

Dessert *in a* **FLASH**



**Delectable Sweets Made
in 30 Minutes or Less...**

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BANANA OATMEAL COOKIES

Prep and Cook Time:
20 min.

Ingredients:
1 cup sugar
3/4 cup shortening
1 egg
3/4 teaspoon cinnamon, ground
1/4 teaspoon nutmeg, ground
1 teaspoon salt
1 cup banana, mashed
1-1/2 cups flour
1-3/4 cups quick cooking oats
1/2 cup nuts, chopped

Directions:
In a bowl, with an electric mixer on medium speed, cream together sugar and shortening. Add egg, cinnamon, nutmeg, and salt; mix well. Beat in mashed bananas. Add flour and quick cooking oats. Fold in chopped nuts. Drop by teaspoonfuls onto ungreased baking sheets. Bake at 350 degrees for 10 to 15 minutes.

BANANA WAFER PUDDING

Prep and Cook Time:
15 min.

Ingredients:
1 (14 ounce) can sweetened condensed milk
1 1/2 cups cold water
1 (3.4 ounce) package instant vanilla pudding mix
2 cups heavy cream
3 bananas, sliced
1/2 cup lemon juice
36 vanilla wafers

Directions:

In a medium bowl, stir together condensed milk and water. Beat in pudding mix until smooth. Chill in refrigerator 5 minutes.

In a separate bowl, whip cream until stiff peaks form. Fold whipped cream into chilled pudding mixture.

Dip sliced bananas in lemon juice. Shake off excess.

In a 2-1/2 quart serving bowl, spoon 1 cup pudding mixture. Top with one-third each of the wafers, bananas and remaining pudding. Repeat layers twice. Chill until serving.

BLUEBERRY DUMP CAKE

Prep and Cook Time:
30+ min.

Ingredients:

1 (18.25 ounce) box yellow cake mix
4 cups fresh blueberries, or thawed
1/2 cup granulated sugar
1/2 cup butter or margarine, melted
1 teaspoon ground cinnamon

Directions:

Preheat oven to 350 degrees F.

Mix blueberries, sugar and cinnamon in the bottom of a 13 x 9-inch pan. Cover blueberries with dry cake mix. Pour butter over cake mix, but do not stir.

Bake for 30 minutes or until light brown. Serve warm or cold, topped with ice cream.

CORNMEAL WAFFLES

Prep and Cook Time:
20 min.

Ingredients:
1 cup yellow cornmeal
1 cup flour
2 tablespoons sugar
4 teaspoons baking powder
1/2 teaspoon salt
1-3/4 cups milk
2 eggs, lightly beaten
1/3 cup butter, melted

Directions:
In a large bowl, combine cornmeal, flour, sugar, baking powder and salt. In a separate bowl with an electric mixer at medium speed, beat together milk, eggs and butter. Add to dry ingredients and mix to blend.
Pour batter onto a hot, greased waffle iron and bake until browned and crisp. Serve with butter and syrup or jam.

CRESCENT TWIST APPETIZERS

Prep and Cook Time:
18 min.

Ingredients:
1 can Crescent Dinner Rolls
1 tbl. melted butter
2 tbl. shredded Cheddar cheese
Garlic salt

Directions:
Preheat oven to 375*.
Separate dough into 4 rectangles. Press perforations to seal. Brush two of the rectangles

with melted butter; sprinkle with Cheddar cheese and Parmesan cheese. Sprinkle with garlic salt. Place remaining 2 rectangles on top of seasoned rectangles. Cut each crosswise into ten 1/2 inch strips. Twist each strip 5 to 6 times. Place on ungreased cookie sheet; securing ends by pressing to the sheet. Bake for 10-12 minutes until golden brown.

QUICK & EASY COOKIES

Prep and Cook Time:
15 min.

Ingredients:
1/2 cup peanut butter
1/2 cup sweet milk
1/4 cup cocoa
1/4 cup margarine
2 cups sugar
1 tsp. vanilla
3 cups Rice Krispies

Directions:
Heat milk, butter, vanilla. Stir in cocoa and sugar. When sugar has dissolved, let boil 2 minutes. Be careful to not let burn. Remove from heat. Add peanut butter and stir. Stir in Rice Krispies to coat. Drop by spoonfuls onto wax paper. Let cool.

FUDGE MADE EASY

Prep and Cook Time:
15 min.

Ingredients:

12 oz milk chocolate chips
6 oz semisweet chocolate
1 can sweetened condensed milk (14 oz)
1/3 cup confectioners sugar
1 tsp vanilla
1 cup chopped nuts

Directions:

Grease an 8" x 8" pan. Microwave the chips and condensed milk, uncovered, in a 2 quart bowl, on high, for 2 minutes. Stir until smooth. Stir in sugar and vanilla; then add nuts until well blended. Pour into a prepared pan, and spread evenly. Chill until firm.

QUICK BANANA PUDDING

Prep and Cook Time:

15 min.

Ingredients:

1 package 3 1/2-oz. instant vanilla pudding mix
2 cups milk
1/2 pound vanilla wafers
3 bananas, sliced
8 ounces non-dairy whipped topping, thawed

Directions:

Prepare instant vanilla pudding mix with milk according to package directions. Refrigerate temporarily.
Meanwhile layer wafers across bottom of an 8-inch round baking pan.
Pour pudding mix over wafers. Slice bananas; layer atop pudding. Top with whipped topping.
Serve immediately or refrigerate.

QUICK CORNBREAD

Prep and Cook Time:
30 min.

Ingredients:

1 cup flour
1 cup cornmeal
1 tablespoon baking powder
1 cup milk
1/4 cup oil
1 egg

Directions:

Combine flour, cornmeal, baking powder, milk, oil, and egg. Mix well.

Pour into a well greased 8'' baking dish. Bake at 450 degrees for 25 minutes.

PEANUT BUTTER FUDGE

Prep and Cook Time:
15 min.

Ingredients:

1 cup creamy peanut butter
1 cup butter or margarine
1 cup chopped nuts
1 lb. box powdered sugar

Directions:

Melt peanut butter and butter in a medium saucepan, stirring constantly. Add nuts and stir to combine. Remove from heat and sift in powdered sugar, stirring until well blended. Pat out in a 9x9x2-inch pan; refrigerate until firm. Cut into squares.