



COOKBOOK

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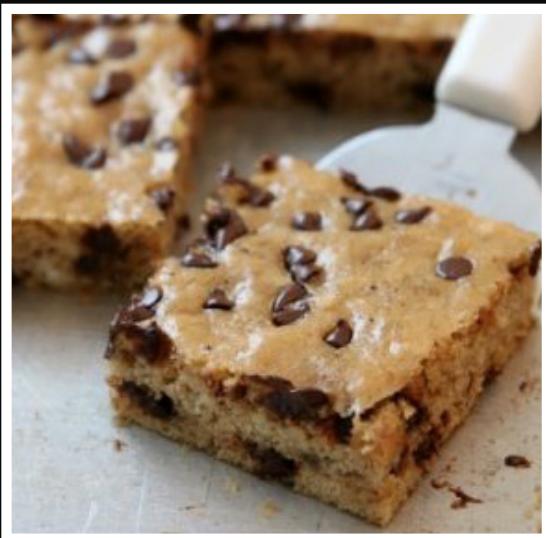
BREAKFAST

BANANA CHOCOLATE CHIP BARS

BY ABBY PETERSON

Ingredients

- 2 cups flour
- 2 tsp. baking powder
- 1/2 tsp. salt, 2/3 cup shortening
- 2/3 cup white sugar
- 2/3 cup light brown sugar
- 1 tsp. vanilla
- 1 egg
- 1 cup mashed bananas (about 2 bananas)
- 1 cup chocolate chips



Directions

1. Mix ingredients in order given.
2. Spread batter in a greased and floured 10"x15" pan (sheet pan).
3. Bake at 350 for 25 minutes until golden brown.
4. Cool for 15 minutes. Cut into bars.

Additional Notes

Ready in about 1 hour (start to finish).

BLUEBERRY MUFFINS

BY HALEY SLAGEL

Ingredients

- 1 1/2 cups all-purpose flour
- 3/4 cup granulated sugar
- 1/2 tsp salt
- 2 tsp baking powder
- 1/3 cup vegetable oil
- 1 large egg
- 1/2 cup milk
- 1 1/2 tsp vanilla extract
- 1 cup frozen blueberries

Directions

1. Preheat oven to 400 degrees F
2. In a large bowl, whisk flour, sugar, salt, and baking powder.
3. Use a measuring cup that holds at least 1 cup and add vegetable oil and milk, then add egg. Add vanilla and whisk to combine.
4. Add milk mixture to dry ingredients and whisk to incorporate. Do not over mix.
5. Add blueberries and mix with a spatula.
6. Divide batter between muffin cups filling about 1/2 full.
7. Bake for 15-20 minutes.



CHOCOLATE CHIP BANANA BREAD

BY MAKAYLA HORN

Ingredients

- 1 cup sugar
- 1/3 cup butter, softened
- 2 eggs
- 1 1/2 cups mashed ripe bananas
(3-4 bananas)
- 1/3 cup water
- 1 2/3 cups all-purpose flour
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 1/4 teaspoon baking powder
- 1/2 cup chocolate chip



Directions

1. Heat oven to 350 degrees.
2. Mix sugar and butter in large mixing bowl.
3. Stir in eggs until blended.
4. Add mashed bananas and water.
5. Beat for 30 seconds.
6. Stir in remaining ingredients except chocolate chips.
7. Once fully mixed, stir in the chocolate chips.
8. In a 9-inch loaf pan, bake for 55 to 60 minutes, or until wooden toothpick inserted in center comes out clean.
9. Cool 5 minutes and then remove from the pan.
10. Enjoy!

Additional Notes

You can substitute chopped nuts for the chocolate chips.

GRANDMA BRUNNER'S DATE NUT BREAD

BY REBECCA MILLER

Ingredients

- 1 cup Dates
- 2 cup boiling water
- 2 teaspoons baking soda
- 2 teaspoons vanilla
- 1/2 teaspoon salt
- 1/2 cup shortening
- 2 eggs
- 2 cups sugar
- 4 cups flour
- 1 cup chopped pecans or walnuts



Directions

- 1.) Place dates and baking soda in a small bowl and pour the boiling water over the top. Then place it to the side to slightly cool
- 2.) In an electric mixer cream shortening, eggs, and sugar together. Then add in vanilla, salt, flour, and chopped nuts
- 3.) Once combined add in date mixture
- 4.) Pour mixture into greased and floured bread pans
- 5.) Bake at 350 Fahrenheit for 50-60minutes

Additional Notes

Super easy and does not require yeast.

