



# 4 Ingredients or Less

---

---



# Banana Chocolate Muffins

## Three Ingredients



### Ingredients

- ▣ Chocolate cake mix
- ▣ 3-4 bananas, mashed
- ▣ Optional - 2 eggs

### Instructions

- ♥ Mash bananas
- ♥ Add cake mix
- ♥ Add eggs. I just gently drop them on the mix and use a fork to beat them before incorporating into the rest of the mix ingredients. Why dirty another dish!
- ♥ Mix
- ♥ Bake at 350 Fahrenheit for 16-18 minutes.

# Pumpkin Muffins

## Two Ingredients



### Ingredients

- 1 box Cake mix---Spice (Plain works too if you don't have the spice one.)
- 1 can Pumpkin (15 or 16 oz - not pumpkin pie filling)

### Instructions

- ♥ Preheat oven to 350 F
- ♥ Assemble your tools---pan for 12 medium cupcakes, spoon to mix, Pam.
- ♥ Pour cake mix into your favorite red bowl.
- ♥ Add canned pumpkin to bowl.
- ♥ Stir the two ingredients together.
- ♥ Keep stirring! It really starts looking like batter.
- ♥ Put batter into 12 medium muffin tin.
- ♥ Bake for 18 - 20 minutes. Test for doneness with toothpick (or a skewer stick!).

# Banana Muffins

## Two Ingredients



### Ingredients

- About 4 medium bananas
- Yellow cake mix

### Instructions

- ♥ Preheat oven to temperature stated on cake mix box. Usually 350 Fahrenheit.
- ♥ Mash the bananas.
- ♥ Add a box of cake mix. Just the cake mix. Not the stuff you are told to add.
- ♥ Find your favorite mixing spoon! Start stirring. I promise, it will start looking like dough! It is sticky.
- ♥ Bake 16 -18 minutes. Mmmm they smell so good when they bake.

# Peanut Butter Cookies

## Three Ingredients



### Ingredients

- ▣ 1 cup peanut butter
- ▣ 1 cup sugar
- ▣ 1 egg

### Instructions

- ♥ Preheat that oven to 350 degrees.
- ♥ Add all ingredients into a bowl.
- ♥ Stir well to combine.
- ♥ I dip my fork in a little sugar when I use it to press the cookies. Just like the little sugar crunch on top.
- ♥ Bake 6 minutes, until just starting to brown on the bottom.

# Peach Cobbler

## Three Ingredients



### Ingredients

- ▣ Yellow cake mix
- ▣ Large can of Peaches (29 oz)
- ▣ 1 stick of butter

### Instructions

- ♥ Preheat oven to 350 F.
- ♥ Dump can of peaches into the casserole dish. With every delicious drop of juice! I cut a few of the thicker ones in half, but you don't have to.
- ♥ Pour the cake mix on top. Smooth it gently with a knife (or a spoon, or a fork or your fingers...) DON'T MIX IT. Yes, it stays dry and powdery on top of the peaches!
- ♥ Cut the butter into thin slices and then spread it evenly on the cake mix.
- ♥ Now put it in the oven for 30-40 minutes. You want it to be bubbly and the crust to be a golden brown. And it smells so good!



# Apple Spice Muffins

## Two Ingredients



### Ingredients

- ▣ 1 apple, peeled and diced
- ▣ 2 cups applesauce
- ▣ 1 Spice cake

### Instructions

- ♥ Preheat oven to 350 Fahrenheit.
- ♥ Peel and chop apples so they are about 1/4 inch pieces. You don't need to be exact!
- ♥ Add chopped apples and a big teaspoon of cake mix into a bowl. Stir to cover apple bits. Set aside.
- ♥ Add 2 cups of applesauce to cake mix. I needed a mixer to combine well. About 2 minutes on medium.
- ♥ Add the cake mix coated apple bits to the dough. Stir together.
- ♥ Spray your muffin tin with Pam.
- ♥ Scoop a large scoop of dough into each muffin well. To about 3/4 full. Makes 12 nice sized muffins.
- ♥ Bake for about 18-20 minutes, until toothpick comes out clean.

