Life & Sprinkles

SPRINKLE SOME FALL

Hello Autumn!

WHERE FUN MEETS FALL FLAVOR!

NEW FALL treats

EASY AND FUN AUTUMN IDEAS!

Raise your hand if you like sweaters, pumpkins, and all things cozy. If your hand is up, you've come to the right place. My brand new Fall eBook is here and filled with so many delicious new recipes that are sure to inspire that sweater-wearing coziness.

Autumn-inspired flavors such as maple, pecan, pumpkin, and cinnamon will have you gathered around the kitchen for a savory meal or simple sweet treat. So grab your favorite latte, light a pumpkin-scented candle, and let's fall in love with the fun flavors of autumn.

Recipe List

1. tastes like fall cookie sandwiches
2. pumpkin carving creme brulee
3. maple pecan layer cake
4. pumpkin bread pudding a la mode
5. cozy morning cinnamon roll pound cake

Recipe List

6. pumpkin chocolate chip brownies
7. easy bakeshop pumpkin snickerdoodles
8. salted caramel apple cookie cake
9. easy fall chicken & stuffing casserole
10. autumn harvest chicken bake

TASTES LIKE FALL
cookie sandwiches

TASTES LIKE FALL

COOKIE SANDWICHES

Ingredients

- 1 box spice cake mix
- 1 tsp pumpkin pie spice
- 2 eggs
- 1/2 cup vegetable oil
- 4 oz cream cheese softened but still cool
- 1/4 cup salted butter, softened
- 2 cups powdered sugar
- 1 tsp vanilla
- 1 tbsp brewed espresso or strong coffee

Instructions

1. Preheat the oven to 350ºF and line 2 baking sheets with parchment paper.
2. In a bowl combine the cake mix, pumpkin pie spice, eggs, and oil. Using a small cookie scoop (about 1 1/4”) or 1 tbsp, add dollops of the dough onto the baking sheets about 2” apart. Bake for 9-11 minutes or until the cookies are set. They should still be soft, that’s the best kind for cookie sandwiches! Let the cookies cool completely.
3. In a mixing bowl, beat the butter and cream cheese together until smooth. Add in the powdered sugar, vanilla, and coffee or espresso. If the mixture is too thin add 1/2 cup more powdered sugar OR refrigerate it for about a half hour.
4. When you’re ready, add a swirl of frosting to half of the cookies. Top them with another cookie. Repeat with the rest and serve!

PUMPKIN CARVING

CREME BRULEE

PUMPKIN CARVING CREME BRULEE

THE ULTIMATE DINNER PARTY DESSERT

Ingredients

- 2 cups heavy cream
- 1 cup canned pumpkin puree (not pumpkin pie filling)
- 1/2 cup granulated sugar, plus extra for topping
- 5 large egg yolks
- 1 teaspoon vanilla extract
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon ground nutmeg
- 1/4 teaspoon ground ginger
- A pinch of ground cloves
- A pinch of salt
- 4 ramekins, bowls, or small baking dishes

1. In a medium saucepan, combine the heavy cream and pumpkin puree. Heat over medium heat until it just begins to simmer, then remove from heat.
2. In a mixing bowl, whisk together the egg yolks, 1/2 cup of sugar, vanilla extract, cinnamon, nutmeg, ginger, cloves, and salt until smooth and slightly thickened.
3. Slowly whisk the warm cream mixture into the egg yolk mixture, making sure to combine thoroughly without scrambling the eggs.
4. Pour the custard into ramekins. Place the filled dishes in a large baking dish. Fill the dish with hot water until it reaches halfway up the sides of the ramekins to create a water bath.
5. Carefully transfer the dish to the oven and bake for 35-40 minutes, or until the custard is set but still slightly jiggly in the center.
6. Remove the dishes from the water bath and let them cool to room temperature. Then, refrigerate for at least 4 hours or overnight.
7. Just before serving, sprinkle a thin, even layer of granulated sugar over the top of each custard. About 1 tbsp for each one. Using a kitchen torch, caramelize the sugar by moving the torch in a circular motion until it melts and turns a deep golden brown.
8. Serve and enjoy!

