

A faint, large watermark-like image of a person's face and hands holding a whisk is visible in the background of the red cover.

Recipes

DelightMeMonthly

Fall Favorites

Flavors

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Honey, Anise, Almond Biscotti

DelightMeMonthly,

prep time cook time
20 minutes 48 minutes

serves
20-25 pieces

Ingredients you need

DRY INGREDIENTS

1.5 cup of all purpose flour
1/2 cup of whole wheat flour
1 tsp baking powder
1/2 tsp baking powder
1 dash of salt

1.5 cups sliced almonds, lightly toasted
Coconut flakes [optional]
1/2 package of (any) chocolate morsels
[Recommended, Optional]

WET INGREDIENTS

1/2 cup vegetable oil
1/2 cup honey
2 eggs
Zest of 1 orange
(alternately 1 large lemon)
2 tsp aniseed, crushed or
1 tsp anise extract
1 tsp vanilla extract
1/2 tbsp butter

Instructions

- 1 In a medium skillet, melt butter on medium heat, then turn to medium low. Add almond slices or slivers and stir to coat in butter. Add the coconut if desired. Lightly toast for about 5-8 minutes, stirring occasionally. Do not burn.
- 2 While the almonds toast: In a medium bowl whisk flour, powders, and salt. Set aside.
- 3 In a KitchenAid mixer bowl, add eggs, oil, honey, orange zest, and extracts/aniseed. Beat at a high speed until smooth. Turn the mixer on low and gradually pour the dry mixture into the wet ingredients. Then add the almonds and combine.
- 4 Cover and refrigerate until chilled, about 2.5 to 3 hours in the back of your fridge. While that chills, line 2 baking sheets (without edges is easier) with parchment paper, no oil or flour necessary.
- 5 Take $\frac{1}{2}$ cup of flour and pour out onto a clean and dry counter. Take $\frac{1}{4}$ cup out and set next to flour (for your hands). Scrape out the dough onto a scale (flour a plate or large spatula and place on the scale before adding dough), weigh the whole dough then divide into 3 equal parts. Take one at a time on the floured surface, flour your hands and mold into a flat loaf shape, about 8x2.5x3/4inches. If you want really long biscotti, make the loaf wider, up to 3 inches. For shorter loaves, narrower, at 2 inches. Re-flour the surface and repeat with the next loaf.
- 6 Place two of the loaves on one sheet and 1 on the other. Leave room around them to expand.
- 7 Place the two loaves sheet on the bottom rack and the one loaf sheet on the top. Bake for 10 minutes. Rotate the loaves and switch the top and bottom racks. Bake for another 10 minutes.
- 8 Remove the loaves from the oven, preheat the oven to 325F (can alternatively leave at 350).
- 9 Remove the loaves and parchment paper from the baking sheets, set sheets aside. Allow to cool for 5-10 minutes.
- 10 Take a serrated knife (bread knife) in one hand and a hot pad in the other hand, hold on to the hot loaf with the pad. Cut diagonally starting in one corner $\frac{1}{2}$ inch slices.
- 11 Place each piece on the baking sheet, cut side down, with or without parchment. Bake for 7 to 8 minutes. Rotate the sheets' shelves and flip each piece over. Bake for another 7 minutes or until each side is lightly browned.
- 12 Remove and let cool. [Optional] Melt white, milk, dark chocolate or butterscotch morsels in a double broiler (or in a glass bowl over a pot of boiling water). Once melted, coat the tops (up to a half) of the biscotti with the chocolate. Chill until hardened. Stores for 3 weeks.

Dark Chocolate Cranberry Almond Biscotti

DelightMeMonthly

prep time

20 min

cook time

48 min

serves

20-25 pieces

Ingredients you need

1 cup all purpose flour

½ cup wheat flour

¾ cup sugar

½ cup unsweetened cocoa powder

2 tsps baking soda

Dash of salt

3 eggs

2 tsps vanilla extract or flavoring

½ stick butter, melted

1 cup dried cranberries (alternatively chopped apricots or raisins)

