



























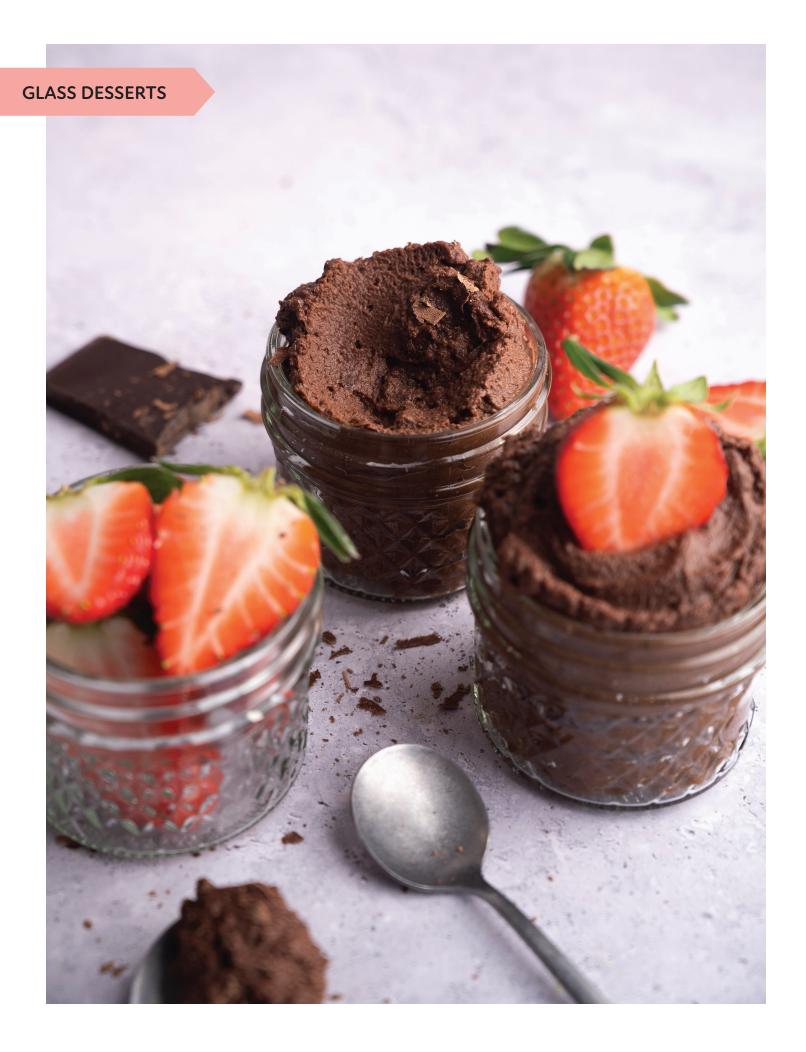
# Introduction

This is a small collection of my favorite quick and easy-to-make recipes that don't require an oven. They can all be made in 30 minutes or less, with most taking less than 15 minutes to make!

## What's the science behind no-bake baking?

Chilling and freezing ingredients is a form of baking because we're taking plain ingredients, combining them, and causing a reaction due to temperature (in this case, cold) in order to create a new texture and flavor.

This is how all no-bake "bakes" are made. They rely on cold temperatures in order to set. Think of gelatin in a panna cotta or jell-o. These both require initial heat to create a reaction—melting the gelatin—and then cool temperatures to solidify and set the structure.



# Chocolate Mousse







CHILLING
4 hours



TOTAL
4 hours 25 minutes



YIELD 4 servings

## **INGREDIENTS**

¼ cup water

3 tablespoons (35 grams/1.2 ounces) granulated sugar

7 oz (200 grams) dark chocolate, coarsely chopped

½ tablespoon dark rum, brandy, or liquor of your choice (non-alcoholic substitution: vanilla extract)

1 cup (240 ml) heavy cream

1 teaspoon instant coffee powder (optional)

A quick and simple recipe for a creamy eggless chocolate mousse. It's very rich thanks to the cream and chocolate, but made a little lighter, using water and no butter or gelatin. This 5-ingredient dessert comes together in less than 30 minutes and then chills to set.