SHEET PAN SAUSAGE & EGG BREAKFAST BAKE

BY MORGAN DUNHAM

Ingredients

- 4 uncooked breakfast sausages (6 oz total)
- 4 slices of bacon
- 8 oz small cremini mushrooms, halved or quartered if large
- 16 Campari or cocktail tomatoes, halved
- 2 cloves garlic, finely chopped
- 1 tbsp olive oil
- Kosher salt and pepper
- 4 large eggs
- 1/2 cup flat-leaf parsley, chopped
- Toast for later



Directions

1. Heat oven to 400 degrees F. On large rimmed baking sheet, roast sausages and bacon for 15 min.
2. In large bowl, toss mushrooms, tomatoes, and garlic with oil and a pinch each of salt and pepper. add to baking sheet and roast for 10 min.
3. Make wells among vegetables and crack 1 egg into each space; return to oven and roast until meat is cooked through and egg white are opaque throughout, 8 to 10 min more
4. Sprinkle with parsley and serve with toast if desired.

Additional Notes

Serves 4 people.

FRUITY WAKE-UP SMOOTHIE

BY MORGAN DUNHAM

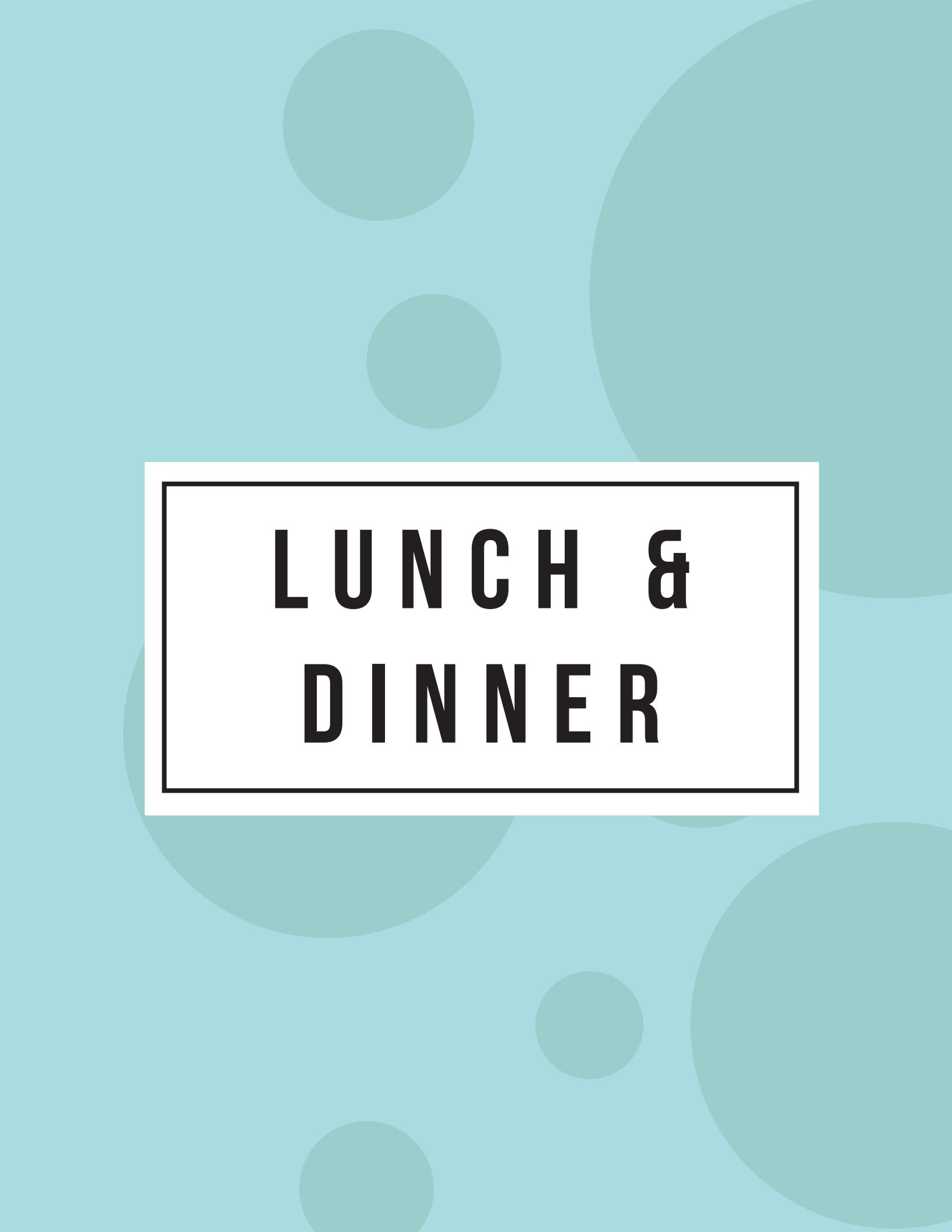
Ingredients

- 1 large ripe banana, peeled and sliced
- 1 cup of washed strawberries, stems and hulls removed
- 1/2 cup of raspberries or peeled and sliced kiwis (about two)
- 1 cup of plain yogurt
- 1/4 cup of orange juice
- 2 tablespoons of honey

Directions

1. place all ingredients in blender at high speed until smooth (30-45 seconds).





A graphic design featuring a white rectangular box centered on a light teal background. The background is decorated with several overlapping circles of varying sizes and shades of teal. Inside the white box, the words "LUNCH & DINNER" are printed in a bold, black, sans-serif font, with a thin black border around the text area.

**LUNCH &
DINNER**

BAKED COCONUT SHRIMP

BY ABBY PETERSON

Ingredients

- 1/2 cup flaked unsweetened coconut
- 6 tbs. panko bread crumbs
- 3 tbs. flour, 2 egg whites
- 1 pound of shrimp peeled
- Salt and pepper
- 1 tsp. curry power
- Crushed red pepper flakes
- 1 tbs. honey
- 2 tsp rice vinegar
- 1 orange (zest and juices)



Directions

