



# Madison Bistro Treats

*Delicious Treats for Everyone!*



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**[mymadisonbistro.com](http://mymadisonbistro.com)**



# Madison Bistro Treats

Most of us love our sweet treats, even if we indulge a bit more often than we should. The following recipes will satisfy everyone's sweet tooth, including a few options for those who need to avoid sugar, gluten, eggs, and/or dairy products.

From a casual but decadent cookie to a dinner party worthy chocolate mousse, from summer fruit desserts to holiday truffles, there's a dessert for every person and every occasion.

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*\*previously published original recipes from [mymadisonbistro.com](http://mymadisonbistro.com)*

A note on the gluten-free recipes: the recipes call for vanilla extract – be sure to use an extract that has been denoted as gluten-free, as not all are.



## Summer Fruit Crumble

**Individual fruit crumbles and crisps take advantage of the current bounty of seasonal fruit. I like a crumble topping for more the more delicate fruits of summer, whereas hardy fruits like apples and pears can stand up to a crisp.**



## Summer Fruit Crumble:

### *Ingredients*

2 peaches, sliced  
4 oz raspberries  
4 oz blueberries  
2-4 T sugar  
1 T flour  
dash salt  
2 tsp orange zest  
2 T freshly squeezed orange juice  
4 T flour  
4 T sugar  
4 T unsalted butter, slightly softened

### *Instructions*

Preheat oven to 375°F. In medium bowl, combine peach slices (no need to peel the peaches), raspberries, blueberries, sugar, flour, salt, orange zest, and orange juice. The amount of sugar you use will depend on how sweet the fruit is. Sample a piece/small slice of each and adjust sugar accordingly. Set aside.

Add the flour, sugar, and butter to a small bowl. With your fingers, pinch the mixture together to form crumbles.

Divide the fruit mixture among 4 ramekins and top with the crumble mixture. Bake for 20-25 minutes, or until the crumble starts to brown and the fruit bubbles up along the edges.



## Strawberry Rhubarb Compote

**This delicious sauce represents the transition from spring to summer: the marriage of a spring vegetable with an early summer fruit. While it's great served over vanilla ice cream, it's absolute magic when served with plain yogurt in the morning.**



## **Strawberry Rhubarb Compote:**

### ***Ingredients***

**4 stalks rhubarb, chopped**  
**1 quart strawberries, cut into quarters**  
**½ - 1 c sugar (depending on sweetness of berries)**  
**Juice of ½ lemon**  
**1 tsp pure vanilla extract**

### ***Instructions***

**Place rhubarb, strawberries, sugar, and lemon juice in medium sized sauce pan. Cook over medium until bubbly, then reduce heat to low and cook for about 15-20 minutes.**

**Remove from heat and add vanilla, stirring to combine. Cool and store in refrigerator.**

**Serve over ice cream or plain yogurt.**



## Peach Tarts



**These little tarts are perfect with an afternoon cup of tea after a trying day, or for breakfast when you have company but no time to prepare something elaborate.**



## **Peach Tarts:**

### ***Ingredients***

**2 peaches (ripe but still firm)  
½ package puff pastry, defrosted  
½ c apricot preserves or jelly  
4 tsp water  
1 tsp freshly grated ginger  
¼ tsp dried coriander  
pinch of salt  
powdered sugar**

### ***Instructions***

**Preheat oven to 425°F.**

**Slice peaches in half and remove pits. Slice each half into thin slices (about eight per half) and set aside.**

**In a small saucepan, combine the preserves with 4 tsp of water over medium-low heat. Add ginger and, coriander, and salt, stir or whisk until well combined. Keep warm.**

**Sprinkle flour on board and rolling pin. Slightly roll out puff pastry to seal the seams. You only want to extend each side about half an inch from the original size. With a sharp knife, cut into nine squares. Dock each square of pastry with a fork, keeping about a quarter inch (or 1.5 cm) border clear of docking marks.**