- 1. Place chocolate in a large heatproof bowl.
- 2. In a medium saucepan, boil water and sugar over medium heat. Once sugar has melted, pour the hot syrup over the chocolate. Let stand for 30 seconds, then mix until chocolate has melted and the mixture is smooth. If the chocolate hasn't fully melted, microwave the mixture for 15-20 seconds. Stir in liquor of choice or vanilla extract. If mixture is warm, leave on the counter until it reaches room temperature.
- 3. In a mixer bowl with whisk attachment, beat heavy cream and instant coffee until soft peaks form. Gently fold half of the whipped cream into the chocolate mixture using a spatula until combined, then the remaining whipped cream until combined and smooth. Divide into serving cups.
- 4. Chill the mousse until it's set, 3-4 hours. It will become quite firm after long refrigeration, so take it out of the fridge 15-20 minutes before serving.
- 5. Store mousse in the fridge, covered with plastic wrap, for up to 3 days.



## Cheesecake







CHILLING 1 hour



TOTAL

1 hour 20 minutes



**YIELD**6 individual glasses

## **INGREDIENTS**

## CRUST:

3/4 cup (85g) graham cracker/ digestive biscuit/vanilla cookie crumbs (pulse in a food processor or blender until finely ground)

2 tablespoons (25g) unsalted butter, melted

## CHEESECAKE FILLING:

8 oz (225g) cream cheese, at room temperature

½ cup (100g) granulated sugar 1 teaspoon pure vanilla extract

1-2 teaspoons lemon zest, optional

1 cup (240 ml) heavy cream

Diced fresh fruit, for topping

Creamy and mousse-like, these no-bake cheesecakes are served in individual cups for the perfect dessert. They're rich, decadent, and so incredibly simple to make! A guaranteed crowd pleaser.

- Make the crust: In a medium bowl, mix together crumbs and melted butter until
  combined and crumbs are moistened. Divide evenly between individual serving
  dishes (about 2 tablespoons per serving dish). Press on the mixture with your
  fingers to form a crust layer.
- 2. **Make the filling:** In a large bowl, combine cream cheese and sugar, and whisk well until combined and completely smooth. You can also use an electric stand mixer fitted with the paddle attachment to beat the cream cheese, or use a handheld mixer.
- 3. Add in vanilla and lemon zest. Set aside to let sugar dissolve into the cream cheese.
- 4. Using an electric mixer fitted with the whisk attachment, whisk heavy cream until soft peaks form. Avoid overbeating. Using a rubber spatula, gently fold half of the whipped cream into the cream cheese mixture, then fold in the other half.
- 5. Evenly spoon (or pipe using a piping bag) about ½ cup of filling into each serving dish.
- 6. Top with fresh fruit or any other topping you like. Cover and place in the fridge for at least one hour before serving, or up to 2-3 days.



# Panna Cotta







CHILLING 3 hours



TOTAL
3 hours 15 minutes



YIELD 4 servings

## **INGREDIENTS**

1/4 cup (60 ml) cold water or milk

1 ¼ teaspoons (4g) unflavored powdered gelatin

2 cups (480 ml) heavy cream

¼ cup (50g) granulated sugar

1 teaspoon pure vanilla extract or 1 vanilla bean, scraped and seeded This is a classic recipe for easy, rich and creamy Italian panna cotta. I make this every time I need an impressive, quick dessert! Served in individual portions, you won't believe how simple this recipe is to make! Just top with fresh berries and enjoy!

## **INSTRUCTIONS**

- 1. Place water in a small mixing bowl and sprinkle gelatin over the surface in a single layer. Be sure not to pile it as that will prevent the crystals from dissolving properly. Let stand for 5-10 minutes to soften.
- 2. Meanwhile, in a medium saucepan, heat cream, sugar, vanilla extract or vanilla pod, sliced in half and with the seeds scraped out, on medium heat and bring just to a boil until sugar dissolves. Remove from heat and discard vanilla bean. Stir in gelatin and immediately whisk until smooth and dissolved. If the gelatin hasn't fully dissolved, return the saucepan to the stove and heat gently over low heat. Stir constantly and don't let the mixture boil.
- 3. Pour cream into 4 individual serving dishes. Refrigerate for at least 2-4 hours, or until completely set.
- 4. If you like, top with fresh fruit, berries, berry sauce, or lemon curd.
- 5. Panna cotta can be covered with plastic wrap and refrigerated for up to 3 days.