1. Combine coconut, panko, and flour in a bowl or baking dish. Beat egg whites in a medium bowl until slightly frothy. Pat shrimp dry and sprinkle with salt and pepper. Toss shrimp in egg whites, let drain, then coat in coconut mixture. Place shrimp on greased baking sheet in a single layer.
2. Lightly spray shrimp with nonstick spray. Bake at 450 until shrimp are golden and cooked through. About 8-10 minutes.
3. For sauce: Combine last 5 ingredients in a small saucépan and bring to a simmer until heated through, about 2 minutes.

Additional Notes

Stir fried vegetables make a great side!

CAULIFLOWER “CHICKEN” WINGS

BY ABBEY MCCOMB

Ingredients

- 1 head of cauliflower approx. 4 cups of florets
- 1/2 cup water
- 1/2 cup milk (for vegan: use water or almond or soy milk)
- 1 cup all-purpose flour (can sub gluten-free rice flour)
- 2 tsp garlic powder
- 1 tsp cumin
- 1 tsp of paprika
- 1/4 tsp salt
- 1/4 tsp ground pepper
- 1 cup preferred sauce
- 1 tbsp butter (for vegan: use earth balance buttery spread)

Directions

1. Line baking sheet(s) with parchment paper or grease very well with oil. Preheat your oven to 400-425 F depending on your oven.
2. Wash and cut cauliflower head into bite-sized pieces/florets.
3. Mix the milk/water/flour and spices in a medium mixing bowl (set aside the hot sauce and butter for later). Mix until the batter is thick and is able to coat the cauliflower without dripping.
4. Dip the cauliflower in the batter. You can do this one by one or in batches. Shake off excess batter before placing cauliflower on the baking sheet. Lay the cauliflower single layer on the baking sheet.
5. Bake for 20 minutes until golden brown, flipping the florets over halfway through to get all sides golden brown and crispy.
6. While the cauliflower is baking, get your wing sauce ready. In a small saucepan low heat, melt butter and mix in sauce. Remove from the heat just as it starts to melt. Stir together and set aside.
7. Once the cauliflower is done, remove them from the oven and put all the baked florets into a mixing bowl with the wing sauce and toss to coat evenly. Return cauliflower to the baking sheet and bake in the oven for another 10-15 minutes or until reached desired crispness. Serve with ranch, blue cheese, or your favorite dipping sauce.