MAPLE PECAN
layer cake

MAPLE PECAN
LAYER CAKE

Ingredients

- 1 box of vanilla or butter cake mix
- 1 cup water (or as directed on the box)
- 1/3 cup vegetable oil (or as directed on the box)
- 3 eggs (or as directed on the box)
- 1 tsp maple extract
- 1 tsp vanilla extract
- 1 tsp cinnamon
- 3/4 cup finely chopped pecans
- 1 1/2 cups butter, I prefer salted
- 1/2 cup of powdered sugar
- 2 tsp vanilla extract
- 1 tsp cinnamon
- 6-8 tbsp heavy cream
- Fall leaf sprinkles
- Extra chopped pecans for topping, if desired

MAPLE PECAN LAYER CAKE

Instructions

1. Preheat the oven to 350ºF and spray 3- 6" baking pans with baking spray.
2. In a medium bowl, combine the cake mix, water, oil, eggs, extracts, and cinnamon. Fold in the chopped pecans.
3. Divide the batter between the 3 pans and bake as directed on the package. Mine usually takes around 30 minutes.
4. Let the cakes cool in the pans for 10-15 minutes, then move to wire racks to cool completely.
5. In a mixing bowl, using a hand mixer or in a stand mixer, beat the butter until smooth. Add half of the powdered sugar and mix. Add in the rest of the sugar, vanilla extract, cinnamon, and heavy cream and mix. Start with 6 tbsp and add one at a time until the desired consistency.
6. Place one cooled cake layer on a cake board or flat plate. Spread a layer of buttercream on top, about 1/2 to 3/4 cup. Repeat that step with another layer and more frosting. Flip the last cake layer over and place it on top. (So that the bottom is now the top of the cake.)
7. Frost the entire cake with a thin layer of buttercream and then refrigerate it for about 20-30 minutes or until it's set. This will be your crumb coat. Add another layer of frosting and smooth it with an offset spatula and/or cake scraper.
8. If desired, color the remaining frosting orange. Add a swirl border using a piping bag and a 1M tip. Top the border with Fall Leaf sprinkles.
9. If you'd like extra pecans, sprinkle some in the center of the cake.
10. Serve at room temperature.

PUMPKIN BREAD
pudding a la mode

PUMPKIN BREAD PUDDING A LA MODE

Move over pumpkin pie, this easy pumpkin bread pudding is next level yum!

Ingredients

- 3 cups day-old bread like challah, brioche, or French bread
- 3/4 cup pumpkin puree
- 3/4 cup whole milk
- 1/2 cup heavy cream
- 6 tbsp brown sugar
- 2 eggs
- 1/2 tsp vanilla extract
- 1/2 tsp cinnamon
- 1/4 tsp ground ginger
- pinch of nutmeg, cloves, and salt
- Optional toppings- whipped cream, vanilla ice cream, caramel sauce, and chopped pecans

**Equipment- ceramic pumpkin pot

Instructions

1. Preheat the oven to 350ºF.
2. Cut the day-old bread into cubes, about 1" pieces.
3. In a large bowl whisk together all of the ingredients, except for the toppings.
4. Spray the ceramic pot with cooking spray. Add the cubes and spread them out as evenly as possible.
5. Pour the pumpkin mixture over the bread cubes, pressing down gently so that the bread absorbs the custard.
6. Let the bread putting sit for 15-20 minutes to allow the bread to absorb the custard mixture.
7. Cover the pot with its lid and bake for 35-45 minutes or until the bread pudding is set and golden on top. A toothpick inserted should come out clean.
8. Allow the bread pudding to cool a bit, then portion it into bowls or serve it as is or with caramel sauce, pecans, whipped cream, or ice cream.

CINNAMON ROLL *pound cake*

CINNAMON ROLL POUND CAKE

CLASSIC POUND CAKE WITH A CINNAMON TWIST

Ingredients

- 1 box of Betty Crocker pound cake mix + the ingredients listed on the box
- 1/3 cup brown sugar
- 1 tbsp ground cinnamon
- 4 tbsp salted butter, melted
- 1 cup powdered sugar
- 3–4 tbsp heavy cream
- 1/2 tsp vanilla extract