## NOTE

If using sheet gelatin, substitute 2 ½ sheets of gelatin for powdered. Add the sheets to a bowl filled with 2 cups cold water. Let sit for 5-10 minutes, then remove the sheets once they are completely soft and whisk them into the hot panna cotta as directed in the recipe (you don't need to add it along with the water, such as in powdered gelatin—add the sheets only).



# Chia Pudding







CHILLING
3 hours



**TOTAL**3 hours 5 minutes



YIELD 2 servings

## **INGREDIENTS**

## VANILLA CHIA PUDDING:

5 tablespoons chia seeds

1 tablespoon maple syrup, agave, or honey

¼ teaspoon vanilla

1/8 teaspoon ground cinnamon

1½ cups milk

## CHOCOLATE CHIA PUDDING:

- 4 tablespoons chia seeds
- 2 tablespoons maple syrup, agave, or honey

¼ teaspoon vanilla

- 3 tablespoons raw cacao or unsweetened cocoa
- 1½ cups milk

Chia pudding is the perfect breakfast or light dessert. The cold and creamy pudding serves as a yummy base to top with your favorite nuts and fruits! It can be vegan and is naturally gluten-free.

## **INSTRUCTIONS**

- 1. Pour your chia seeds into a 12 oz mason jar. Add sugar/sweetener (maple, agave honey, etc), flavorings (vanilla and cinnamon or chocolate), any optional mix-ins, milk, and stir thoroughly.
- 2. Let the mixture rest in the fridge for about 10 minutes and then give it another good stir to break up the clumps.
- 3. For best results, let the pudding sit for four hours in the fridge or overnight (my favorite!) before consuming.
- 4. Add your favorite toppings and enjoy!

## **MIX-IN SUGGESTIONS**

Fresh fruit, pureed fruit or mashed banana, protein powder, nuts or nut butter: almond, peanut, cashew, macadamia, walnut, pistachio, chocolate hazelnut spread (nutella), or sunflower butter can all be added to the pudding mixture.

## **TOPPING SUGGESTIONS**

Yogurt, whipped cream or coconut cream, cacao nibs, chocolate chips, granola, pepitas, flax, coconut, fresh fruit, jams or jellies, nuts: almond, peanut, cashew, macadamia, walnut, pistachio, or sunflower seeds. Drizzle of maple, honey, or agave over the top for a little extra sweetness.

# BARS, COOKIES, AND SNACKS

# Marshmallow Treats



**PREP** 5 minutes







TOTAL 10 minutes



YIELD 24 bars

## **INGREDIENTS**

4 cups (112g) corn flake cereal 2 cups (60g) rice krispies cereal 16 oz (450g) marshmallows ½ cup (1 stick, 115g) butter, salted 1 teaspoon vanilla extract or vanilla bean paste These no-bake cornflake marshmallow treats require only 5 ingredients, take less than 10 minutes to make, and are perfect for satisfying your sweet tooth without turning on the oven. They are sweet and chewy, crunchy yet soft, and have an amazing buttery vanilla flavor.

## **INSTRUCTIONS**

- 1. Grease or line a 9×13-inch pan with parchment paper. Parchment makes the bars easy to lift out and cut for serving.
- 2. Melt butter in a large saucepan over low heat. Use a 6-quart pot or larger saucepan as this will make stirring much easier when adding the cereal.
- 3. Add in marshmallows and stir until fully melted. Once melted, remove the marshmallow mixture from heat and stir in vanilla extract or vanilla bean paste.
- 4. Add in cornflake cereal and rice krispies cereal. Stir until thoroughly mixed. Alternately, mix everything together in a large bowl if the saucepan is too small.
- 5. Pour mixture into prepared pan. Press down to create a flat, even layer of bars. **Pro tip:** use a cupcake liner as a barrier between your hand and the bars so they don't stick. Press them down tightly. Let sit to cool for one hour as the marshmallow mixture hardens slightly to set. Cut and serve.