CHEESY BACON WRAPPED HOT DOGS

BY TY JONES

Ingredients

- 8 hotdogs of your choice
- 16 strips of bacon
- Either 8 string cheese sticks, or 8 cheese sticks of your choice
 - 24 toothpicks (3 per hotdog to secure bacon)
 - Salt and Pepper



Directions

- Step 1: Place foil onto cookie sheet and spray with nonstick cooking spray
- Step 2: Cut hotdogs lengthwise, but not all of the way through
- Step 3: Place cheese stick inside of hotdog
- Step 4: Wrap 2 pieces of bacon around hotdog, securing with toothpicks to hold it in place.
- Step 5: Preheat Oven to 425 Degrees
- Step 6: Sprinkle salt and pepper on top of bacon wrapped hotdogs
- Step 7: Place wrapped hotdogs

CROCKPOT ITALIAN CHICKEN

BY TY JONES

Ingredients

- 4 boneless skinless chicken breasts or thighs or 5 boneless skinless chicken tenderloins
- 1 (10.5 ounce) can of Cream of Chicken Soup
- 1 packet of Zesty Italian Dressing mix
- 1 (8 ounce) package of cream cheese
- 0.5 cup chicken broth



Directions

1. Place the chicken in a crockpot and pour the cream of chicken soup on top. Sprinkle dry Italian dressing mix on top. Top with cream cheese and pour in chicken broth.
2. Cook on low in the crockpot for at least 4-6 hours. Once chicken is done you can remove it from the crockpot and shred it with two forks or with a mixer. Stir the sauce in the crockpot until the cream cheese is fully combined and then stir in the chicken. If you feel the sauce is too thick you can thin it to your preferred consistency with a little more chicken broth or milk. Serve over pasta or rice.

GUACAMOLE TURKEY BURGERS

BY TAYLOR GUTT

Ingredients

Brioche Buns:

- 1/2 cup whole milk
- 1 tablespoon water
- 1 teaspoon active dry yeast
- 1 tablespoon softened butter
- 1 large egg, beaten
- 1 cup all-purpose flour
- 1/2 cup whole wheat flour
- 3/4 teaspoon salt
- 1 tablespoon sugar

Bun Topping:

- 1 large egg yolk, beaten
- 3 tablespoons sesame seeds (optional)

Guacamole:

- 3 avocados, halved, seeded and peeled
- 1 lime, juiced
- 1/2 teaspoon kosher salt
- 1/2 teaspoon ground cumin
- 1/2 teaspoon cayenne
- 1/2 medium onion, diced
- 1/2 jalapeno pepper, seeded and minced
- 2 Roma tomatoes, seeded and diced
- 2 tablespoon chopped cilantro
- 1 clove garlic, minced

Ground Turkey Burgers:

- 3 pounds ground turkey
- 1/4 cup seasoned bread crumbs
- 1/4 cup finely diced onion
- 2 large egg whites egg whites, lightly beaten
- 1/4 cup chopped fresh parsley
- 1 clove garlic, peeled and minced
- 1 teaspoon salt
- 1/4 teaspoon ground black pepper



GUACAMOLE TURKEY BURGERS

BY TAYLOR GUTT

Directions

Brioche Bun Instructions:

- 1) In a small saucepan, scald the milk.
- 2) Remove the milk from the heat, and then add the water. Stir, and let sit until it registers about 105-degrees F.
- 3) Once the milk-water mixture is the right temperature, stir in the yeast and a pinch of the sugar. Let the yeast mixture bloom, about 5 minutes (It should be foamy on the surface).
- 4) To the milk and yeast mixture, stir in the butter and egg.
- 5) In a stand mixer fitted with the dough hook, add the liquid ingredients, and beat briefly to combine.
- 6) In a small bowl, whisk together both flours with the salt and tablespoon of sugar. While the mixer is running, add the dry ingredients in two batches.
- 7) Crank the mixer to medium-high, and knead for 8-10 minutes. The dough will be sticky. You may also knead by hand on a lightly floured surface (chef's choice).
- 8) Place the dough in a well-oiled bowl, turning it to coat with oil. Cover loosely with plastic wrap, and then let rise in a warm place for about 2 hours, or until doubled.
- 9) Punch the dough down very well, and gather it into a ball.
- 10) Divide the dough into 6-8 balls of equal size/weight.
- 11) Roll each dough piece into a ball, and then use your fingers to pinch the edges under until the seam is on the bottom. Then, do your best to roll the dough into a perfect ball on the counter. Repeat with the other pieces of dough.
- 12) Place the dough balls on a baking sheet, and cover loosely with plastic wrap. Place in a warm place to rise for 1 hour. They will be puffy when ready.
- 13) Preheat the oven to 375.
- 14) Prepare the topping: whisk the egg yolk with a splash of water. Brush generously on each bun, covering the entire surface, and then sprinkle with sesame seeds, if desired.
- 15) Bake for 16-19 minutes until deeply golden brown.

Instructions for Guacamole:

- 1) In a large bowl, scoop and mash avocado. Add lime juice and blend thoroughly.
- 2) Using a potato masher, add the salt, cumin, and cayenne and mash further.
- 3) Fold in the onions, tomatoes, cilantro, and garlic.
- 4) Add more lime juice if desired. Let sit at room temperature for 1 hour or until turkey burgers are done.

Instructions for Ground Turkey Burgers:

- 1) In a large bowl, combine ground turkey, seasoned bread crumbs, onion, egg whites, parsley, garlic, salt, and pepper. Form into 6-8 patties.
- 2) Cook the patties in a medium skillet over medium heat, turning once, to an internal temperature of 180 degrees F. You can also cook these over a grill (strongly preferred).

Assembly:

- 1) Toast buns in toaster oven, if desired. Then, slice the buns in half.
- 2) Place additional toppings on bottom of bun (i.e. ketchup, red onion, lettuce or spinach).
- 3) Place warm burger on each bun. Top burgers with 2-3 spoonfuls of guacamole.
- 4) Serve and enjoy!

HAM AND SALAMI WITH A KICK

BY KELLY QUIRKE

Ingredients

- 3 pieces of thinly sliced ham
- 3 pieces of salami, one or two pieces of pepper jack cheese
- Chipotle mayo



Directions

1. Lightly toast 2 pieces of bread.
2. Add slices of ham and salami to bread.
3. Add slices of pepper jack cheese.
4. Add chipotle mayo to your liking.

Additional Notes

This recipe is great if you want a little spice in a sandwich that is not overwhelming

MEXICAN BEAN SALAD

BY TAYLOR GUTT

Ingredients

- 1 (15 ounce) can black beans, rinsed and drained
- 1 (15 ounce) can kidney beans, drained
- 1 (15 ounce) can cannellini beans, drained and rinsed
- 1 green bell pepper, chopped
- 1 red bell pepper, chopped
- 1 (10 ounce) package frozen corn kernels
- 1 red onion, chopped
- $\frac{1}{2}$ cup olive oil
- $\frac{1}{2}$ cup red wine vinegar
- 2 tablespoons fresh lime juice
- 1 tablespoon lemon juice
- 2 tablespoons white sugar
- 1 tablespoon salt
- 1 clove crushed garlic
- $\frac{1}{4}$ cup chopped fresh cilantro
- $\frac{1}{2}$ tablespoon ground cumin
- $\frac{1}{2}$ tablespoon ground black pepper
- 1 dash hot pepper sauce
- $\frac{1}{2}$ teaspoon chili powder

Directions

- 1) In a large bowl, combine beans, bell peppers, frozen corn, and red onion.
- 2) In a small bowl, whisk together olive oil, red wine vinegar, lime juice, lemon juice, sugar, salt, garlic, cilantro, cumin, and black pepper. Season to taste with hot sauce and chili powder.
- 3) Pour olive oil dressing over vegetables; mix well. Chill at least 3 hours or overnight, and serve cold.