Instructions

1. Preheat the oven to the temperature specified on the box. Grease and flour a loaf pan and/or line with parchment paper so that it is easy to remove. Make the pound cake according to the package instructions.
2. In a small bowl, mix together the brown sugar and cinnamon. Add the melted butter and stir until combined.
3. Pour half of the pound cake batter in the prepared pan. Scoop half of the cinnamon mixture on top and swirl it in gently using a pointed knife.
4. Pour the rest of the batter over the swirled cinnamon mixture and then top with the rest of the cinnamon mixture. Swirl it in and bake according to the package instructions. A toothpick should come out clean.
5. While the cake is baking, prepare the glaze. Whisk the powdered sugar, cream, and vanilla extract until smooth.
6. Let the cake cool in the pan for 10 minutes and then transfer it to a wire rack to cool completely. After it has cooled, drizzle the glaze and serve.
7. Prefer it warm? Let it cool enough to slice it and then serve each slice with the glaze.

PUMPKIN CHOCOLATE CHIP BROWNIES

the perfect sweet & salty combo

PUMPKIN CHOCOLATE CHIP BROWNIES

The utlimate fall brownie treat packed full of pumpkin, pretzels, and chocolate!

Ingredients

- 1 box brownie mix plus the ingredients listed on the box
- 1/2 cup crushed Pumpkin pretzels + extra for topping
- 1/2 cup pumpkin spice baking chips + extra for topping
- approx 1/4 cup semisweet chocolate chips

Instructions

1. Preheat the oven to the temperature specified on the brownie mix box. Spray an 8x8 dish with baking spray and line it with parchment paper so that the brownies are easier to pull out.
2. Prepare the brownie batter according to the package and then fold in 1/2 cup of crushed pumpkin pretzels and 1/2 cup pumpkin spice baking chips. Add the batter to the prepared dish and smooth the top so that it's even.
3. Top with additional pretzels, pumpkin spice chips, and semisweet chips. Bake according to the package instructions.
4. Let the brownies cool completely, slice, and serve. I love to transfer the brownies to the fridge so that they become fudgier, but I always pull them out and serve them at room temperature.

PUMPKIN snickerdoodles

PUMPKIN SNICKERDOODLES

Bursting with classic pumpkin flavor and an extra touch of cinnamon sugar delight.

Ingredients

- 1 box of pumpkin cookie mix + the ingredients listed on the package
- 1/4 cup melted butter
- Cinnamon sugar mix (1/4 cup sugar + 1/2 tbsp cinnamon)

Instructions

1. Preheat the oven to 350ºF and line 2 baking sheets with parchment paper.
2. Prepare the pumpkin cookie dough as directed. Roll them into small 1" balls.
3. Place the balls onto the baking sheet and bake according to the package instructions.
4. While the cookies are still warm, brush each cookie with melted butter and then sprinkle generously with cinnamon sugar.
5. Let the cookies cool and then serve!

SALTED CARAMEL APPLE
cookie cake

SALTED CARAMEL APPLE COOKIE CAKE

The perfect Fall movie-watching treat!

Ingredients

- 1 1/4 cups all-purpose flour
- 1/2 tsp baking soda
- 1/2 tsp salt
- 1/2 tsp apple pie spice
- 1/2 cup salted butter, softened
- 1/4 cup granulated sugar
- 3/4 cup brown sugar
- 1 egg
- 1/2 tsp vanilla extract
- 1/2 cup white chocolate
- 1/2 cup finely apples (about a half of an apple)

Frosting

- 1/2 cup butter
- 2 cups powdered sugar
- 1/2 tsp apple pie spice
- 1 tsp vanilla extract
- 2-3 tbsp heavy cream
- Fall leaf sprinkles, if desired
- Caramel sauce
- Coarse or flaked salt

Instructions

1. Preheat the oven to 350ºF. Spray an 8” round pan with baking spray and line the bottom with a parchment round.
2. In a medium bowl, combine the flour, baking soda, salt, and apple pie spice. Set it aside.
3. In a mixing bowl, beat the butter and sugars for 2-3 minutes or fully mixed and fluffy. Add in the egg and mix. Add in the vanilla and mix again.
4. Add the dry ingredients into the bowl and mix until fully combined.
5. Fold in the white chocolate chips and apples. Spread into the prepared pan and bake for 30 minutes or until lightly golden brown and a toothpick inserted comes out clean.
6. Let it cool in the pan for 15-20 minutes and then move to a wire rack to cool completely.
7. In a mixing bowl, beat the butter until smooth. Add in the powdered sugar and mix. Add in the apple pie spice, vanilla, and heavy cream and mix. Pipe the frosting around the border of the cake. Drizzle caramel on top. Sprinkle sea salt and serve. I love salty sweet so I sprinkle it generously!