## NOTE

To store, wrap each bar tightly with plastic wrap or place leftover bars in an airtight container or Ziploc bag. Store at room temperature for up to a week for maximum freshness.



## CHOCOLATE PEANUT BUTTER

# Oat Cookies



PREP 10 minutes



CHILLING
4 hours



TOTAL
4 hours 10 minutes



YIELD 24 cookies

## **INGREDIENTS**

1 % cups (300g) granulated sugar % cup (120 ml) milk

½ cup (115g) unsalted butter

¼ cup (25g) unsweetened cocoa powder

pinch of salt

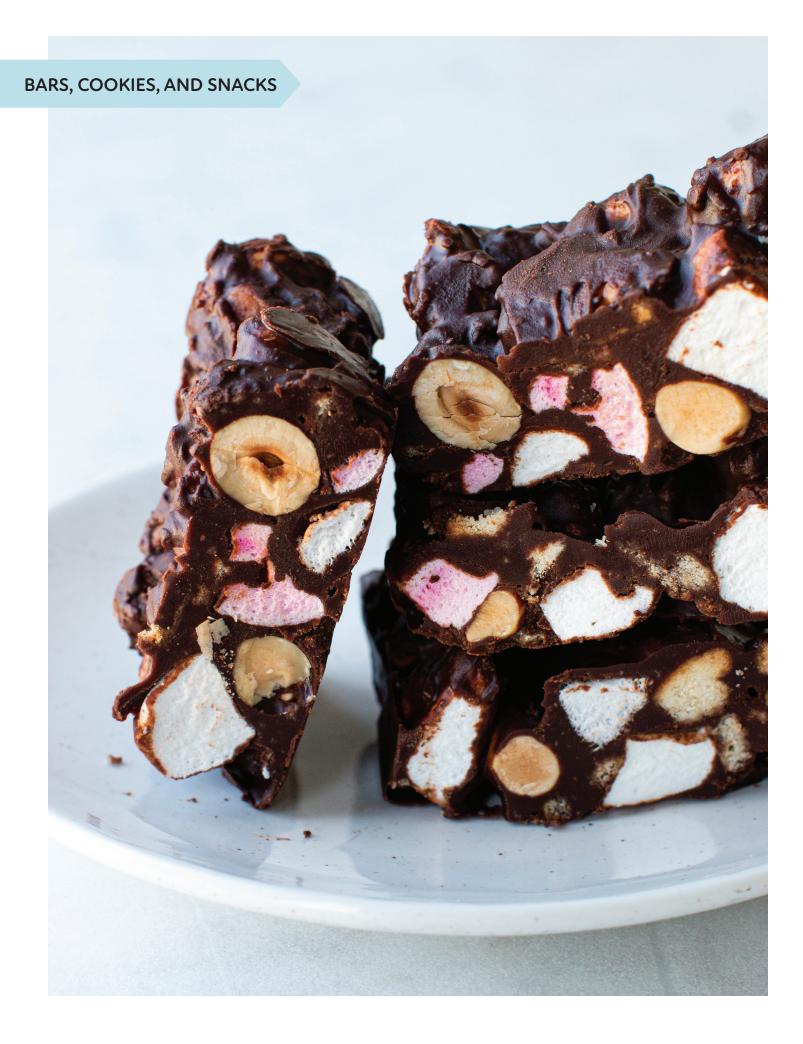
2 teaspoons pure vanilla extract

2/3 cup (170g) creamy peanut butter (not natural)

3 cups (270g) quick cooking oats (GF: use gluten-free oats)

These chewy, no-bake chocolate peanut butter cookies take only minutes to make! You've never made a cookie as simple as this one—plus they taste incredible.

