250 ml) packed light brown sugar
3 large eggs, room temperature
1 tablespoon (15 ml) pure vanilla extract
1½ cups (375 ml) bittersweet chocolate, chopped
1 cup (250 ml) white chocolate chips
1 cup (250 ml) walnuts

1. Preheat oven to 350°F (180°C) with the rack in the middle position. Lightly coat a 13 x 9-inch (33 x 23 cm) baking pan with softened butter or nonstick cooking spray; line with parchment paper. Reserve.
2. In a medium bowl, combine the flour, salt, and cinnamon. Mix on Speed 1 for about 20 seconds, or until fully combined, reserve.
3. Put the butter into a large mixing bowl. Using Speed 3, beat until lightened, about

30 seconds. Gradually add both sugars and beat on Speed 4 until lightened, another 30 seconds to 1 minute. Reduce to Speed 3 and add the eggs, one at a time, and the vanilla extract; mix until well combined. Reduce to Speed 1 and slowly add the dry ingredients. Once almost fully mixed, add the chopped chocolate, chips, and nuts.

4. Transfer mixture to the prepared pan. Bake in the preheated oven until edges are set and lightly browned, about 30 to 35 minutes. The brownies should be fully cooled before cutting.

Nutritional information per blonde brownie:

Calories 320 (48% from fat) • carb. 39g • pro. 3g fat 18g • sat. fat 10g • chol. 45mg • sod. 150mg calc. 10mg • fiber 1g

Blueberry Crumble Bars

When you cannot decide between a cookie or a crumble, this dessert satisfies both cravings.

Makes 12 servings

Nonstick cooking spray

Crust:

8 tablespoons (120 ml [1 stick]) unsalted butter, room temperature and cut into 4 pieces
¼ cup (60 ml) packed light brown sugar
2 tablespoons (30 ml) granulated sugar
1¼ cups (300 ml) unbleached, all-purpose flour
¼ teaspoon (1 ml) kosher salt
Pinch ground cinnamon

Filling:

¼ cup (60 ml) granulated sugar
¼ cup (60 ml) packed light brown sugar
2 tablespoons (30 ml) tapioca starch
¼ teaspoon (1 ml) kosher salt
Pinch ground cinnamon
Pinch ground ginger
¼ teaspoon (1 ml) pure vanilla extract
4 cups (1 L) fresh blueberries

Topping:

¾ cup (175 ml) unbleached, all-purpose flour
½ cup (125 ml) rolled oats (not quick cooking)
½ cup (125 ml) packed light brown sugar
¼ teaspoon (1 ml) ground cinnamon
¼ teaspoon (1 ml) kosher salt
6 tablespoons (90 ml) unsalted butter, cold and cubed

1. Lightly coat a 9-inch (23 cm) square baking pan with nonstick cooking spray and line with parchment paper; reserve.
2. Prepare the crust. Put the butter and sugars into a medium mixing bowl. Mix on Speeds 2 to 3 until creamy. Add the remaining crust ingredients and mix on Speed 2 until combined. Transfer the crust mixture into the prepared pan and press down firmly to pack into the bottom of the pan. Chill in refrigerator until firm.
3. While the crust is chilling, prepare the filling. Put the sugars, tapioca starch, salt, and spices in a large mixing bowl; mix on Speed 1 to combine. Add the vanilla extract and blueberries and stir until blueberries are well coated. Then mix on Speed 1 until about half of the blueberries have burst open, about 2 minutes. Reserve.
4. Put all of the topping ingredients, except for the butter, in a medium mixing bowl. Mix on Speed 1 to combine. Add the butter and mix on Speed 2 until large crumbs form.
5. Once the crust has sufficiently chilled, preheat oven to 350°F (180°C) with the rack in the middle position. When the oven is preheated, bake until crust is firm and golden at the edges, about 20 minutes. Remove and spread filling on top of the hot, baked crust and return to the oven for an additional 15 minutes, or until bubbling at the edges. Cover evenly with the crumb topping and return to the oven for a final 15 minutes. The bars are done when the topping is evenly browned.
6. Cool completely prior to cutting and serving.