**Place each square of pastry on a parchment lined baking sheet. Place three overlapping peach slices on each tart. Using a pastry brush, brush the peaches with the apricot mixture. Reserve the apricot mixture.**

**Bake for 20 minutes. Brush peaches with more apricot glaze. Cool to room temperature and dust with powdered sugar.**





## Cherry Cheesecake Galette

**A galette is a fancy-sounding name for a free-form tart (you may have also heard of them called “crostatas,” which is the Italian name). Galettes are very rustic, so you don’t have to worry about crimping edges or weaving a lattice; simply fold the dough up over the edge of the filling. This galette is both classy and rustic, with a few surprises thrown in.**



## Cherry Cheesecake Galette:

### *Ingredients*

1 stick unsalted butter  
 1 c all-purpose flour  
 ¼ c whole wheat pastry flour  
 ½ tsp salt  
 2 T sugar  
 ¼ c ice water  
 ½ tsp white wine vinegar  
  
 8 oz cream cheese (room temperature)  
 ½ c sugar  
  
 1 lb Bing cherries  
 2-4 T sugar  
 2 tsp flour  
 1 tsp orange zest  
 1 T freshly squeezed orange juice  
 1 ½ tsp cinnamon  
 pinch of grated nutmeg  
 pinch of salt

### *Instructions*

Cut butter into eight pieces, then cut each piece into fourths (you'll have little squares of butter). Separate squares and place in a small dish. Put the butter in the freezer for one hour. Mix flours, salt, and sugar in a small bowl, place in the freezer for one hour. Place several ice cubes in a liquid measuring cup and fill with water. Place cup in the refrigerator.

Remove ice cubes from liquid measuring cup and measure out ¼ c of water. Add the vinegar to the water. Dump flour mixture into the bowl of a food processor and give it a quick pulse to blend all dry ingredients. Add butter and pulse three or four times. You should still see clumps of butter in the dough. (When in doubt, undermix – it's the bits of butter that will yield a very flaky dough.) With the processor running on low speed, add all of the water to the mixture. (This mixture will not come together into a ball; instead, it will resemble the texture of grated parmesan cheese.) The dough should not be dry, but it also shouldn't be too wet – just a little sticky. On a board or clean counter, dump out the contents of the processor bowl. Gently form the dough into a disk and wrap with plastic wrap. Refrigerate for an hour or up to one day.

**Cut the cherries in half and remove pits with a paring knife. In a medium-sized bowl, combine the cherries, two tablespoons of sugar, the flour, orange zest, orange juice, cinnamon, nutmeg, and salt. Stir to combine and taste cherries for sweetness; if desired, add additional sugar. Set aside.**

**Preheat oven to 450°F.**

**With a stand mixer fitted with a paddle attachment (or in a medium-sized bowl using a spatula), beat the cream cheese and sugar until well-blended. Set aside.**

**Lightly flour board and rolling pin. Remove dough from the fridge and flour both sides of it. With a rolling pin, roll out the pastry dough to a thickness of about ¼ inch. Roll dough around rolling pin and transfer to a baking sheet. Spread cream cheese mixture on dough, leaving a one to one and a half inch border. Spread cherry mixture on cream cheese mixture and fold edge of dough up over the cherries, moving in a circle around the tart. Pinch any crimps together with your fingers. If desired, brush the top of the dough with milk to aid in browning.**

**Bake for 25-30 minutes on middle rack, or until pastry is golden brown. Check tart at 20 minutes, in case your oven runs hot.**



## Poached Pears



**These jewel-toned pears are classy and elegant, yet simple to make. Spices reminiscent of holidays and cool weather make this the perfect finish to a heavier autumn or winter meal.**



## Poached Pears:

### *Ingredients*

4 ripe but firm pears, peeled  
1 750 ml bottle red wine  
1 ½ c sugar  
1 clove  
1 cinnamon stick  
1 orange, cut in half  
¼ tsp ginger  
pinch of freshly grated nutmeg

### *Instructions*

Combine wine and sugar and bring to a boil over medium high heat. Add cinnamon stick, clove, orange, ginger, and nutmeg.