- 1. Line 2 baking sheets with parchment paper. Set aside.
- 2. In a medium saucepan combine sugar, milk, butter, cocoa powder, and salt, over medium heat, until butter has melted. Bring to a boil, and allow it boil for 1 minute, then remove from heat. Add vanilla extract and peanut butter, and mix until combined. Place oats in a large bowl, and pour the peanut butter mixture over the oats, then stir until combined.
- 3. Using a spoon or an ice cream scoop (I use this size for most of my cookies), drop cookies onto the prepared baking sheets. If the cookies are flat and you prefer them thick, let the mixture cool slightly. Flatten or shape into cookies if you like. Refrigerate until firm. Store cookies in the fridge for up to a week.



# Rocky Road











TOTAL
2 hours 10 minutes



YIELD 18×8-inch pan

## **INGREDIENTS**

1 1/3 cup (8 oz/230g) chopped bittersweet or semi-sweet chocolate

½ cup (1 stick/113g) unsalted butter

½ teaspoon pure vanilla extract

1½ cups miniature marshmallows (if you only have large marshmallows, cut them into small pieces)

3/4 cup (75g) hazelnuts (or use your favorite nut—salted peanuts, walnuts, almonds, pecans)

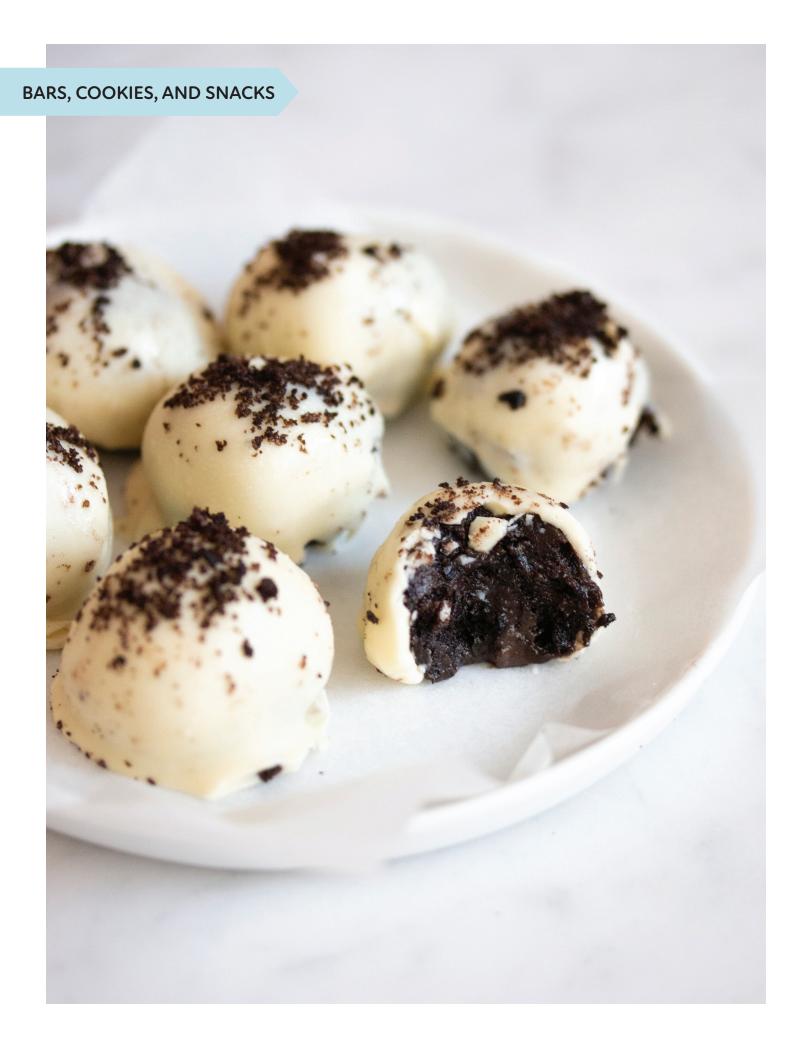
<sup>3</sup>/<sub>4</sub> cup (75g) digestive biscuits broken into very small pieces (or any kind of cookie you like) Marshmallows, nuts, and cookies are folded into a mixture of melted chocolate and butter to make these classic rocky road candy bars extra delicious. They only take 5 minutes to make, and you won't get enough of the fudgy, chewy, and crunchy texture!