1 cup sliced almonds

Instructions

- 1 In the KitchenAid mixer bowl, sift flour, powder, salt, sugar, soda. In a medium bowl, whisk eggs and vanilla. Add egg mixture to the dry ingredients and beat until combined, then add the melted butter and combine.
- 2 Relocate your oven racks to have them in the top and bottom thirds of the oven. For me that was the second from the top and third from the bottom, but stand away from the open oven and judge. Preheat the oven to 350F.
- 3 Take $\frac{1}{2}$ cup of flour and pour out onto a clean and dry counter. Take $\frac{1}{4}$ cup out and set next to flour (for your hands). Scrape out the dough onto a scale (flour a plate or large spatula and place on the scale before adding dough), weigh the whole dough then divide into 3 equal parts. Take one at a time on the floured surface, flour your hands and mold into a flat loaf shape, about 8x2.5x3/4inches. If you want really long biscotti, make the loaf wider, up to 3 inches. For shorter loaves, narrower, at 2 inches. Re-flour the surface and repeat with the next loaf.
- 4 Place two of the loaves on one sheet and 1 on the other. Leave room around them to expand.
- 5 Place the two loaves sheet on the bottom rack and the one loaf sheet on the top. Bake for 12 minutes. Rotate the loaves and switch the top and bottom racks. Bake for another 12 minutes.
- 6 Remove the loaves from the oven, preheat the oven to 325F.
- 7 Remove the loaves and parchment paper from the baking sheets, set sheets aside. Allow to cool for 5-10 minutes.
- 8 Take a serrated knife (bread knife) in one hand and a hot pad in the other hand, hold on to the hot loaf with the pad. Cut diagonally starting in one corner $\frac{1}{2}$ inch slices.
- 9 Place each piece on the baking sheet, cut side down, with or without parchment. Bake for 12 minutes. Rotate the sheets' shelves and flip each piece over. Bake for another 12 minutes or until each side is lightly browned.
- 10 While that bakes the second time, prepare the chocolate. Set a large pot with ~3 cups of water to boil, then reduce to medium high temp. Place a glass heat-proof bowl on top and add the chocolate morsels. Still with a silicone spatula or similar until morsels are melted. Dip the biscotti however you like or use the spatula to paint chocolate on. Allow to chill until firm. Keep up to 2 weeks in an airtight container.

Almond Pumpkin Spice Biscotti

DelightMeMonthly

prep time

20 min

cook time

48 min

serves

20-25 pieces

Ingredients you need

DRY INGREDIENTS

2 cups all purpose flour, divided

1 cup wheat flour

1 tsp baking powder

2 tsp ground cinnamon

¼ tsp nutmeg

¼ tsp ground cloves

Dash of salt

½ cup toasted sliced almonds

WET INGREDIENTS

⅓ cup brown sugar

½ cup white sugar

1 Tbsp golden maple syrup or molasses

2 eggs

⅔ cup pumpkin puree

2 Tbsp of melted butter

1 tsp vanilla extract or flavoring

½ bag of butterscotch morsels or caramel sauce

Instructions

- 1 Combine the dry ingredients in a bowl, using a total of 2.5 cups of flour. The remaining flour is for molding the loaves.
Combine the wet ingredients in another bowl, withholding the almonds.
- 2 Slowly add the wet ingredients to the dry ingredients, mixing by hand or with a stand mixer. If the dough is not slightly wet and sticky, add more pumpkin puree and butter. Then add the almonds and mix.
- 3 Relocate your oven racks to have them in the top and bottom thirds of the oven. For me that was the second from the top and third from the bottom, but stand away from the open oven and judge. Preheat the oven to 350F. Prepare 2 baking sheets with a strip of parchment paper.
- 4 Flour a surface and set aside extra flour for your hands. Scrape the dough onto the flour and divide in half. Form two roughly 10x3x1/2 inch flat logs. Put each log on a baking sheet.
- 5 Bake one on each rack for 12 minutes. Then rotate and switch which is on each rack and bake for another 12 minutes.
- 6 Remove them from the oven and baking sheets and allow them to cool for 5-10 minutes. Take a serrated knife (bread knife) in one hand and a hot pad in the other hand, hold on to the hot loaf with the pad.
Cut diagonally starting in one corner $\frac{1}{2}$ inch slices.
- 7 Place each piece on the baking sheet, cut side down, with or without parchment. Bake for 12 minutes. Rotate the sheets' shelves and flip each piece over. Bake for another 10 minutes or until each side is lightly browned.
- 8 While that bakes the second time, prepare the butterscotch or caramel. Set a large pot with ~3 cups of water to boil, then reduce to medium high temp. Place a glass heat-proof bowl on top and add the chocolate morsels. Still with a silicone spatula or similar until morsels are melted. Dip the biscotti however you like or use the spatula to paint on chocolate.
Decorate with any chopped nuts if desired. Allow to chill until firm.
Keep up to 2 weeks in an airtight container.

