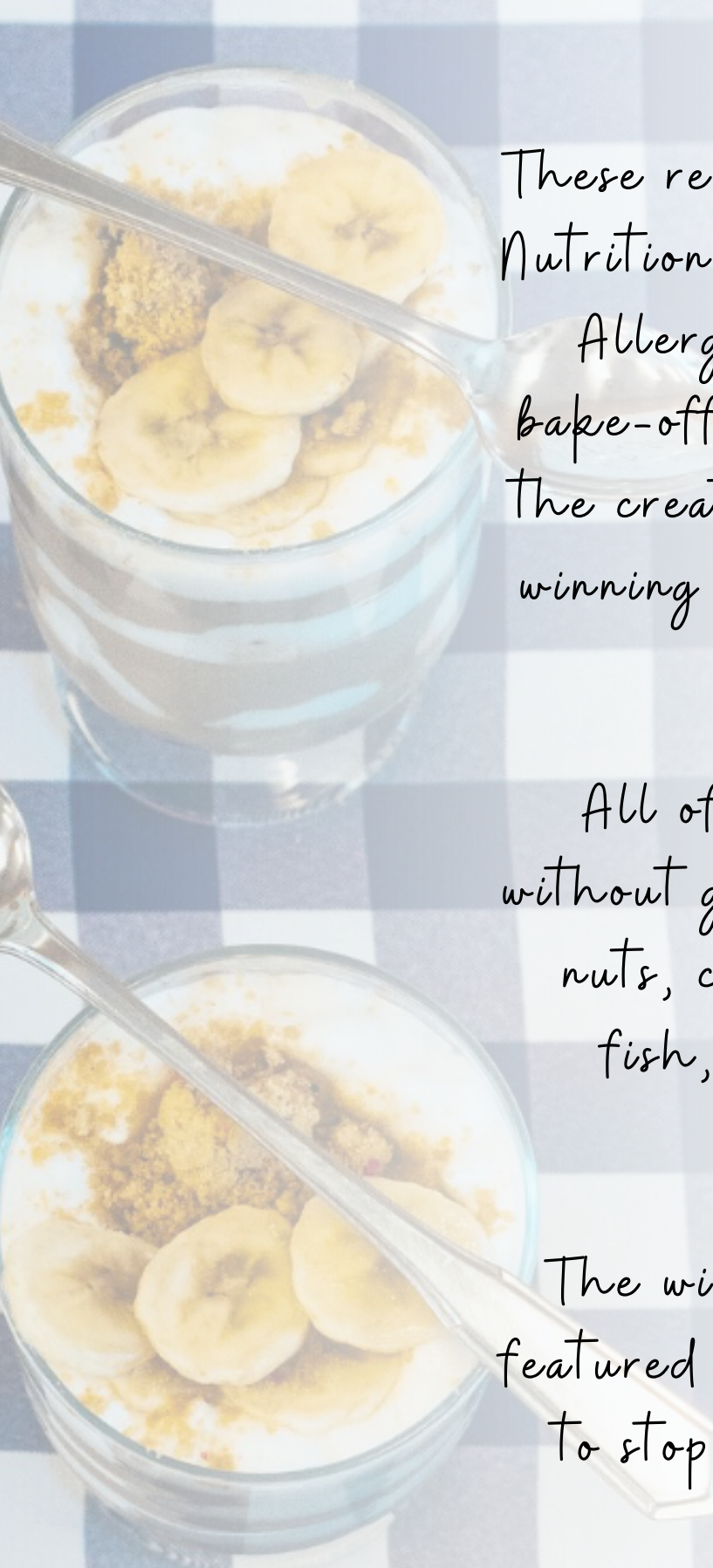


— *ALLERGY-FRIENDLY* —

DESSERT COOKBOOK





These recipes were created by TCU Nutrition students during Ms. Mae's Allergy-Free Bake-Off. This bake-off was inspired by Ms. Mae, the creator of the national-award-winning Magnolias Zero 7 desserts.

All of these recipes are made without gluten, dairy, peanuts, tree nuts, coconut, egg, wheat, soy, fish, shellfish, and sesame.

The winners of the bake-off are featured at Magnolias, so make sure to stop by and check them out!



Italian Lemon Cake

Yield: 1 cake

INGREDIENTS

- 3 Tbsp vegan butter, softened
- 5 Tbsp granulated sugar
- 1/4 cup applesauce, with 1/2 tsp baking powder mixed in
- 6 Tbsp gluten-free all-purpose flour
- 1 tsp baking powder
- 1 ripe banana, mashed
- 1/3 medium apple, peeled & grated
- Zest of lemon
- Honey, to drizzle
- Pinch of salt
- Powdered sugar, to dust

INSTRUCTIONS

1. Preheat oven to 350°F. Grease 6" cake pan.
2. In a large bowl, whisk the butter and sugar together until creamy.
3. Whisk in applesauce until combined and creamy.
4. Gently fold in the flour, baking powder, and salt.
5. Add in the banana, lemon zest, and grated apple. Gently fold in until there are no clumps.
6. Pour the batter into the pan and smooth the top with a spatula.
7. Bake the cake for approximately 25-30 minutes, until the cake is slightly golden on top and the sides pull away from the pan.
8. Let the cake cool in the pan for 15 minutes and flip out onto a wire rack.
9. Drizzle the top with honey and dust with powdered sugar.
Optional: Add additional lemon zest and caramelized lemon slices.