Additional Notes

I typically add generous amounts of seasonings (especially cumin).



ONE POT MEXICAN PASTA

BY REBECCA MILLER

Ingredients

- 1 Jar Salsa
- 1 Pound Ground Beef
- 1 Box of Penne Pasta
- 3/4 Jar Water
- Colby Jack Cheese to your liking



Directions

- 1.) Brown the ground beef in a large pan that is fairly deep
- 2.) Once the beef is ground add in the jar of salsa and the box of penne
- 3.) Take the empty jar of salsa and fill it 3/4 of the way up and add the water to the pot then stir to incorporate all of the ingredients together (you may need more or less water because the water should almost cover all of the pasta)
- 4.) Put a lid on top of the pan and let sit on medium heat for 15 to 20 minutes or until pasta is al dente and almost all the water is almost gone stirring occasionally.
- 5.) Once the pasta is al dente add in the cheese. Stir until it is incorporated throughout the mixture.
- 6.) Enjoy!

OVEN-BAKED ZUCCHINI FRIES

BY HALEY SLAGEL

Ingredients

- 2 zucchini, each cut into 8 spears
- 1 tbsp nutritional yeast
- 1/2 tsp garlic powder
- 1/2 tsp basil
- 1/4 tsp salt
- 1/4 tsp pepper
- 2 tbsp olive oil

Directions

1. Preheat oven to 425 F
2. Line baking sheet with parchment paper and arrange zucchini on sheet.
3. In a bowl, mix together nutritional yeast, garlic powder, basil, salt, pepper, and olive oil. Brush spears with mixture.
4. Bake for 15 minutes.



RAVIOLI WITH SNAP PEAS & MUSHROOMS

BY AUDREY STOEWER

Ingredients

- Cheese ravioli - 1 package
- Fresh sugar snap peas - 1 pound
- Butter - 1 tablespoon
- Sliced mushrooms - 1/2 pound
- Shallots, finely chopped - 3
- Garlic cloves, minced - 2
- Fat free evaporated milk - 2 cups
- Grated lemon zest - 1 teaspoon
- Lemon pepper seasoning - 1 teaspoon
- White pepper - a pinch
- Shredded Parmesan cheese - 1/4 cup

Directions

1. Cook ravioli in large saucepan and add snap peas during the last 3 minutes of cooking.
2. In large skillet, heat butter.
3. Add mushrooms, shallots, and garlic. Stir until mushrooms are tender.
4. Stir in milk, lemon zest, lemon pepper, and white pepper and bring to boil.
5. Reduce heat, simmer until sauce slightly thickened.
6. Add ravioli and snap peas to sauce.
7. Sprinkle with cheese.

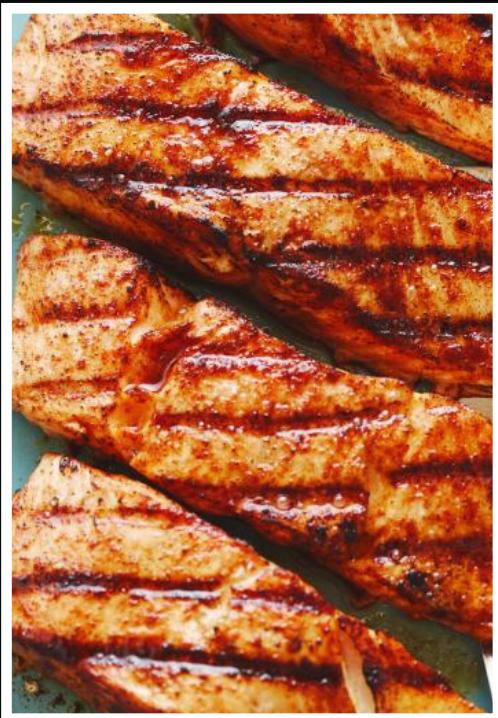


SWEET & SPICY SALMON

BY JACELYN JACKSON

Ingredients

- 2 salmon filets
- Dry rub (consists of 2 tablespoons brown sugar
- 1 tablespoon chili powder
- 2 teaspoons oregano)
- 1 tablespoon of butter or olive oil



