

COOKING FOR WELLNESS

December 2022 Recipes



CANCER SUPPORT
COMMUNITY
GREATER ANN ARBOR

YIELD: 8

Philadelphia No Bake Cheesecake Recipe With easy Oat Crust

Delicious Philadelphia no bake cheesecake recipe with easy oat crust, 3-ingredient Philadelphia cheesecake filling, no gelatine or heavy cream involved. With only 6 ingredients this healthier dessert recipe is perfect for summer, and pretty much any time of the year!

PREP TIME
10 minutes

ADDITIONAL TIME
1 hour

TOTAL TIME
1 hour 10 minutes



Ingredients

Philadelphia cheesecake filling

- 10oz / 300g Philadelphia cream cheese
- 1 tbsp honey (or more to taste!)
- 1 tsp vanilla

Healthy oat crust:

- 1 cup oats
- 1 tbsp coconut oil, (it's a heaping spoon)
- 1 tsp cinnamon
- 1 tsp honey

Instructions

1. Mix the ingredients for the filling in a bowl with a fork until combined.
2. For the crust you can either blend the ingredients or use melted coconut oil (or butter) and ground oats (use your coffee grinder if you don't have a blender) and just mix in another bowl until you get a crumbly, but sticky mixture.
3. Spread the ingredients for the crust in a container of your choice. I decided to make mini cheesecakes, so I separated the crust and filled 8 silicone muffin cups with 2 tsp of crust each. Then press the mixture for the crust down and flatten with a spoon.
4. Spread the filling on top and flatten with a silicone spatula.

5. Freeze for at least one hour and pop the cheesecakes out of the silo [Privacy & Cookies Policy](#) to the fridge (or freeze again*). If you're making a bigger cheesecake, you can make it in a smaller springform and refrigerate for 3-4 hours or overnight.

Notes

Allow to defrost for 10-15 minutes before eating!

Nutrition Information

Yield 8

Serving Size 1

Amount Per Serving

Calories 198

Total Fat 15g

Saturated Fat 9g

Trans Fat 0g

Unsaturated Fat 4g

Cholesterol 38mg

Sodium 119mg

Carbohydrates 12g

Fiber 1g

Sugar 4g

Protein 4g

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CUISINE: European / **CATEGORY:** Dessert

<https://www.homemademastery.com/philadelphia-no-bake-cheesecake-recipe-with-easy-oat-crust/>

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maple oatmeal lace cookies

PREP 15 MINUTES

COOK 15 MINUTES

TOTAL 30 MINUTES, PLUS
COOLING TIME

MAKES 18 COOKIES OR 9 COOKIE
SANDWICHES



Lace cookies are traditional at the holidays, but I love baking them year-round. If you've never experienced a lace cookie, get ready for something good. They're crisp, buttery, and perfectly sweet, with hints of caramel throughout. To make a near-perfect thing even better, I sandwich a generous dollop of sweet and creamy maple frosting in between two of them, then give them a little dip in melted chocolate. They look amazing, and they taste it, too. You could also use the melted chocolate to fill the sandwiches, or even drizzle it over the cookies. There are lots of options, and every one of them will taste good and look beautiful if you want to package them up and gift them. My recipe uses rye flour because it pairs so nicely with the brown sugar and vanilla, creating a truly special cookie. If you don't keep rye flour on hand or if you want a gluten-free cookie, you can swap in almond flour.

COOKIES

½ cup (1 stick) salted butter
¾ cup packed light brown sugar
2 teaspoons vanilla extract
1 large egg
1½ cups old-fashioned rolled oats
2 tablespoons rye flour

FILLING

3 tablespoons salted butter
3 tablespoons pure maple syrup
¼ cup confectioners' sugar
½ teaspoon ground cinnamon
Fine pink Himalayan salt

4 ounces melted dark chocolate
(optional)

