



Ingredients

- 1 3/4 cups all-purpose flour
- 1 teaspoon baking soda
- 2 teaspoons ground cinnamon
- 1/2 teaspoon ground nutmeg
- 1/4 teaspoon ground ginger
- 1/4 teaspoon ground cloves
- 1/2 teaspoon salt
- 1 cup pumpkin puree
- 2 large eggs
- 1 cup sugar
- 1/2 cup vegetable oil or melted butter
- 1/4 cup milk
- 1 teaspoon vanilla extract
- 1/2 cup walnuts or chocolate chips (optional)

Monday FAMILIES FIRST

PUMPKIN BREAD

PREP TIME
10 MIN

COOK TIME
70 MIN

SERVINGS
8-15 SLICES

Instructions

1. Preheat the oven to 350°F (175°C) and grease a 9x5-inch loaf pan.
2. Mix dry ingredients: In a large bowl, combine flour, baking soda, spices, and salt.
3. Mix wet ingredients: In another bowl, whisk together pumpkin puree, eggs, sugar, oil, milk, and vanilla.
4. Combine the wet and dry ingredients, stirring just until blended. Optionally, fold in walnuts or chocolate chips.
5. Pour batter into the loaf pan and smooth the top.
6. Bake for 60-70 minutes, until a toothpick inserted in the center comes out clean.
7. Cool in the pan for 10 minutes, then transfer to a wire rack to cool completely.

Notes:

- Storage: Store the pumpkin bread in an airtight container at room temperature for up to 3 days or refrigerate for up to a week.



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CHOCOLATE FUDGY BROWNIES

PREP TIME
15 MIN

COOK TIME
35 MIN

SERVINGS
24 BROWNIES

Instructions

Ingredients

- 1 cup (2 sticks) butter, melted
- 1½ cups granulated white sugar
- 1½ cups brown sugar
- 1 tablespoon vanilla extract
- 4 large eggs
- 1½ cups all purpose flour
- 1 cup unsweetened cocoa powder
- 1 teaspoon salt
- ½ teaspoon baking soda
- ½ cup miniature semisweet chocolate chips

1. Preheat the oven to 350 degrees F. Spray a 9x13-inch pan with nonstick spray.
2. In a large bowl, use an electric mixer to combine the butter, sugars and vanilla. Beat in the eggs, one at a time, mixing well after each addition.
3. In a separate bowl, whisk together the flour, cocoa powder, salt and baking soda. Add the dry ingredients to the wet ingredients and mix until incorporated. Stir in the chocolate chips.
4. Spread the batter into the prepared baking pan.
5. Bake 35 to 40 minutes. Remove and cool the brownies in the pan on a wire rack. Let them cool completely before cutting.



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Ingredients

- 1/2 cup (1 stick) plus 2 Tbsp. unsalted butter
- 2 1/2 cups (300 g.) all-purpose flour
- 2 tsp. pumpkin pie spice
- 1 tsp. kosher salt
- 1/2 tsp. baking powder
- 1/2 tsp. baking soda
- 1 large egg yolk
- 1 cup (215 g.) packed dark brown sugar
- 2/3 cup pumpkin puree
- 1/2 cup (100 g.) granulated sugar
- 1 (4-oz.) bittersweet chocolate bar
- 3 (1.5-oz.) Hershey's milk chocolate bars, divided
- 5 graham cracker sheets, divided
- 7 large marshmallows, halved
- 28 mini marshmallows



PUMPKIN S'MORE COOLIES

PREP TIME
10 MIN

COOK TIME
10-12MIN

SERVINGS
24 COOKIES

Instructions

1. In a medium saucepan over medium heat, melt butter. Transfer to a large bowl and let cool slightly.
2. Meanwhile, in a medium bowl, whisk flour, pumpkin pie spice, salt, baking powder, and baking soda.
3. To bowl with butter, add egg yolk, brown sugar, pumpkin puree, and granulated sugar, then whisk until combined. Add dry ingredients and stir until just combined.
4. Coarsely chop bittersweet chocolate, 2 milk chocolate bars, and 3 graham cracker sheets. Add to bowl and stir with a spatula to combine. Refrigerate until chilled, about 20 minutes. (This will make the dough less sticky and easier to scoop.)
5. Scoop out 14 (1/4-c.) balls (about 72 g. each) and arrange on 2 parchment-lined baking sheets, spacing 2" apart. Freeze until firm, 30 to 40 minutes.
6. Meanwhile, place a rack in center of oven; preheat to 375°. Coarsely chop remaining 1 milk chocolate bar and 2 graham cracker sheets.
7. Bake 1 sheet of cookies for 9 minutes. Remove from oven and top each cookie with a large marshmallow half, 2 mini marshmallows, and a few pieces of milk chocolate and graham crackers, gently pressing with your fingers to adhere. Continue to bake until puffed and golden brown around the edges and marshmallows are lightly browned, 4 to 5 minutes. (Any marshmallows that have slid off can be nudged back on with a spoon.)
8. Let cool on baking sheet 5 minutes, then transfer to a wire rack and let cool completely. Repeat with remaining sheet of cookies.



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Ingredients

- 36 Vanilla Wafers (about $\frac{1}{2}$ of a 15 oz. box)
- 6 Eggs, Beaten
- 1 Cup Granulated Sugar
- 2 Teaspoons Vanilla Extract
- 4 - 8 oz Packages Full-Fat Cream Cheese
- 1 - 20 oz Can Cherry Pie Filling
- 1 - 21 oz Can Blueberry Pie Filling

Thursday

**FAMILIES
FIRST**

MINI CHEESECAKES

PREP TIME
30 MIN

COOK TIME
30 MIN

SERVINGS
36 PIECES

Instructions

1. Preheat your oven to 350° F.
2. Line 36 muffin tins with white cupcake liners. Add one vanilla wafer to each cup.
3. Add the eggs to the bowl of your standing mixer and beat them up.
4. Add the sugar, vanilla and cream cheese to the bowl and continue mixing until the batter comes together.
5. Batter will remain a bit lumpy and that's OK.
6. Using a $\frac{1}{3}$ cup dry measuring cup, scoop batter into each cup, filling them about $\frac{2}{3}$ rds full.
7. Bake for about 30 minutes until batter is set.
8. Cool completely in the pan. Mini Cheesecakes will be puffy at first and then they will settle down and look wrinkled.
9. Using a teaspoon, top off half of the Mini Cheesecakes with the Cherry filling, the other half with the Blueberry filling.
10. Store covered in the fridge until ready to serve.
11. ENJOY!



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Ingredients

- 1 cup very smooth creamy natural peanut butter , or cashew butter
- $\frac{3}{4}$ cup honey
- 1 teaspoon vanilla extract
- Heaping $\frac{1}{2}$ teaspoon sea salt
- $2\frac{1}{2}$ cups whole rolled oats
- $\frac{1}{2}$ cup mini chocolate chips
- 3 tablespoons pepitas, or crushed peanuts or cashews

friday

**FAMILIES
FIRST**

GRANOLA BARS

PREP TIME
5 MIN

COOK TIME
1 HOUR

SERVINGS
8 PIECES

Instructions

1. Line an 8x8 baking pan with parchment paper.
2. In a large bowl, stir together the peanut butter, honey, vanilla, and salt, until smooth.
3. Add the oats, chocolate chips and the pepitas (or nuts). The mixture might seem dry at first, but keep stirring and it'll come together. Stir to combine and press firmly into the pan. Use a second piece of parchment paper and the back of a measuring cup to help flatten the mixture. Chill for at least 1 hour, then slice into bars.
4. Store bars in the fridge.