Cut base of pear so the pear will stand up straight. Add pear halves and reduce heat to medium. Simmer 30 minutes or until pears are tender.

Turn up heat to medium high and reduce wine until about a cup remains. Refrigerate until ready to use. Serve pears in a pool of wine sauce with a scoop of vanilla ice cream, if desired.



## Dulce de Leche Chocolate Chip Cookies

**I promised a recipe that would incorporate the easy dulce de leche posted on My Madison Bistro. Even better, I've combined it with a small batch chocolate chip cookie recipe, so you can satisfy those cravings anytime you like!**



## Dulce de Leche Chocolate Chip Cookies:

### *Ingredients*

**1 stick very soft unsalted butter (1/4 lb)**  
**1/2 c light brown sugar, packed**  
**1/4 c granulated sugar**  
**1 egg yolk**  
**1 tsp pure vanilla extract**  
**1 c all-purpose flour**  
**1/2 tsp baking soda**  
**1/2 tsp salt**  
**1 c chocolate chips**  
**1/4 c dulce de leche\***

### *Instructions*

**Preheat oven to 375°F. Slightly grease a large baking sheet with the butter left on the wrapper, or line a baking sheet with parchment.**

**In a medium bowl, cream together butter and sugars until fluffy. Add the egg yolk, stir to incorporate. Add the vanilla and stir until combined.**

**In a small bowl, sift together the flour, soda, and salt. Add to the sugar mixture and stir until a few streaks of flour remain. Add the chocolate chips and fold until well mixed.**

**Divide the dough into 12 balls. Flatten each ball considerably and spoon a small dollop of dulce de leche in the middle. Wrap the dough around the caramel and seal the edges up. (Be prepared to have very messy hands during this process – it's worth it!) Repeat with remaining dough balls.**

**Bake for 9-13 minutes and cool slightly on the pan. Eat warm or at room temperature.**

**\*To make dulce de leche, place a can of sweetened condensed milk in a saucepan or stockpot with high sides. Completely cover the can with water and boil for 3 1/2 hours, being sure to keep the can covered. Turn off the heat; when the water is room temperature, remove the can, open, and enjoy!**



## Grandma's Molasses Cut-Out Cookies



**These cookies are a holiday staple in my family, though I always wish to have them more often. They are so good that my aunt had to hide them in the trunk of her car, keeping them out of her family's reach. That didn't stop my cousin, who went outside in his pj's, braving a snow-covered driveway and subzero temperatures, just to get his late-night cookie fix.**



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## **Grandma's Molasses Roll-Out Cookies:**

### ***Ingredients***

**1 c lard or non-hydrogenated shortening**

**1 c granulated sugar**

**1 c molasses**

**3 eggs (room temperature)**

**4 ½ c all-purpose flour**

**1 tsp baking powder**

**2 tsp baking soda**

**1 tsp nutmeg**

**1 tsp ginger**

**1 tsp salt**

### ***Instructions***

**Combine lard, sugar, and molasses in medium saucepan and bring to a boil. Stir until well-combined. Remove from heat and cool.**

**Sift dry ingredients into medium bowl, set aside.**

**Pour the molasses mixture into a large mixing bowl. Add eggs one at a time, beating on low speed with paddle attachment (can also use a wooden spoon or hand mixer).**

**On low speed, slowly add flour mixture until incorporated. Be careful not to overmix.**

**Refrigerate overnight.**

**Preheat oven to 350°F.**

**Sprinkle board and rolling pin with flour. Spoon a ball of dough (about the size of your hand) onto the board. Press gently, then roll until about ¼ inch thickness. Cut into shapes with desired cookie cutters and place on parchment lined baking sheet. If desired, sprinkle with sugar. Bake 8-12 minutes or until crisp.**

**For frosted cookies, use melted white chocolate or royal icing and decorate with colored sugars, chocolate chips, etc. as desired.**