Nutritional information per bar:

Calories 282 (41% from fat) • carb. 39g • pro. 3g fat 13g • sat. fat 8g • chol. 35g • sod. 143mg calc. 4mg • fiber 2g

Golden Layer Cake

The go-to cake recipe for all of the "yellow cake" lovers out there. This goes well with just about any filling and frosting, but we especially love it with our summer-inspired Berries and Cream

Frosting (recipe follows).

Makes two 9-inch (23 cm) layers,
12 servings

Nonstick cooking spray
3 cups (750 ml) cake flour, not self-rising
1¾ cups (425 ml) granulated sugar
1 tablespoon (15 ml) baking powder
¾ teaspoon (3.75 ml) kosher salt
2 large eggs, room temperature
2 large egg yolks, room temperature
1½ cups (375 ml) buttermilk, room temperature
2 teaspoons (10 ml) pure vanilla extract
1 cup (250 ml) vegetable oil

1. Preheat oven to 350°F with the rack in the middle position. Spray two 9-inch cake pans with nonstick cooking spray and line with parchment paper. Reserve.
2. Put the flour, sugar, baking powder, and salt together in a large mixing bowl. Mix on Speed 1 to fully combine, for a minimum of 30 seconds. Reserve.
3. Put the eggs, yolks, buttermilk, and vanilla extract together in a medium bowl. Mix on Speed 3 to combine.
4. Reduce to Speed 2, then gradually add the oil to the dry ingredients and mix until combined, then increase speed and mix until completely homogenous, about 1½ minutes.
5. Gradually add the egg/buttermilk mixture and mix on Speed 2 until completely combined.
6. Divide between the two prepared cake pans. Tap gently on the countertop to remove bubbles and place in preheated oven. Bake until the center springs back to the touch and a cake tester comes out clean when inserted in the center, about 25 minutes.
7. Remove from oven, cool in pans on a wire rack until cool to the touch. Remove from pans, then transfer cakes to a wire cooling rack to cool completely before frosting.

Nutritional information per serving:

Calories 432 (42% from fat) • carb. 58g • pro. 5g fat 21g • sat. fat 2g • chol. 63mg • sod. 300mg calc. 69mg • fiber 1g

Berries and Cream Frosting

The flavour, and colour, can be adjusted by the amount of freeze-dried berries that are used in the recipe. Start with ½ cup and then add more as desired.

Makes about 3 cups(750 ml), enough to frost one 9-inch (23 cm) layer cake,
12 servings

8 tablespoons (240 ml) (1 stick) unsalted butter, cut into 8 pieces, room temperature
4 ounces (113 g) cream cheese, cut into 4 pieces, room temperature
4 cups ([1 L] 1 pound) confectioners' sugar, sifted
¼ teaspoon (1 ml) sea salt
¼ cup (60 ml) whole milk or heavy cream
2 tablespoons (30 ml) light corn syrup, optional, if a shiny finish is desired
½ cup (125 ml) freeze-dried berries, preferably raspberries or strawberries, or a mix of the two, finely ground (using a spice grinder works best for this task) and sifted

1. Put the butter and cream cheese into a large mixing bowl. Mix on Speeds 2 to 4 to lighten and combine, about 2 minutes. Add the confectioners' sugar and salt and mix on Speed 1 until fully combined, about 1 minute.
2. While mixing on Speed 1, gradually add the milk (or cream) and continue to mix until lightened. If using light corn syrup, mix in at this time, using Speed 1.
3. Add the finely ground, sifted berries and mix to desired consistency. Use immediately.

NOTE: If not using immediately, cover with a damp towel and plastic wrap at room temperature until ready to use.

Nutritional information per serving (¼ cup [60 ml]):

Calories 286 (34% from fat) • carb. 46g • pro. 1g fat 11g • sat. fat 7g • chol. 31mg • sod. 83mg calc. 8mg • fiber 0g

Deep Chocolate Layer Cake

Frost this moist chocolate cake with our Cream Cheese Frosting, which follows.