1. Preheat the oven to 350°F with racks positioned in the upper and lower thirds of the oven. Line two baking sheets with parchment paper.
2. **MAKE THE COOKIES.** In a medium saucepan, melt the butter over medium heat. Cook, stirring often, until the butter is browned, about 3 minutes. Transfer to a medium bowl. Whisk in the brown sugar and vanilla until combined. Stir in the egg, oats, and rye flour. Let sit for 10 minutes to thicken and cool slightly.
3. Drop the cookie dough onto the prepared baking sheets in scoops of 1 scant tablespoon each, placing them 3 inches apart. Use the back of a spoon to slightly flatten the top of the dough to form a disk.
4. Bake, rotating halfway through, until the cookies are golden brown around the edges, 7 to 9 minutes. The butter will be bubbling up around the cookies—this is okay. Remove the cookies from the oven and let cool on the baking sheet for 5 minutes. Transfer to a wire rack and let cool completely, about 30 minutes.
5. **MEANWHILE, MAKE THE FILLING.** In the same saucepan, melt the butter over medium heat. Cook, stirring often, until the butter is browned, about 3 minutes. Remove the pan from the heat. Whisk in the maple syrup, confectioners' sugar, cinnamon, and a pinch of salt. Let sit for 5 to 10 minutes to thicken and cool slightly.
6. Spread the filling and/or the melted chocolate on the bottoms of half of the cookies. Top with the remaining cookies to create sandwiches. Refrigerate for 30 minutes to set.
7. If desired, dunk one half of each cookie sandwich into the melted chocolate, allowing any excess to drip off. Place on a piece of parchment paper and let set in the refrigerator for 20 to 30 minutes or in the freezer for 15 minutes. Store refrigerated in an airtight container for up to 4 days.

old-school peanut butter bars

with fudge icing

PREP 15 MINUTES

COOK 15 MINUTES

TOTAL 30 MINUTES, PLUS COOLING
AND SETTING TIME

MAKES 16 BARS



In grade school, pizza day was always the most exciting of the month. Pizza for lunch with a side of “lunchroom-style” desserts baked by the members of the PTA . . . what’s not to love about that? Everyone always looked forward to chocolate chip cookies, but my favorites were the peanut butter bars. They were doughy, heavy on the peanut butter, and topped with the most delicious fudgy chocolate icing that surely contained an entire bag of confectioners’ sugar. While I loved those so much, I wanted to make a more grown-up version. Most important to me was getting that chocolate on the top just right. The verdict? I can’t say they are an exact replication of the lunchroom bars we grew up with, but this version is GOOD. The almond flour makes them tender and keeps them gluten-free. The icing . . . well, I figured why load it up with extra sugar when chocolate can just do its thing? Trust me, the icing will make your eyes roll back with that peanut butter underneath. These bars are easy—SO easy. Bring them to your next party—they’ll be the first dessert to disappear.

PEANUT BUTTER BARS

¼ cup coconut oil

1 cup creamy peanut butter

¼ cup raw honey

1 large egg, at room temperature

1 teaspoon vanilla extract

1½ cups almond flour

½ teaspoon baking powder

¼ teaspoon fine pink Himalayan salt

FUDGE ICING

1½ cups semisweet chocolate chips

2 tablespoons coconut oil

Fine pink Himalayan salt

1. Preheat the oven to 350°F. Line an 8 × 8-inch baking dish with parchment paper, leaving a 1-inch overhang on either side.
2. **MAKE THE PEANUT BUTTER BARS.** In a large microwave-safe bowl, melt together the coconut oil and ¼ cup of the peanut butter in the microwave, stirring every 30 seconds, until combined, about 1 minute total. Stir in the honey, egg, and vanilla. Add the almond flour, baking powder, and salt. Transfer the dough into the prepared baking dish and use a spatula to spread it into an even layer.
3. Bake until golden brown, 12 to 15 minutes. Remove from the oven and let cool for 10 minutes.
4. Dollop the remaining ¼ cup peanut butter over the bars, lightly spreading in an even layer. Let cool completely, about 30 minutes.
5. **MEANWHILE, MAKE THE ICING.** In a large microwave-safe bowl, melt the chocolate chips and coconut oil together with a pinch of salt in the microwave, stirring every 30 seconds, 1 to 2 minutes. (Alternatively, you can do this in a small saucepan over medium-low heat.) Spread the icing over the bars. Let set for about 1 hour.
6. Using the parchment overhang, remove the bars from the baking dish. Slice into 2-inch squares and enjoy! Store leftovers in an airtight container at room temperature for up to 5 days.