## Lemon Tea Cookies



**Light and delicate, these tiny cookies are perfect with an afternoon cup of tea. Just one or two will leave you feeling satisfied and relaxed until dinnertime.**



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## Lemon Tea Cookies:

### *Ingredients*

**3/4 c unsalted butter  
2 tsp lemon zest  
1 T freshly squeezed lemon juice  
1 3/4 c cake flour  
1/3 c powdered sugar**

**3/4 c powdered sugar, sifted  
1/4 c butter  
1 tsp lemon zest  
1 tsp freshly squeezed lemon juice**

### *Instructions*

**In mixing bowl with paddle attachment, mix the butter, lemon zest, and juice until creamy.**

**Combine sugar and cake flour in a small bowl. With mixer on lowest speed, slowly add flour mixture to butter.**

**Divide the dough in half, shaping each into 8x1 inch logs. Wrap in plastic wrap and refrigerate for two hours.**

**Preheat oven to 350°F.**

**Cut each log into 1/4 inch rounds. Bake on parchment lined baking sheet for 12 minutes. Cool completely and frost.**

### *Icing Instructions:*

**Cream butter and lemon zest on low setting with paddle attachment until blended. Slowly add powdered sugar until combined. Add lemon juice and beat until well mixed.**

***Store cookies in refrigerator. For best texture and taste, remove 30 minutes prior to serving.***



## Pinwheel Cookies



**These cookies are a delicious mix of chocolate and vanilla, and a family favorite during the holidays, when rolled out cookies abound.**



## Pinwheel Cookies:

### *Ingredients*

**1 stick unsalted butter (room temperature)**  
**½ c granulated sugar**  
**1 ½ tsp vanilla extract**  
**1 large egg (room temperature)**  
**1 ¼ c all-purpose flour**  
**½ tsp baking powder**  
**½ tsp salt**  
**1 oz unsweetened chocolate, melted and cooled**  
**1 T unsweetened cocoa powder**  
**1T milk**  
**additional milk for brushing**

### *Instructions*

**Cream butter and sugar on medium speed with paddle attachment until light and fluffy, about 5 minutes. Add vanilla and egg, mix until combined.**

**In a small bowl, sift flour, baking powder, and salt. On low speed, slowly add flour mixture to butter mixture.**

**Remove half of the dough from the mixer and place in a small bowl. Cover and refrigerate for three hours.**

**Add melted chocolate, cocoa powder, and milk to remaining dough. Mix until blended. Place dough in small bowl, cover and refrigerate for three hours.**

**Preheat oven to 350°F.**

**Flour a board and rolling pin. Roll each ball of dough into same size rectangles 1/8 inch thick. Brush the top of the white dough with milk and place the chocolate layer on top. Brush the chocolate layer with milk, and roll the dough up, jellyroll style. Slice with a sharp knife into thin cookies. Bake on parchment lined baking sheet for 8-12 minutes.**

***Variation: Instead of adding chocolate to one of the halves, add food coloring and a flavored extract. For example, tinting one half of the dough red and adding ½ tsp peppermint extract will yield peppermint pinwheels. In the spring, tint half the dough a light blue, pink, or green for a fresh look. For Halloween, keep the chocolate portion of the dough, but add orange food coloring to the vanilla portion.***



## Peppermint White Chocolate Truffles



**With their fresh flavor and richness, these truffles are a must in my holiday gift baskets, but they're just as delicious all year long.**



## Peppermint White Chocolate Truffles:

### *Ingredients*

8 oz white chocolate, chopped  
2 T heavy cream  
1 T corn syrup  
1 tsp peppermint extract  
1 T unsalted butter  
3 candy canes or 20 peppermint candies

### *Instructions*

Heat cream and corn syrup in a heat proof bowl over simmering water. Add chocolate, a little at a time, whisking to combine.

Remove from heat. Add the peppermint extract and the butter, stir slowly until combined. Let the ganache sit until it reaches room temperature, then cover with plastic wrap and refrigerate for two hours. Don't skip the step of bringing the ganache to room temperature, or the butter may separate out.