Makes two 9-inch (23 cm) cakes,
16 servings

Unsalted butter, softened, or nonstick cooking spray

6 **ounces (170 g) bittersweet chocolate, chopped**

¾ **cup (175 ml) cocoa powder, Dutch process, sifted**

2 **teaspoons (10 ml) espresso powder**

½ **teaspoon (2.5 ml) baking soda**

1 **cup (250 ml) boiling water**

2½ **cups (625 ml) unbleached, all-purpose flour**

1 **cup (250 ml) granulated sugar**

½ **cup (125 ml) packed light brown sugar**

1 **teaspoon (5 ml) baking powder**

¾ **teaspoon (3.75 ml) kosher salt**

1 **cup (250 ml) vegetable oil**

1 **cup (250 ml) buttermilk, room temperature**

4 **large eggs, lightly beaten, room temperature**

2 **teaspoons (10 ml) pure vanilla extract**

1. Preheat oven to 350°F (180°C) with the rack in the middle position. Grease two 9-inch (23 cm) round cake pans with cooking spray or softened butter and line the bottoms with parchment paper. Reserve.
2. Put the bittersweet chocolate, cocoa powder, espresso powder, and baking soda into a medium bowl and pour the boiling water over the ingredients. Stir until chocolate has melted. Cool to room temperature and reserve.
3. Put the flour, sugars, baking powder, and salt into a large mixing bowl. Mix on Speed 2 until fully combined, a minimum of 30 seconds. Reserve.
4. Using Speed 2, mix the oil, buttermilk, eggs, and vanilla extract into the cooled chocolate mixture.
5. While mixing on Speed 2, slowly add the liquid mixture to the dry ingredients. Mix until smooth, about 1 minute, stopping as necessary to scrape entire bowl.
6. Divide the batter evenly between the prepared pans. Bake in preheated oven until a cake tester comes out clean when inserted into the center, about 30 to 35 minutes.
7. Remove from oven and cool in pans on a wire rack until cool to the touch. Remove from pans and cool cakes completely before frosting.

Nutritional information per serving:

Calories 345 (50% from fat) • carb. 41g • pro. 6g fat 21g • sat. fat 5g • chol. 47mg • sod. 195mg calc. 31mg • fiber 3g

Cream Cheese Frosting

A classic cream cheese frosting, perfect for a variety of cakes, especially carrot and chocolate.

Makes about 5 cups (1.25 L)

5½ **cups (1.3 L) confectioners' sugar, sifted**

¼ **teaspoon (1 ml) kosher salt**

1 **pound (454 g) (two standard 8-ounce [227 g] packages) cream cheese, room temperature**

8 **tablespoons ([120 ml] 1 stick) unsalted butter, cut into 1-inch (2.5 cm) pieces, room temperature**

1 **teaspoon (5 ml) pure vanilla extract**

1. Put the sugar and salt into a large mixing bowl. Mix on Speed 1 to completely combine, a minimum of 30 seconds.
2. Put cream cheese in a separate, large mixing bowl. Mix on Speeds 2 to 4 until smooth, about 1½ to 2 minutes. Add butter and beat until fully incorporated and smooth. Reduce to Speed 1 and, with the hand mixer running, slowly add the sifted confectioners' sugar/salt to the bowl and mix until incorporated, about 2 minutes. Scrape the entire bowl well. Add vanilla extract. Mix on Speed 2 until combined. Use immediately.

Nutritional information per serving (¼ cup [60 ml]):

Calories 250 (44% from fat) • carb. 34g • pro. 1g fat 12g • sat. fat 8g • chol. 47mg • sod. 101mg calc. 22mg • fiber 0g

Gluten-Free (and Vegan!) Golden Cupcakes with Dairy-Free Vanilla Frosting

Unlike our muffin recipe that uses a gluten-free flour blend, here we call for individual ingredients that are now easily found in most grocery stores.