# Strawberry Cupcakes

## Three Ingredients



### Ingredients

- 1 - Strawberry cake mix
- 1- 12 oz strawberry soda (a can has 12 oz in it)
- 1 or 2 containers of strawberry icing. (depending on how thick you spread the icing. If piping it takes more. But, looks so good.)

### Instructions

- ♥ Preheat oven to 325 degrees Fahrenheit.
- ♥ Mix the soda into the cake mix. Make sure it's well mixed but don't go crazy mixing it. If there are a few small lumps, that's ok.
- ♥ I lined my muffin tin with cupcake liners. I like my cupcakes big so when I make this, it makes 18. Each well was filled just under 3/4 full. If you did 2/3 full, you could probably make 24.
- ♥ Bake for 18 minutes, testing with a toothpick to see if done. Let them cool before frosting.



# Pumpkin Brownie Muffins

## Two Ingredients



### Ingredients

- ▣ 1 Box of Brownie mix.
- ▣ 1 15 oz can of Pumpkin (not pumpkin pie filling)
- ▣ 1 egg

### Instructions

- ♥ Preheat oven to 325 Fahrenheit.
- ♥ Dump all three ingredients in a bowl.
- ♥ Fill each muffin tin 2/3 full. This is enough for 12 regular sized muffins.
- ♥ Bake for approx. 22 minutes. Check with toothpick to see if they are done. Careful, they go from being raw to being over-baked and dry quick!

# Pineapple Cupcakes With Cherries

## Three Ingredients



## Ingredients

- ▣ 1 package angel food cake
- ▣ 1 20 oz can of CRUSHED Pineapple
- ▣ Maraschino cherries (optional)

## Instructions

- ♥ Preheat oven to 325 F.
- ♥ Mix cake mix with can of pineapple. Use all the juice and crushed pineapple in the can.
- ♥ Do not add any other ingredients (like those listed on the box).
- ♥ Use cupcake liners. Fill each cupcake liner about 3/4 full. Makes 24 cupcakes.
- ♥ Bake for 18 minutes or until toothpick comes out dry.
- ♥ After the cupcakes have cooled slightly, poke three holes in each cupcake with a straw.
- ♥ Drizzle about a teaspoon of the maraschino cherry juice into each hole.
- ▣ Add a cherry on top.

# Pumpkin Nutella Squares

## Three Ingredients



### Ingredients

- ▣ 1 box yellow cake mix
- ▣ 1 15oz can pumpkin (the smaller can – not pumpkin pie filling)
- ▣ 1/3 cup Nutella
- ▣ (If you want your squares to taste more like pumpkin pie, use spice cake mix.)

### Instructions

- ♥ Preheat oven to 325 Fahrenheit.
- ♥ Mix together pumpkin with yellow cake mix. Do not add the other asked for ingredients on the cake mix box instructions.
- ♥ Stir together until well combined. Really, after a few stirs, it does start to combine! Don't worry if there is a lump or two!
- ♥ Spray a 9x13 pan with Pam or other non-stick spray.
- ♥ Pour mixture into the pan. You may have to smooth it a little. It will be a little thick.
- ♥ Spoon about 1/3 cup of Nutella into a microwave safe bowl. I heated it 15 seconds on high, stirred then another 10 seconds. Heat until 'liquidy' so you can pour it.
- ♥ Pour a few lines across the cake/pumpkin mixture and then use a knife tip to swirl the nutella. I spray a little Pam on the tip of the spoon and that way it's easier to swirl the nutella into the batter.
- ♥ Bake for 18-20 minutes.

# Peanut Butter Fruit Dip

## Three Ingredients



### Ingredients

- ▣ 1/4 cup smooth peanut butter
- ▣ 1 6-oz vanilla yogurt
- ▣ 1/2 cup Cool Whip

Love this recipe since it uses three very simple ingredients and encourages the kids to have some fruit!