Use a food processor to crush the candy canes. Place crushed candy into a small bowl.

Line a baking sheet with parchment. Using a melon baller or spoon, scoop small balls of ganache and roll in your hands to slightly warm the truffle. Dip in the crushed candy mixture and place on the baking sheet.

Store in the refrigerator. Remove 30-60 minutes before serving.



## Chocolate Mousse

*with Orange-Vanilla Whipped Cream*



**This is a slight variation of my mom's decadent chocolate mousse. It's everything you want from chocolate mousse: rich, indulgent, yet light in texture.**



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## Chocolate Mousse with Orange-Vanilla Whipped Cream:

### *Ingredients*

4 oz unsweetened chocolate, melted and cooled  
 5 eggs, separated (at room temperature)  
      $\frac{3}{4}$  c sugar  
      $\frac{1}{4}$  tsp cream of tartar  
      $\frac{1}{8}$  tsp salt  
      $\frac{1}{4}$  c sugar  
      $\frac{1}{2}$  tsp espresso powder  
      $\frac{1}{3}$  c heavy cream  
 2 tsp freshly squeezed lemon juice  
     2 T Grand Marnier  
     1 T vanilla extract  
 1  $\frac{1}{3}$  c whipping cream  
  
     1 c whipping cream  
      $\frac{1}{4}$  tsp orange extract  
     2 tsp vanilla extract  
      $\frac{1}{4}$  c sugar

### *Instructions*

Combine egg whites and cream of tartar in a large mixing bowl. With whisk attachment, whip until eggs reach soft peaks. Add  $\frac{3}{4}$  c sugar and continue to whip until stiff. Set aside. If you only have one mixing bowl for your stand mixer, transfer whites to a separate bowl and set aside.

Combine yolks and salt, beat until yolks are lemon-yellow in color and fall back on themselves in a ribbon. Add  $\frac{1}{4}$  c sugar and espresso powder, beat to combine. Add lemon juice, Grand Marnier, vanilla,  $\frac{1}{3}$  c whipping cream, and cooled chocolate. Mix to combine (mixture will be thick).

In a separate bowl, beat 1  $\frac{1}{3}$  c whipping cream until stiff.

Add  $\frac{1}{3}$  of the egg whites to the chocolate mixture. Stir vigorously with a spatula until combined. Add half of the remaining whites and fold gently until combined. Add the remaining whites and continue to fold. Add the whipped cream in three batches, fold to combine.

**Refrigerate.**

### ***For the Orange-Vanilla Whipped Cream***

**Whip cream until soft peaks form. Turn speed down to medium and add orange and vanilla extracts. Slowly add sugar while the machine is still on. Refrigerate up to one day.**

**To serve:**

**Spoon mousse into serving bowls and top with a dollop of whipped cream. If desired, you can pipe the whipped cream on top, for a more elegant presentation. Garnish with mandarin orange wedges or strips of orange zest.**



## Sugar-Free Chocolate Mousse

*with Orange-Vanilla Whipped Cream*



**This sugar-free version is every bit as decadent and delicious as the original.**



## Sugar-Free Chocolate Mousse:

### *Ingredients*

4 oz unsweetened chocolate, melted and cooled  
 5 eggs, separated (at room temperature)  
 ¾ c Splenda (can substitute powdered Erythritol)  
     ¼ tsp cream of tartar  
     1/8 tsp salt  
 ¼ c Splenda (can substitute powdered Erythritol)  
     1/3 c heavy cream  
 2 tsp freshly squeezed lemon juice  
 2 T Grand Marnier  
 1 T vanilla extract  
 ½ tsp espresso powder  
 1 1/3 c whipping cream  
  
 1 c whipping cream  
 ¼ tsp orange extract  
 2 tsp vanilla extract  
 ¼ c Splenda (can substitute powdered Erythritol)

### *Instructions*

Combine egg whites and cream of tartar in a large mixing bowl. With whisk attachment, whip until eggs reach soft peaks. Add the Splenda or Erythritol and continue to whip until stiff. Set aside. If you only have one mixing bowl for your stand mixer, transfer whites to a separate bowl and set aside.