Makes 12 standard cupcakes

Nonstick cooking spray
2 cups (500 ml) sorghum flour
1 cup (250 ml) potato starch
½ cup (125 ml) arrowroot starch
1 tablespoon (15 ml) baking powder
½ teaspoon (2.5 ml) baking soda
1 teaspoon (5 ml) xanthan gum
1 teaspoon (5 ml) kosher salt
1½ cups (375 ml) agave nectar
½ cup (125 ml) olive oil
¾ cup (175 ml) butternut squash purée, room temperature
2 tablespoons (30 ml) pure vanilla extract
1 teaspoon (5 ml) white vinegar

1. Preheat oven to 350°F (180°F). Lightly coat a standard cupcake pan with cooking spray. Cupcake liners may be used (these may also be sprayed, so that the liners cleanly come off the cupcakes).
2. Put the flour, starches, baking powder, soda, xanthan gum, and salt into a large mixing bowl. Mix on Speed 1 to sift the ingredients together, about 30 seconds.
3. With the mixer running on Speed 2, add the remaining ingredients, in the order listed, and mix until all ingredients are incorporated. Scrape the entire bowl to ensure all of the ingredients are evenly combined, and mix for an additional 20 seconds if necessary.
4. Scoop batter into the prepared cupcake pan. Bake until golden and a cake tester comes out clean, about 20 to 22 minutes. Remove from oven, cool in pan on a wire rack until cool to touch, then transfer cupcakes to a wire cooling rack to cool completely before frosting.

Nutritional information per cupcake:

Calories 396 (22% from fat) • carb. 77g • pro. 4g fat 10g • sat. fat 1g • chol. 0mg • sod. 359mg calc. 50mg • fiber 2g

Dairy-Free Vanilla Frosting

This frosting pairs very well with the Gluten-Free Golden Cupcakes, but is also a great alternative to any vanilla frosting.

Makes about 2 cups (500 ml)

1 cup (250 ml) non-hydrogenated vegetable shortening
2 cups (500 ml) confectioners' sugar, sifted
1 tablespoon (15 ml) pure vanilla extract
¼ teaspoon (1 ml) kosher salt
1 to 2 teaspoons (5 to 10 ml) water, optional

1. Put the shortening into a medium mixing bowl. Mix on Speeds 2 to 4 to cream and make smooth, about 30 seconds. Add the sugar and mix on Speeds 2 to 5, then add the vanilla extract and salt. Mix again, on the same speeds, until smooth and fluffy, about 30 seconds.
2. If the frosting is too thick, add enough water to mix to desired consistency.

Nutritional information per serving (2 tablespoons [30 ml]):

Calories 182 (61% from fat) • carb. 19g • pro. 0g fat 13g • sat. fat 6g • chol. 0mg • sod. 33mg calc. 36mg • fiber 0g

Angel Food Cake

Serve with Classic Whipped Cream and fresh berries for a light and delicious summer dessert.

Makes one 9-inch (23 cm) cake, 12 servings

1½ cups (375 ml) granulated sugar, divided
1¼ cups (300 ml) cake flour
12 large egg whites
1¼ teaspoons (6 ml) cream of tartar
¼ teaspoon (1 ml) kosher salt
1 teaspoon (5 ml) pure vanilla extract

1. Preheat oven to 325°F (160°C) with the rack in the lower third position.
2. Sift ¾ cup (175 ml) of the sugar together with the cake flour in a medium mixing bowl; reserve.
3. Put the egg whites into a large mixing bowl. Start mixing on Speed 1. When the egg whites appear foamy, add the cream of tartar and salt. Gradually increase to Speed 6.
4. Add the remaining ¾ cup (175 ml) of granulated sugar and vanilla extract and continue to mix until firm, glossy peaks form.

5. Sift about ½ cup (125 ml) of the reserved flour and sugar over the whites and carefully fold in with a rubber spatula. Continue with the remaining flour and sugar. Gently fold until no pockets of dry ingredients remain.
6. Spoon batter into an ungreased 9-inch (23 cm) tube pan. Even out the top with the spatula. Bake for 45 minutes, until a toothpick that has been inserted comes out clean. Invert pan onto the neck of a bottle and allow the cake to cool completely.
7. Use a knife to free the cake from the pan.