EASY FALL CHICKEN AND STUFFING CASSEROLE

a quick & simple weeknight dinner

EASY FALL CHICKEN AND STUFFING CASSEROLE

A semi-homemade Fall casserole that starts with a rotisserie chicken!

Ingredients

- 1 rotisserie chicken, shredded (or 3 cups)
- 1 box stuffing mix, I used Stove Top Savory Herbs
- 1/4 cup melted butter
- 1 can (10.5 oz) cream of chicken soup
- 1 cup milk
- 1 cup shredded cheddar cheese
- 1/2 cup dried cranberries
- 1 cup frozen mixed vegetables
- 1 tsp dried thyme
- 1/4 tsp salt
- 1/4 tsp black pepper

Instructions

1. Preheat the oven to 375ºF.
2. Prepare the stuffing mix according to the packaging instructions, but replace half of the water with the melted butter.
3. In a large bowl, combine the cream of chicken soup, milk, shredded cheddar cheese, dried cranberries, dried thyme, salt and pepper. Stir in the shredded chicken and mixed vegetables.
4. Pour the chicken and vegetable mixture into a 13x9 baking dish sprayed with baking spray. Be sure to spread it out evenly.
5. Spoon the prepared stuffing over the top of the chicken mixture, spreading it out evenly as well.
6. Bake for 25-30 minutes or until the top is golden and the casserole is heated through and bubbly. Let it cool for a few minutes and then serve.

AUTUMN HARVEST *chicken bake*

AUTUMN HARVEST CHICKEN BAKE

all the flavors of fall in an easy comforting bake

- 4 boneless, skinless chicken breasts
- Salt & Pepper to taste
- 2 tbsp olive oil
- 1 onion, chopped
- 2 celery stalks, chopped
- 1 large carrot, chopped
- 1 green apple, peeled and diced
- 2 cups chicken broth
- 1 tsp dried thyme
- 1 tsp dried sage
- 1 package of savory herb stuffing mix
- 1/2 cup dried cranberries
- 1/4 cup melted butter

Instructions

1. Preheat the oven to 375ºF and spray a 13 x 9 baking dish with non stick cooking spray.
2. Season the chicken breasts with salt and pepper.
3. In a large skillet, heat the olive oil over medium heat. Add the chicken breasts and cook for 5-7 minutes on each side until they are golden brown but not fully cooked through. Remove and set aside.
4. In the same skillet, add the chopped onion, celery, carrot, and apple. Sauté for 5-7 minutes until the vegetables are softened.
5. Add the dried thyme and sage, stirring to coat the vegetables in the herbs.
6. In a large bowl, combine the sautéed vegetables, stuffing mix, and dried cranberries.
7. Pour in the chicken broth and melted butter, stirring until the stuffing mixture is evenly moistened. The mixture should be slightly wet but not soggy.
8. Spread half of the stuffing mixture in the bottom of the prepared baking dish.
9. Place the partially cooked chicken breasts on top of the stuffing and then spoon the remaining stuffing mixture over and around the chicken breasts, covering them as much as possible.
10. Cover the dish with aluminum foil and bake in the preheated oven for 20 minutes. After 20 minutes, remove the foil and continue baking for another 15-20 minutes, until the chicken is fully cooked and the stuffing is golden brown.

NOTE

If you can't find the herb stuffing mix,
feel free to substitute with any other flavor!

MY FAVORITE FALL FINDS!

A few of my favorite things

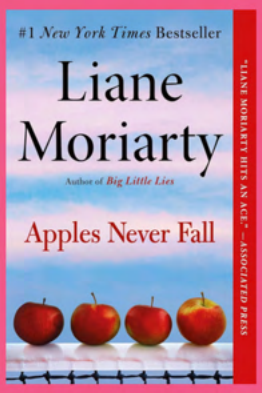
COZY FALL COLORING BOOK

AUTUMN HAIR BOWS

FALL LEAF SPRINKLES

On my reading bucket list!

AUTUMN AT APPLE HILL



APPLES NEVER FALL

THE PUMPKIN SPICE CAFE

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