Directions

1. Combine all spices of the dry rub in a small bowl. Generously season all sides of your fresh, or defrosted, salmon filets with the dry rub.
2. Melt down your butter in a pan on medium-high heat. If you are substituting olive oil for the butter, heat until the oil is shimmering - this means that the oil is hot enough that when you move the pan, the oil will run around the pan fluidly and quickly like water.
3. Place the salmon filets flesh side down and cook for 4-5 minutes. Then, flip the salmon and cook the other side for the same amount of time.
4. Plate the salmon and serve immediately with your favorite vegetable side dishes!

Additional Notes

I like to take any remains of this dry rub with a little butter and honey on medium heat in a small pot to create a glaze that I incorporate over sliced carrots.

STUFFED CHICKEN BREASTS

BY HALEY SLAGEL

Ingredients

- 4 chicken breasts
- 1 15 oz. container ricotta cheese
- 1 10 oz. package frozen chopped spinach, thawed and drained
- 1 clove garlic, minced
- 2 large eggs, beaten
- 1 8 oz. package shredded mozzarella cheese, divided
- 1 16 oz. jar spaghetti sauce
- salt and pepper to taste



Directions

1. Preheat oven to 350 degrees F
2. Season chicken breasts with salt and pepper. Slit open on the side for stuffing.
3. In a medium bowl, combine ricotta, spinach, garlic, eggs, and 3/4 of mozzarella cheese. Mix well and stuff each breast with 1/4 of the mixture. Secure with toothpicks and place stuffed breasts in a lightly greased baking dish. Pour sauce over chicken and sprinkle with remaining cheese.
4. Bake for 45 to 60 minutes, or until chicken is cooked through.

ULTIMATE MAC & CHEESE

BY ABBY PETERSON

Ingredients

- 1 full stick butter
- 6 tbs. flour
- 5 cups whole milk
- 6 cups or 1 lb. grated extra sharp cheddar cheese
- 1/2 cup grated parmesan
- 1 lb. elbow macaroni

For Topping:

- 1/2 stick butter
- 2 cups panko bread crumbs
- 1 1/2 cup grated extra sharp cheddar cheese
- 1/2 cup grated parmesan

Directions

1. Melt 1/2 stick of butter. Stir with panko and cheese for topping in a bowl till well combined.
2. Melt butter in saucepan over medium-low heat and stir in flour. Cook roux, stirring for 3 minutes, then whisk in milk. Bring sauce to boil, whisking constantly, then simmer, whisking occasionally for 3 minutes. Stir in cheese, 2 tsp. salt, 1/2 tsp pepper until smooth.
3. Cook macaroni till al dente. Reserve 1 cup of cooking water. Stir together macaroni, reserved water and sauce. Transfer to buttered baking dish. Top with topping.
4. Bake at 400 till golden, 20 - 25 minutes.



WHITE CHICKEN CHILI

BY ABBY PETERSON

Ingredients

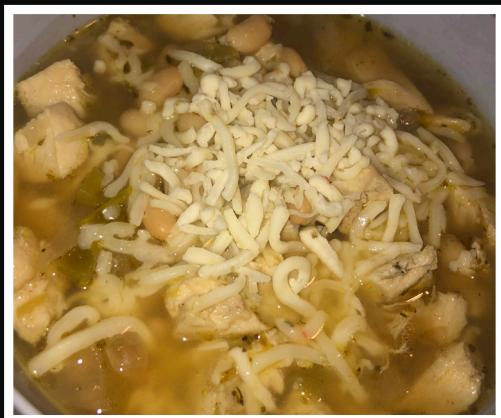
- 2 tbs. olive oil
- 2 onions (chopped)
- 4 cloves of garlic (minced)
- 4 cooked chicken breasts (chopped or shredded)
- 44 oz of chicken broth
- 8 oz canned green chiles peppers (chopped)
- 2 tsp. cumin
- 2 tsp. oregano
- 1 1/2 tsp. cayenne pepper
- 5 cans of northern beans
- 1 cup of shredded pepper jack cheese

Directions

1. Heat oil in large pot over medium heat. Add onions and garlic and saute for 10 minutes or until onions are tender. Add chicken, chicken broth, green chile peppers, cumin, oregano, and cayenne. Bring to a boil.
2. Reduce heat to low and add beans. Simmer for 20 to 30 minutes or until heated through. Top individual bowls with cheese.