Nutritional information per serving:

Calories 167 (1% from fat) • carb. 37g • pro. 5g fat 0g • sat. fat 0g • chol. 0mg • sod. 278mg calc. 5mg • fiber 0g

Sour Cream Cheesecake

This recipe is rather straightforward. While it is simple, it can be elevated by topping with fresh or cooked fruit, chocolate shavings, or chopped cookies.

Makes one 8-inch ([20cm] springform pan) cheesecake, 12 servings

1 tablespoon (15 ml) unsalted butter, room temperature

Graham Cracker Crust:

1 cup (250 ml) graham cracker crumbs
2 tablespoons (30 ml) granulated sugar
¼ teaspoon (1 ml) ground cinnamon
4 tablespoons ([60 ml] ½ stick) unsalted butter, melted and cooled slightly

Filling:

24 ounces [(680 g) 3 standard packages] cream cheese, room temperature, each cut into 4 pieces
1½ cups (375 ml) granulated sugar
¼ teaspoon (1 ml) kosher salt
5 large eggs, room temperature
1 cup (250 ml) sour cream, room temperature
1½ teaspoons (7.5 ml) pure vanilla extract

1. Preheat oven to 325°F (160°C) with the rack in the lower third of the oven. Coat the inside of an 8-inch (20 cm) springform pan with the tablespoon (15 ml) of butter. Reserve.
2. Prepare the crust. Put cracker crumbs, sugar, cinnamon, and melted butter in a small mixing bowl. Mix on Speed 2 until the mixture comes together. Pat crumb crust evenly into the bottom of the prepared springform pan, using the bottom of a glass, if necessary, to make it even. Put in the preheated oven and bake for about 8 to 10 minutes, until the crust is just set. Allow to cool while preparing the filling.
3. Wipe the beaters of crumbs. Put the cream cheese into a large mixing bowl. Starting on Speed 1 and increasing to Speed 4, mix until very smooth – you want to be sure there are no lumps. Scrape the mixing bowl and beaters. While mixing on Speed 2, gradually add the sugar, about ¼ cup (60 ml) at a time, and the salt, mixing until very smooth. Add the eggs, one at a time, mixing on Speeds 2 to 3, being sure each is fully incorporated into batter before adding the next. Scrape down the bowl and beaters and then add the sour cream and vanilla extract. Mix on Speed 1 until creamy, about 1 minute.
4. Wrap the cooled springform pan well with both plastic and foil wraps – to come about two-thirds up the sides of the pan.
5. Pour batter into cooled, prepared crust – do not scrape any thick bits from the sides of the bowl, as they are not thoroughly mixed in and will change the texture of your finished cheesecake.
6. Put the filled pan into a roasting pan, or something similar in size and oven safe, and then add hot water so it comes about halfway up the sides of the springform pan.
7. Transfer the filled pan to the preheated oven and bake for 45 minutes. The cheesecake will still be jiggly at this point, but that is OK. After the 45 minutes have expired, turn the oven off and allow cheesecake to rest in the warm oven for an additional 45 minutes.
8. Remove and bring to room temperature. Cover well and refrigerate to fully chill prior to serving.

Nutritional information per serving:

Calories 449 (61% from fat) • carb. 36g • pro. 8g fat 31g • sat. fat 18g • chol. 163mg • sod. 330mg calc. 39mg • fiber 0g

Chocolate Cream Pie

Crowd-pleasing pie for any holiday or special occasion!

Makes one 9-inch (23 cm) pie, about 12 servings

Crust:

2½ cups (625 ml) chocolate cookie crumbs (from about 24 chocolate sandwich cookies)

5 tablespoons (75 ml) unsalted butter, melted

Filling:

¼ cup (60 ml) packed light brown sugar

¼ cup (60 ml) granulated sugar

3 tablespoons (45 ml) unsweetened cocoa powder

2½ tablespoons (40 ml) cornstarch

¼ teaspoon (1 ml) kosher salt

3 cups (750 ml) half & half

3 large eggs, lightly beaten

4 ounces (113 g) semisweet chocolate, chopped

3 tablespoons (45 ml) unsalted butter, cut into small cubes

Topping:

2 cups (500 ml) heavy cream, well chilled

¼ cup (60 ml) plus 2 tablespoons (30 ml) granulated sugar

Chocolate curls for garnish

Make the crust:

1. Preheat oven to 350°F (180°C) with the rack in the middle position.
2. Put the cookie crumbs and melted butter into a medium mixing bowl. Mix on Speeds 1 to 2 to fully combine. Transfer crumb mixture to a 9-inch (23 cm) pie plate. Press evenly into the bottom and sides.
3. Bake in preheated oven for 10 to 15 minutes, until crumb crust is fully set. Cool completely before filling.