## **INSTRUCTIONS**

- 1. Line an 8×8-inch baking pan with foil or parchment paper. Set aside.
- 2. In a medium heatproof bowl, combine chocolate and butter. Heat in the microwave for 30 seconds. Heat more, at 20-second intervals, stirring in between each interval, until melted.
- 3. Stir in vanilla extract. Fold in marshmallows, nuts, and cookies.
- 4. Spread mixture into prepared pan. Refrigerate for at least 2 hours, or until set.
- 5. Lift from pan using the foil or parchment paper, and cut into squares. Keep in the fridge. Take it out of the fridge 15 minutes before serving.

## NOTE

If you prefer to leave out the cookies and use only marshmallow and nuts, then add an additional ¼ cup of each.



# Oreo Truffles











TOTAL
1 hour 30 minutes



YIELD 40 truffles

## **INGREDIENTS**

36 Oreo cookies (407g), with filling

8 oz (227g) cream cheese, at room temperature

16 oz (450g) white chocolate, melted

Addictively fudgy Oreo truffles made with real Oreo cookies and coated in white chocolate. These unbelievable bites are made with only 3 ingredients and taste amazing! You won't be able to eat just one.

- 1. Process Oreo cookies in a food processor until finely ground. If you don't have a food processor, place cookies in a plastic bag and crush finely using a rolling pin.
- 2. Reserve 2 tablespoons of cookie crumbs for garnishing.
- 3. In a medium bowl, mix cream cheese and cookie crumbs until well combined. Refrigerate mixture for about an hour, then shape into 1-inch (2 ½-cm) balls and place on a baking sheet lined with parchment paper. Freeze until firm, about one hour (freezing will make the balls firm and easier to dip into the chocolate).
- 4. Using two forks, dip and coat balls with melted white chocolate and place on parchment paper. Sprinkle with reserved cookie crumbs. Place in the fridge for 10 minutes, until chocolate hardens.
- 5. Keep in the refrigerator and serve chilled, so the chocolate won't melt. Truffles will keep for up to 4 days in an airtight container.