Pumpkin Spice Muffins

Yield: 12 Muffins

INGREDIENTS

- 1 ½ cup pumpkin puree
- ¾ cup granulated sugar
- 1/3 cup maple syrup
- 2/3 cup unsweetened applesauce
- 1 tsp vanilla extract
- 1 ¾ cups gluten-free flour
- 1/2 tsp salt
- 1 tsp baking soda
- 1/2 cup Enjoy Life white chocolate chips
- 1/2 cup avocado oil
- 2 tsp cinnamon
- 1/4 tsp cloves
- 1/2 tsp nutmeg

INSTRUCTIONS

1. Preheat the oven to 350°F.
2. Add flour, sugars, baking soda, salt, and spices to a large mixing bowl.
3. Whisk until combined.
4. Add eggs, pumpkin puree, oil, and vanilla extract.
5. Mix just until combined.
6. Spoon batter into the muffin liners until 2/3 full.
7. Bake for 24-28 minutes or until a toothpick comes out clean.

Pumpkin Chocolate Chip Cake

Yield: 1 Cake

INGREDIENTS

- 1 ½ cups gluten-free flour
- 1/2 cup maple syrup
- 1 cup pumpkin puree
- 1 tsp baking soda
- 1/2 tsp salt
- 1/2 tsp cinnamon
- 1/3 cup canola oil
- 1 tsp vanilla extract
- 1 tsp apple cider vinegar
- 1/2 cup water
- 1 cup Enjoy Life chocolate chips
- 1/2 cup dried cranberries

INSTRUCTIONS

1. Preheat oven to 350°F. Line a 9×9 glass pan with parchment paper.
2. Mix together the dry ingredients with a fork.
3. Add the oil, vanilla, vinegar, pumpkin puree, and water. Mix together by hand, don't overmix.
4. Stir in vegan chocolate chips.
5. Pour batter into a 9×9 square dish and bake at 350 degrees for 32 minutes, or until a toothpick inserted in the middle of the cake comes out clean.
6. Allow the cake to cool for about an hour before slicing.

Berry Oatmeal Bars

Yield: 12 Bars

INGREDIENTS

- 2 cups gluten-free oats
- 1 tsp baking powder
- 1 tsp cinnamon
- 1/2 tsp salt
- 1/2 cup gluten-free oat milk
- 1/4 cup mashed banana
- 1/4 cup honey
- 2 Tbsp ground flaxseed
- 2 tsp sunflower oil
- 1 tsp vanilla extract
- 1 cup fresh strawberries
- 1/2 cup blackberries

INSTRUCTIONS

1. Preheat oven to 375°F.
2. In a large mixing bowl, combine all of the ingredients except for the berries.
3. Stir until combined, then gently fold in the strawberries.
4. Line an 8" x 8" square baking pan with parchment. Pour the batter in and spread evenly.
5. Top with the blackberries.
6. Bake for 30-35 minutes or until the bars are cooked through and hold their shape.
7. Remove from the oven and let cool for about 15 minutes.
8. Cut into bars and enjoy!

Raspberry Chocolate Cupcake w/ Avocado Icing

Yield: 12 Cupcakes

INGREDIENTS

Raspberry Chocolate Cupcake:

3/4 cup water
1/4 cup applesauce
1/4 cup avocado oil
2 tsp pure vanilla extract
1 tsp apple cider vinegar
1/2 cup raspberry jam
1 cup gluten-free flour
1/4 cup unsweetened cocoa powder
1/2 tsp + 1/8 tsp salt
1/2 tsp baking soda

Avocado Icing:

2 medium avocados
1/2 cup Earth Balance butter
1/2 cup powdered sugar
2 tsp fresh lime juice
6 oz raspberries

INSTRUCTIONS

Avocado Icing:

1. Using an electric mixer, blend both avocados until smooth.
2. Mix in the butter, powdered sugar, and lime juice.

Raspberry Chocolate Cupcakes:

1. Preheat the oven to 350°F.
2. Line a cupcake pan with liners or grease pan.
3. In a large bowl, whisk together the first six ingredients. Allow to sit 10 min.
4. Sift all remaining ingredients in a separate bowl.
5. Pour the wet ingredients into the dry ingredients and stir until evenly mixed.
6. Fill the liners up two-thirds of the way. Bake for 20 minutes.
7. Place cupcakes into the freezer for ~8-10 minutes to cool.
8. Use a knife to spread avocado icing on top of the cupcake.
9. Garnish each cupcake with one fresh raspberry. Serve and enjoy!

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