Make the filling:

4. Put the sugars, cocoa powder, cornstarch, and salt into a large, wide saucepan. Mix on Speed 1 to combine. While still mixing on Speed 1, gradually add the half & half, and then the eggs and continue to mix until completely smooth.
5. Set the pan over medium-low heat, mixing occasionally on Speeds 1 to 2 to prevent the mixture from overcooking – do not leave the pot unattended.
6. Allow the mixture to heat gradually, until just about boiling. At this point, the mixture will get quite thick. Continue to mix on Speed 1, and when thickened, remove from heat. Whisk in the chopped chocolate and butter until completely incorporated. Strain the filling through a fine mesh strainer and then transfer the strained filling into the cooled crust. Cover the filling directly with wax paper or plastic wrap so that the filling does not form a skin. Chill in the refrigerator until set.
7. After the filling is well chilled and ready to serve, prepare the whipped cream. Put the cream into a large mixing bowl. Start whipping cream on Speed 1, gradually increasing to Speed 3 for about one minute, so that the cream has some body. Add the sugar and continue to whip to Speed 4, until cream holds medium-stiff peaks that have formed.
8. Top the pie evenly with the whipped cream and garnish with chocolate curls prior to serving.

Nutritional information per serving:

Calories 515 (63% from fat) • carb. 43g • pro. 5g fat 36g • sat. fat 23g • chol. 142mg • sod. 231mg calc. 74mg • fiber 1g

Classic Whipped Cream

Whether for topping ice cream and pie, or as a dip for fruit, everyone should have a foolproof formula for a basic, sweetened whipped cream.

Makes about 2¼ cups (550 ml)

1 cup (250 ml) heavy cream, well chilled

¼ cup (60 ml) confectioners' sugar, sifted

1 teaspoon (5 ml) pure vanilla extract

Pinch fine sea salt

1. Put heavy cream into a large mixing bowl.
2. Start whipping cream on Speed 1, gradually increasing to Speed 3 for about one minute, so that the cream has some body. Add the sifted sugar and vanilla extract and continue to whip to Speed 4, until cream holds stiff peaks, about 1½ minutes.

Nutritional information per serving (2 tablespoons [30 ml]):

Calories 52 (84% from fat) • carb. 2g • pro. 0g fat 4g • sat. fat 3g • chol. 18mg • sod. 8mg calc. 0mg • fiber 0g

Royal Icing

This icing is great for decorating sugar cookies or cakes. You can add food colouring to colour it or extracts to flavour it.

Makes 1½ cups (375 ml)

4 cups [(1 L) 1 pound] confectioners' sugar, sifted
2 large egg whites, slightly beaten
1 tablespoon (15 ml) whole milk
1 teaspoon (5 ml) fresh lemon juice

1. Put the sugar into a large mixing bowl. Start mixing on Speed 1, and then slowly add in the egg whites until fully incorporated, about 1 minute.
2. While the mixer is still running, add the milk and lemon juice and mix until fully incorporated. Scrape the entire bowl as necessary. Continue mixing until soft peaks form, about 2 minutes.
3. Use immediately or cover the bowl with a damp cloth so the icing does not harden. If using coloring or a flavouring extract for the icing, add it with the milk and lemon juice.

Nutritional information per serving (2 tablespoons [30 ml]):

Calories 133 (0% from fat) • carb. 33g • pro. 1g fat 0g • sat. fat 0g • chol. 0mg • sod. 10mg calc. 2mg • fiber 0g

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