TOTAL
4 hours 10 minutes



YIELD 2 pints

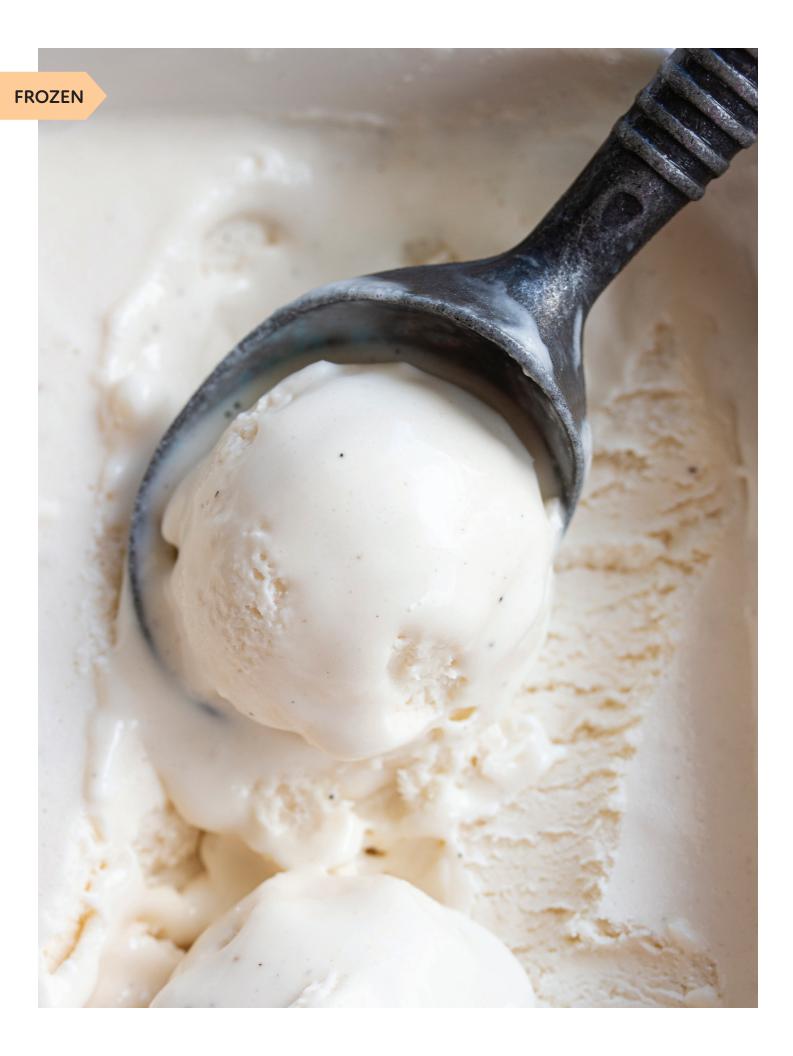
## **INGREDIENTS**

2 cups (480 ml) cold heavy cream 1 can (14 oz, 397g) can sweetened condensed milk

1½ teaspoons pure vanilla extract, vanilla paste, or 1 whole vanilla bean, scraped

This is the easiest vanilla ice cream recipe you'll ever make! It's so incredibly rich, creamy and full of vanilla flavor. And the best part? It's made without eggs or an ice cream maker—and only requires three ingredients.

- 1. Fit a stand mixer with the whisk attachment or a handheld mixer with the twin beaters. Whip the cream on high speed to medium-stiff peaks.
- 2. Gently fold sweetened condensed milk in two additions into the cream with a spatula. Whip on medium speed for another 30 seconds with mixer.
- 3. Add vanilla extract or paste. If using a vanilla bean, cut the vanilla bean in a half and use the side of a knife to scrape out the beans and add to the mixer.
- 4. Pour ice cream into a freezable container and cover. Place in freezer for a minimum of four hours.





## STRAWBERRY BANANA

# Popsicles



**PREP** 5 minutes



CHILLING 5 hours



**TOTAL** 5 hours 5 minutes



**YIELD** 5 popsicles

## **INGREDIENTS**

½ cup (120 ml) yogurt

1/4 cup (60 ml) milk

1-2 tablespoons granulated sugar or honey

1 cup strawberries (about 10 medium), hulled and chopped

1 ripe banana, chopped

These creamy and naturally sweet strawberry banana popsicles make the perfect healthy treat for a summer day. They can easily be made dairy-free if needed too!

- 1. Place yogurt, milk, and sugar/honey in a blender and process until combined (I like to start with 1 tablespoon of sugar and add more as needed). Add strawberries and banana and process until smooth.
- 2 Divide mixture between moulds (using a pitcher makes this easier) and snap on the lid and place the popsicle stick. Place moulds in the freezer for at least 5 hours.
- 3 For easy removal, place the mould inside a container filled with warm water, wait a few seconds, then pull out gently by gripping the handle.



# Popsicles







**TOTAL** 6 hours 5 minutes



YIELD

6 popsicles

## **INGREDIENTS**

4 medium-large ripe bananas, chopped

½ cup (120 ml) Nutella (or 1-2 tablespoons more if you're like me)

¼ cup (60 ml) plain yogurt

Fudgy, creamy, silky smooth Nutella goodness frozen into popsicles. And the most wonderful thing about them is that they're made with only 3 simple ingredients.

- 1. Place bananas in a blender or food processor and process until pureed. Stir in Nutella and yogurt and process until smooth.
- 2. Divide mixture between molds (using a pitcher makes this easier) and snap on lids or popsicle sticks. Place molds in the freezer for at least 6 hours.
- 3. For easy removal, place mold inside a container filled with warm water. Wait a few seconds, then pull out gently by gripping the handle.