Warm Spiced Apple Cider

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prep time	cook time	serves
10 min	2 to 4 hours	10 cups

Ingredients you need

- 8 cups of apple cider or juice
- 2 cups of water
- 1 whole orange, sliced
- 2 Tbsp brown sugar
- 2 whole cinnamon sticks
- 2 tsp ground cloves
- ½ tsp allspice
- ½ tsp nutmeg
- ½ tsp cardamom [optional]
- 1 turmeric tea bag [optional]

Instructions

- ¹ **[Quick version]** Pour the cider or juice into a crockpot and turn it on high.
Add tea bag and hang the string over the edge, if adding tea.

- [Slow version]** Pour the cider into a crockpot and turn it on low for 4 hours total.
- ² Add the remaining ingredients and stir well.
- ³ Cover and let cook for 1 hour, turn to low and cook until ready to serve.
- ⁴ Strain using a mesh strainer and distribute. Place an orange slice in each mug/glass.

Pumpkin Magic Cookies (3-ingredient vegan)

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prep time	cook time	serves
10 min	20 min	2 dozen muffins, or 36 cookies

Ingredients you need

- 1 box spice cake mix
- 1 15oz can of pumpkin puree
- 1 whole bag of dark chocolate chips

Instructions

- 1 Combine the cake mix and pumpkin in a bowl, then add the chocolate chips and mix together. Preheat oven to 350F.
- 2 Grease 3 to 4 baking sheets with oil. Form batter into 1 ½ in cookies on prepared sheets, leaving a small gap between each cookie. OR prepare as muffins. Bake for 20 minutes. Allow to cool for 5 minutes, then enjoy.
Do not store in an airtight container, but keep for up to 4 weeks.

Zucchini Bites

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prep time	cook time	serves
20 min	16-18 min	10

Ingredients you need

2 medium zucchini (about 1 cup after grated and dried)
1 egg
½ cup breadcrumbs
¼ cup powdered or grated parmesan
2+ cloves garlic
4 stalks of green onion
1-2 Tbsp grated shallot
4 leaves of fresh basil (about 2 tsp)

1 Tbsp parsley [Optional]
1 tsp oregano [Optional]
Dash of salt and pepper [Optional]

Instructions

- 1 Coat a medium baking sheet in oil and set aside.
- 2 Chop off one end of each zucchini, keep the end with the stem as a handle. Grate the zucchini over a tea towel using a box grater. Wring out the liquid from the zucchini until as dry as possible. Then take several paper towels and continue to dry it. Let sit for 5 minutes and pat the liquid away again.
- 3 Meanwhile, grate or finely dice the garlic and shallot. Chop the green onion and basil.
- 4 Preheat oven to 400F.
- 5 Add the egg to the bowl first, then the zucchini and mix to cover the zucchini. Then add the breadcrumbs and remaining ingredients and mix to thoroughly combine.
- 6 Use a 1 inch ice cream scoop or a tablespoon to shape the zucchini mixture into bites and place on the baking sheet. They should not spread or become any bigger. If excess moisture remains, dab bites carefully with a paper towel.
- 7 Bake for 16-18 minutes, until firm.
- 8 Serve with ketchup or marinara.

Fall Puppy Chow

DelightMeMonthly

prep time cook time serves

20 min 10 min 25

Ingredients you need

15 oz. semi-sweet chocolate chips

2 Tbsp. butter

8 cups of plain, peanut butter, or honey Chex

1.5-2 cups powdered sugar

3-4 cups small pretzel rods

1 bag pumpkin pie M&Ms

1 cup dried cranberries

[optional]

1 cup nuts [optional]

Instructions

- 1 Melt chocolate chips in a double broiler (or a glass bowl atop a pot of almost boiling water) with butter. Pour half of the mixture over half the Chex cereal. Fold chocolate into Chex to coat evenly. Repeat with remaining chocolate and Chex until all is combined. Allow to cool for 3-5 minutes.
- 2 In a large bowl or on a baking sheet, sift powdered sugar over the Chex to coat. Allow to cool, about 10 minutes. Break apart pieces that stick together as you go.
- 3 While that cools, break pretzels in $\frac{1}{2}$ or thirds.
- 4 Combine remaining ingredients, then add the Chex. Fills a gallon sized bag about $\frac{3}{4}$ full.