

Breakfast

1.5 Quart Bowl

Yield: 4 servings

Prep Time: 15 minutes

Cook time: 30 – 35 minutes

Baked Fruit and Cinnamon Oatmeal



Ingredients:

- 3 cups old fashioned oats
- ½ cup dried apricots
- ½ cup dried blueberries or cranberries
- 6 tablespoons brown sugar, divided
- 2 teaspoons baking powder
- ¼ teaspoon cinnamon
- ¼ teaspoon salt
- ½ cup plain non-fat yogurt
- ½ cup low-fat milk
- ½ cup applesauce
- 2 egg whites
- 2 tablespoons canola oil
- ¼ teaspoon vanilla extract
- ½ cup low-fat milk, warm

Preheat oven to 350 degrees

1. Chop the apricots and place in your 1.5 quart temp-tations® mixing bowl.
2. Stir in oats, blueberries, 4 tablespoons brown sugar, baking powder, cinnamon and salt.
3. In another bowl, whisk together the yogurt, ½ cup milk, applesauce, egg whites, oil and vanilla until smooth.
4. Add the yogurt mixture to the oat mixture and stir until well combined.
5. Sprinkle with the remaining 2 tablespoons of brown sugar and bake until a toothpick inserted in the center comes out clean, about 35 minutes.
6. Remove from oven and pour the warmed, low-fat milk over the top and serve.

Breakfast

1.5 Quart Baker and Lid-it™

Yield: 6 servings

Prep Time: 10 minutes

Cook time: 45 – 50 minutes

Blueberry Buttermilk Coffee Cake



Ingredients:

- 1 ½ cups flour
- 1 teaspoon baking powder
- ¼ teaspoon baking soda
- ¼ teaspoon salt
- ¾ cup sugar
- 6 tablespoons butter, softened
- 1 teaspoon vanilla extract
- 1 large egg
- 1 large egg white
- 1 ⅓ cups low-fat buttermilk
- 3 ½ cups fresh blueberries
- 1 tablespoon raw sugar
- Powdered sugar to garnish

Preheat oven to 350 degrees

1. In a small bowl combine flour, baking powder, baking soda and salt. Mix well. Set aside.
2. In a large mixing bowl combine sugar and butter. Beat on medium speed until well blended, about 2 minutes.
3. Add vanilla, egg and egg white and beat well.
4. Add flour mixture and the buttermilk alternately to the sugar mixture, beginning and ending with the flour mixture, mixing after each addition.
5. Spoon half the batter into your temp-tations® 1.5 quart baker. Sprinkle with 1 cup of blueberries. Spoon remaining batter over the top and sprinkle with 1 more cup of blueberries.
6. Sprinkle with raw sugar.
7. Bake for 45 – 50 minutes or until a toothpick inserted into the center comes out clean. Remove from oven and cool.
8. Place the remaining blueberries on your Lid-it™ and dust with powdered sugar. Serve alongside the coffee cake.

Breakfast

2.5 Quart Baker

Yield: 10 servings

Prep Time: 50 minutes

Cook time: 35 – 45 minutes

Chocolate Chip Banana Bread Pudding



- 3 $\frac{3}{4}$ cup low-fat milk
- 4 $\frac{1}{2}$ tablespoons cornstarch
- $\frac{1}{2}$ cup sugar
- $\frac{1}{2}$ cup pure maple syrup
- 1 $\frac{1}{2}$ tablespoons vanilla extract
- $\frac{1}{3}$ teaspoon cinnamon
- $\frac{1}{3}$ teaspoon nutmeg
- $\frac{1}{2}$ teaspoon salt
- 3 extra ripe bananas
- 7 $\frac{1}{2}$ cups day old bread
- 1 cup semi-sweet chocolate chips

Preheat oven to 350 degrees

1. Combine milk, cornstarch, sugar, maple syrup, vanilla, cinnamon, nutmeg and salt in your 2.5 quart temp-tations® baker. Whisk to combine.
2. Add bananas and mash slightly.
3. Add bread and chocolate chips, stir and let stand for 30 minutes to allow the bread to soak up liquid. Stir frequently.
4. Bake for 35 – 45 minutes or until firm and lightly browned. Cool to room temperature and serve.