Additional Notes

Serves 8. Great recipe for a cold or rainy day.





DESSERT

COOKIE-STUFFED BROWNIES

BY MORGAN DUNHAM

Ingredients

- 1 cup (2 sticks) unsalted butter, cut into pieces
- 1 1/2 cups brown sugar
- 1/2 cup granulated sugar
- 1/2 tsp kosher salt
- 1/2 cup bittersweet chocolate chips
- 3 large eggs
- 2 tsp pure vanilla extract
- 1 1/2 cups unsweetened cocoa powder
- 3/4 cup all-purpose flour
- 18 oreos roughly chopped



Directions

1. Heat oven to 350 degrees F. Lightly coat 9-by-9 inch pan with nonstick cooking spray.

2. In large bowl, combine butter, sugars and salt and microwave on high in 30 second increments, stirring between each, until butter is melted. whisk until mixture is combined and glossy, then stir in chocolate chips whisking to melt. let cool, whisking occasionally for 5 min.

3. whisk in eggs 1 at a time, then vanilla. Stir in cocoa and then flour, just until combined. fold in half of cookies and transfer batter to prepared pan. scatter remaining cookies on top.

4. bake until brownies are set and wooden pick inserted 2 inches from the center comes out with a few moist crumbs attached. generally about 35 to 45 minutes.

Additional Notes

Makes 16 brownies.

PEANUT BUTTER PIE

BY AMY SPIRRISON

Ingredients

- 8 oz cream cheese, softened
- 1 cup powdered sugar
- 3/4 cup creamy peanut butter
- 12 oz Cool Whip
- Graham cracker or Oreo pie crust

Optional:

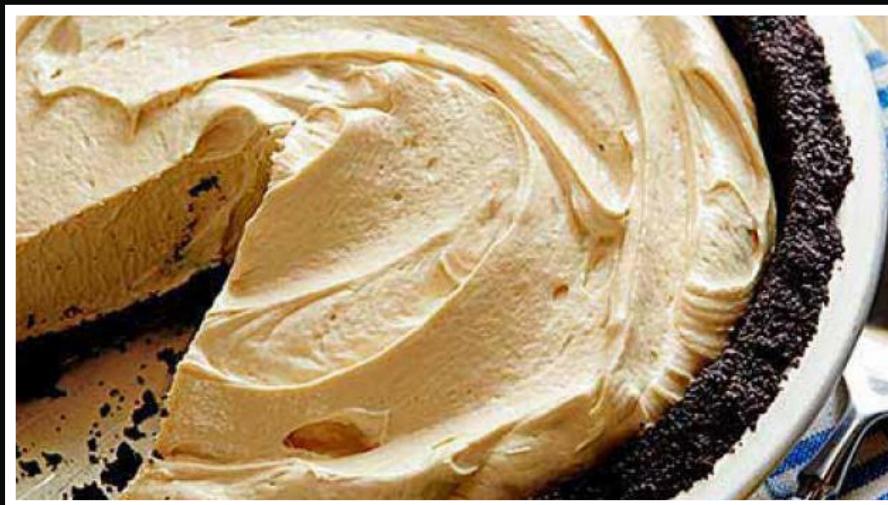
- Crushed Butterfinger candy bar or
- Crushed Reese's Peanut Butter

Cups

- Drizzle with chocolate syrup

Directions

1. In medium bowl, mix the cream cheese, powdered sugar and peanut butter together until smooth. Add in the Cool Whip until smooth. Pour the mixture into the prepared pie crust.
2. Freeze for 3 hours or chill in the refrigerator at least 4 hours.
3. Add crushed candy and drizzle with chocolate syrup, if desired.
4. Can be served frozen or chilled.



MADE BY BRADLEY, FOR BRADLEY

This cookbook is made up of submissions from Bradley University students and staff for the community to use for free. All cooks and participants are recognized in this cookbook and thanked for sharing their incredible recipes!



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