Combine yolks and salt, beat until yolks are lemon-yellow in color and fall back on themselves in a ribbon. Add ¼ c Splenda/Erythritol and espresso powder, beat to combine. Add lemon juice, Grand Marnier, vanilla, 1/3 c whipping cream, and cooled chocolate. Mix to combine (mixture will be thick).

In a separate bowl, beat 1 1/3 c whipping cream until stiff.

Add 1/3 of the egg whites to the chocolate mixture. Stir vigorously with a spatula until combined. Add half of the remaining whites and fold gently until combined. Add the remaining whites and continue to fold. Add the whipped cream in three batches, fold to combine.

**Refrigerate.**

### ***For the Orange-Vanilla Whipped Cream***

**Whip cream until soft peaks form. Turn speed down to medium and add orange and vanilla extracts. Slowly add Splenda/Erythritol while the machine is still on. Refrigerate up to one day.**

#### **To serve:**

**Spoon mousse into serving bowls and top with a dollop of whipped cream. If desired, you can pipe the whipped cream on top, for a more elegant presentation. Garnish with mandarin orange wedges (be aware that these do contain a small amount of sugar) or strips of orange zest.**



## Chocolate Cupcakes

*Sugar-Free & Gluten-Free*



**These tasty treats are so delicious no one will know they're sugar-free and gluten-free! Whether you're trying to cut down on your own sugar and/or wheat intake, or you're looking to make a treat for someone with special dietary needs, these little cakes are perfect for anyone and any occasion.**



## Chocolate Cupcakes with Cream Cheese Icing:

### *Ingredients*

5 large eggs, at room temperature and separated  
 1/8 tsp cream of tartar  
 6 T unsalted butter  
 1/4 c sour cream  
 1 1/2 tsp vanilla extract  
 1 T prepared coffee  
 1/2 c Splenda or powdered erythritol  
 1/2 tsp stevia (omit if using Splenda)  
 2 c almond flour  
 6 T unsweetened cocoa powder  
 2 1/4 tsp aluminum-free baking powder  
 1/8 tsp xanthan (omit if using Splenda)  
 pinch of salt

### *Instructions*

Line a cupcake pan with papers and preheat oven to 325°F.

Using a whisk attachment on a stand mixer, beat the egg whites and cream of tartar on high speed until soft peaks form. Set aside or transfer to another bowl.

Using the paddle attachment, cream butter, Splenda/erythritol, and stevia on medium speed until fluffy. Add egg yolks one at a time until incorporated, then add sour cream and vanilla.

Combine the almond flour, cocoa powder, xanthan, and baking powder in a small bowl, stir to mix.

Using a spatula, add about one-third of the egg whites to the butter mixture, and stir rapidly until combined. Add half of the almond flour mixture, fold to combine. Add half the remaining egg whites and fold to combine. Add the remaining nut mixture, fold. Add the last of the egg whites, fold to combine.

Using an ice cream scoop or large spoon, fill cupcake wrappers to the top with the batter. Bake for 20-25 minutes or until the cakes spring back slightly when touched. Cool in the pan on a wire rack.

Frost with Cream Cheese Icing.

### ***Cream Cheese Icing***

**4 oz cream cheese  
4 oz whipping cream  
1 tsp pure vanilla extract  
Splenda/Erythritol, to taste**

**Beat cream cheese on medium speed with paddle attachment until smooth and creamy. Switch to whisk attachment and slowly pour in whipping cream while beating. Add the vanilla. When combined, add Splenda/erythritol, one tablespoon at a time, until desired level of sweetness is achieved (I like about 1.5 or 2 T).  
Raise speed to high for two minutes to whip the mixture.**

**Frost or pipe onto cooled cupcakes. Store in the refrigerator.**





## Peanut Butter Silk Pie

*sugar-free & gluten-free*



**I'm not ashamed to admit that the first time I had the sugar- and gluten-laden variety of this pie, my eyes rolled back in my head. Decadent doesn't even begin to describe this pie. Determined to revamp the recipe to be friendly to those avoiding sugar and/or gluten, I've come up with an alternative that everyone will love.**



