

# Desserts Galore

## Community Cooking Class 8/29



### Sweet Potato Blondies

#### Ingredients:

- 1 1/2 cups mashed sweet potato
- 1 cup white whole wheat flour
- 3/4 cup all-purpose flour
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 1 1/2 cups granulated sugar or dark brown sugar
- 8 tablespoons unsalted butter, softened
- 1 large egg
- 2 teaspoons vanilla extract
- 1 cup chocolate chips
- 1/2 cup chopped toasted walnuts



#### Directions:

1. Preheat oven to 350 degrees F. Coat a 9 by 13-inch baking dish with cooking spray.
2. Whisk whole-wheat pastry flour, all-purpose flour, baking powder, baking soda and salt in a medium bowl. Set aside.
3. Beat sugar and butter in a large bowl on medium high speed until smooth. Add sweet potato and beat until smooth. Beat in egg and vanilla.
4. Add flour mixture and beat on low until just combined. Stir in chocolate chips and walnuts by hand.
5. Spread dough into the prepared baking dish and bake until golden and set up, 22 to 26 minutes.

### Chocolate Beet Cupcakes



#### Ingredients:

- 1 medium beet
- 1/4 cup orange juice
- 1/2 cup milk
- 1 teaspoon apple cider vinegar
- 3/4 cup sugar
- 1/4 cup coconut oil, melted
- 1 teaspoon vanilla
- 1 cup + 1 Tablespoon whole wheat flour
- 1/2 cup cocoa powder
- 1 teaspoon baking soda
- 1 teaspoon baking powder
- 1/4 teaspoon cinnamon
- Salt, pinch

#### Directions:

1. Preheat oven to 350°. Grease muffin tin.
2. Wash, peel and cube beet. Add chopped beet to a small pot of boiling water. Cook until tender, drain, and set aside.
3. When beet has cooled, puree in food processor with orange juice.
4. Measure out 1 cup of beet puree and add to a medium sized bowl.
5. Meanwhile, in a small bowl, mix together milk and apple cider vinegar. This may curdle, but that is ok.
6. Add milk mixture, coconut oil, sugar and vanilla to beet puree. Whisk until frothy.
7. In a large bowl, sift together flour, cocoa powder, baking soda, baking powder, cinnamon and a pinch of salt.
8. Add wet ingredients to dry ingredients. Mix just until ingredients are combined, do not overmix.
9. Fill muffin cups 3/4 full and bake for 20-25 minutes or until a toothpick inserted comes out clean.

# Carrot Cake Sandwich Cookies

## Ingredients:

- 1/2 cup unsalted butter
- 1/2 cup brown sugar packed
- 1/2 cup granulated sugar
- 1 large egg
- 1 teaspoon pure vanilla extract
- 1 cup plus 3 tablespoons all purpose flour
- 1/2 teaspoon baking soda
- 1/2 teaspoon baking powder
- 3/4 teaspoon ground cinnamon
- 1/4 teaspoon salt
- 1/2 cup old fashioned rolled oats
- 1/2 cup shredded coconut
- 2/3 cup finely grated carrots
- 1/3 cup finely chopped walnuts
  
- 4 ounces cream cheese softened
- 4 tablespoons unsalted butter softened
- 1 1/2 cups powdered sugar
- 1/4 teaspoon pure vanilla extract

## For the cookies:

1. Preheat oven to 350°F.
2. Beat butter and sugars for 1-2 minutes until light and creamy. Add egg and vanilla and beat to combine.
3. In a separate bowl, combine flour, baking soda, baking powder, cinnamon and salt. Add the flour mixture to the butter mixture and beat on low until just combined.
4. Add the oats, coconut, carrots and walnuts and mix until just combined.
5. Scoop the dough evenly into 2 teaspoon sized mounds and place a couple inches apart on the cookie sheet. Bake for 9-11 minutes, until golden brown and still slightly soft in the center.

## For the frosting:

1. Beat cream cheese and butter until combined.
2. Add powdered sugar and vanilla extract. Beat until smooth.
3. Spread frosting on the underside of half of the cookies and top with another cookie.

# Husk Cherry Galette

## Ingredients:

- 1 cup all-purpose flour
- 3 Tbsp butter (cubed)
- 2 Tbsp fine sugar
- 1 egg
- Splash of milk
- Fresh herbs
  
- 2 cups husk cherries, halved
- 3 Tbsp sugar
- 2 Tbsp cornstarch

## Directions:

1. In a food processor, pulse flour, butter, sugar, egg and fresh herbs of choice until a dough begins to form. Add splashes of milk if too dry.
2. In a separate bowl, mix husk cherries, sugar and cornstarch.
3. Roll out galette dough into a circle, 1/2 inch thickness.
4. Pour the husk cherries into the center of the dough and fold the edges over the filling.
5. Bake at 375 degrees for 25-30 minutes or until dough is browned.