Dessert

2.5 Quart Bowl Lid-it™

Yield: 24 Pieces

Prep Time: 20 minutes

Chocolate Dipped Banana Bites



Ingredients:

3 bananas

1.5 cup semi sweet chocolate chips

1. Put chocolate in a heat safe bowl and place on a pot of slightly simmering water, creating a double boiler. Turn the heat off. Stir chocolate until melted and completely smooth, and slightly cool to the touch.
2. Peel the bananas and cut into ½ inch thick diagonal slices.
3. Place a banana slice on the end of a fork. Using a spoon, drizzle chocolate over the banana, letting the excess drip off.
4. Place on your temp-tations® Lid-it™ and refrigerate until chocolate is set.

Dessert

1.5 Quart Bowl Lid-it™

Yield: 4 Servings

Prep Time: 5 minutes

Cook Time: 20 minutes

Delightfully Baked Apples



Ingredients:

- 2 Granny Smith apples
- 2 tablespoons unsalted butter
- 2 tablespoons brown sugar
- 2 tablespoons flour
- ¼ cup old fashioned oats
- Pinch of cinnamon

Preheat oven to 350 degrees

1. Cut apples in half from top to bottom. Remove core and seeds with a small paring knife. Place apples cut side up on Lid-it™.
2. In a small bowl, combine the butter, brown sugar, flour and oats. Mix thoroughly.
3. Spoon an equal amount on top of each apple. Sprinkle with cinnamon.
4. Bake for 20 minutes or until the apples are slightly soft but not mushy.

Dessert

2.5 Quart Baker Lid-it™

Yield: 12 Servings

Prep Time: 15 minutes

Cook Time: 12 – 15 minutes

Lightened Up Buttermilk Biscuits



Ingredients:

2 cups flour

½ teaspoon salt

2 teaspoons baking powder

¼ teaspoon baking soda

4 tablespoons unsalted butter

3 tablespoons honey

1 cup reduced-fat buttermilk

Preheat oven to 350°

1. In a large bowl whisk together the flour, salt, baking powder and baking soda.
2. Cut butter into small pieces and mix into dry ingredients using a pastry blender or 2 forks.
3. Add honey and buttermilk. Stir just until moist.
4. Turn dough out onto a lightly floured surface. The dough will be slightly sticky. Knead dough 3 or 4 times with floured hands. Fold the dough in on itself and roll out to ¼ inch thick.
5. Cut with a 1.5 to 2 inch lightly floured biscuit cutter. Place on Lid-it™ and bake for 12 – 15 minutes or until golden brown.

Dessert

2.5 Quart Baker

Yield: 10 Servings

Prep Time: 15 minutes

Cook Time: 30 minutes

Peachy Apple Cherry Crumble



Filling

- 4 Large Granny Smith apples
- 2 (10 ounce) packages frozen peaches, thawed
- 1 (10 ounce) package frozen dark sweet cherries, thawed
- 1/3 cup water
- 1 teaspoon cinnamon
- 3 tablespoons sugar
- 1/2 cup flour

Topping

- 2 tablespoons flour
- 1/2 cup margarine
- 1.5 cup General Mills Fiber One cereal
- 1/2 cup Rolled old fashioned oats
- 1/4 cup Brown sugar, firmly packed
- 1/2 teaspoon ground ginger

Preheat oven to 350°

1. **For the filling:** Peel and core apples. Cut into 1 inch pieces. Set aside.
2. Drain the peaches and cherries. Set aside.
3. Combine the apples, water and cinnamon in a pot. Bring to a simmer, cover with a lid and simmer for 8 minutes. Remove from heat and drain.
4. Stir in peaches and cherries. Toss with flour. Place mixture in your 2.5 quart Temp-tations baker.
5. **For the topping:** Combine the flour, margarine, cereal, oats, brown sugar and ginger in a bowl. Using your fingers, rub in the margarine until well combined and large crumbles form.
6. Spread evenly over the fruit and bake for 30-40 minutes until golden and bubbling.

Dessert

1 Quart Bowl and Lid-it™

Yield: 10 Servings

Prep Time: 5 minutes

Peanut Butter Yogurt Dip



Ingredients:

- ¼ cup natural peanut butter
- 3 cups plain non-fat Greek yogurt
- ¼ cup honey
- 4 teaspoons vanilla extract
- 1 teaspoon cinnamon
- 5 Granny smith apples

1. In your 1 quart temp-tations® bowl melt the peanut butter in the microwave for 20 seconds.
2. Stir in yogurt, honey, vanilla and cinnamon until smooth.
3. Core and cut apples into wedges. Arrange on Lid-it™ and serve.