## Peanut Butter Silk Pie

### *Ingredients*

1 ½ c roasted peanuts  
 ¼ c whey protein powder (optional)  
 4 T unsalted butter, melted  
 2 T Splenda or powdered erythritol\*

1 c creamy peanut butter  
 8 oz cream cheese  
 ½ c powdered erythritol or Splenda\*  
 ½ tsp vanilla  
 16 oz whipping cream, divided  
 1 T powdered erythritol or Splenda\*  
 ½ c Smuckers sugar-free hot fudge sauce

### *Instructions*

Preheat oven to 325°F. Blitz peanuts, protein powder, and Splenda/erythritol in food processor until crumbly. Add melted butter and pulse until well blended.

Spray 9 inch pie plate with cooking spray, press peanut mixture into pan and up the sides. Bake for 10-15 minutes or until browned around edges. Refrigerate.

Measure out ¼ c whipping cream, set aside.

Whip remaining cream with one tablespoon of Splenda/erythritol and measure out two cups of the whipped cream. Set aside.

Cream peanut butter, cream cheese, Splenda/erythritol, and vanilla. In three batches, fold in the two cups of whipped cream. Spread peanut butter mixture on top of the cooled crust and built up around the edges slightly to hold the topping in place. Refrigerate.

Microwave the reserved ¼ cup of cream until it boils. Add hot fudge sauce and stir until combined. Reserve about a tablespoon of the chocolate mixture; spread the remaining chocolate mixture on top of the peanut butter layer. Chill for one hour.

Spread reserved whipped cream over chocolate mixture and drizzle with the reserved chocolate-cream mixture. Refrigerate.

*\*Both sweeteners work with this recipe. Splenda is available in any grocery store, and erythritol is available on-line and at specialty markets. In this dessert, I prefer the taste of Splenda, as erythritol can produce a slight cooling effect in the mouth that some find disconcerting. However, erythritol is 100% natural, made from fermenting sugar, is completely calorie-free, and has zero effect on blood sugar levels. It does not produce a laxative effect like other sugar alcohols can.*



## Blueberry Muffins

*sugar-free & gluten-free*



**For those who can't have (or choose not to have) sugar or gluten flours, baked goods are often missed. I know when I've avoided sugar and flour, breakfast was especially difficult. I devised this recipe, packed with protein and flavor, to keep me going all morning long or give me a little 3 pm pick-me-up.**



## **Blueberry Muffins:**

### ***Ingredients***

**1 1/2 sticks unsalted butter, at room temperature**  
**3/4 c Splenda or powdered erythritol**  
**1/2 tsp stevia (omit if using Splenda)**  
**4 large eggs, at room temperature**  
**2 tsp pure vanilla extract**  
**8 ounces sour cream**  
**1/2 c half and half**  
**1 tsp apple cider vinegar**  
**1 1/2 c almond flour (packed)**  
**1 1/4 c whey protein powder**  
**2 tsp baking powder**  
**1/2 tsp baking soda**  
**1/2 tsp salt**  
**1/4 tsp xanthan (omit if using Splenda)**  
**2 pints fresh blueberries**

### ***Instructions***

**Preheat the oven to 350\* F. Grease muffin pan.**

**In a large bowl, cream the butter and Splenda/erythritol until fluffy. Add eggs one at a time, beating after each addition. Add the vanilla, sour cream, and milk. Add the almond flour, protein powder, stevia, baking powder, baking soda, xanthan, and salt. Beat until combined. Fold in blueberries.**

**Using an ice cream scoop, drop scoopfuls of batter into the muffin pan. Bake 25 minutes or until muffins are lightly browned on top and a toothpick comes out clean. (If making mini-muffins, bake 18-20 minutes).**

**Makes about 16 muffins or 12 muffins and 8 mini-muffins**