### Instructions

♥ Dump the peanut butter in a bowl. Add the vanilla yogurt. I use a fork when I mix it. You can cheat and use your measuring cups to help you eyeball the amount. No need to put the peanut butter in the measuring cup, then try to get it out and then clean your measuring cup. This recipe doesn't take long and it combines nicely for a wonderful creamy texture.

♥ Add the whipped topping and stir it in. This is even easier than the last step!

♥ Cut up some apple slices and bananas. For this recipe, you don't want to cut your fruit ahead of time. Because, kids think fruit that has a hint of brown on it is GROSS! Soooooo, if you do want to cut your apple slices ahead of time, soak in some Sprite type soda for about 5 minutes. It really does help prevent browning and isn't nearly as tart as using lemon juice.

# Veggie Dip

## Two Ingredients



### Ingredients

- ▣ 1 tub of sour cream
- ▣ 1 packages of Lipton's dry soup mix.

### Instructions

- ♥ Open the sour cream and stir it so that you mix the liquid back in and your sour cream is nice and creamy.
- ♥ Add your package of Lipton's dry soup mix and stir well to mix it all in.
- ♥ Put the lid on and put it into the fridge for a few hours to let the flavor mix into the sour cream.

# Shredded Beef

## Three Ingredients



### Ingredients

- ▣ 3 – 4 lb chuck or other inexpensive beef roast (as in lower quality)
- ▣ 1 envelope of brown gravy
- ▣ 1 envelope ranch dressing
- ▣ 2 cups water

### Instructions

- ♥ Pour the water and mix the packages of brown gravy and ranch dressing in with the water. I usually whisk it because you can't really stir it once you put the roast in.
- ♥ Turn your crock pot on high.
- ♥ Cook at least 6 hours. More is better than less.
- ♥ If you use a huge roast or two small ones, 6 lbs or so, use two packages of the gravy and dressing. Add a couple of hours onto the cooking time.
- ♥ When the meat is fork tender, put it in a bowl and pull it with two forks to shred it. Bet you can't do that without taste testing the meat! Yum!! And it will make your house smell really good!
- ♥ While I'm shredding, I pour the gravy into a large cup (or a bowl if you don't have a cup large enough).



Let it sit for about 10 -15 minutes and skim off as much of the fat layer as you can.

♥ Place the gravy and the shredded meat back into the crock pot, change the temperature to low or warm until ready to serve.

# Chicken Marinade

## Three Ingredients



### Ingredients

- ▣ Juice of 1 lemon (bottled lemon juice is OK if you don't have fresh lemons)
- ▣ 3 tablespoons Soya sauce (I prefer low sodium)
- ▣ 2 tablespoons olive oil (helps marinade stick to the chicken)

### Instructions

- ♥ Place chicken in a large zip lock type bag.
- ♥ Now add the marinade:
- ♥ That's it! Just massage the marinade around to make sure all the chicken is coated. If making a ton of chicken, just double the recipe.
- ♥ I use this when I'm grilling chicken. I marinate the chicken for about 1 hour. Because it is citrus based, you shouldn't leave the chicken in the marinade overnight. A few hours are fine, just not days!!
- ★ TIP!! Cut your chicken breast in half. So that they are thin. That helps the marinade infuse the chicken with flavor.

# Matzo Ball Soup

## With Mix



### Ingredients

- ▣ One package of Matzo ball mix and one with the soup base.
- ▣ 2 Eggs
- ▣ 2 tablespoons Vegetable Oil

### Instructions

♥ Take a small bowl and beat two eggs. Add two tablespoons of vegetable oil and mix. I just use a fork. Then add the matzo ball package and mix well. Refrigerate for at least 15 minutes.

♥ Once the 15 minutes have passed, boil 10 cups of water in a medium-sized pot. Yes, TEN cups of water. This makes a nice big pot of soup! Add the soup base to the water once it boils. A gentle boil is all you need.

♥ Now take out the moistened matzo ball mix. Wet your hands and make small balls out of the mix. I made 14. You do want them small because they will quadruple in size when cooked. I use my smallest cookie dough scoop.

♥ Make sure you roll and round them well with your hands. Then, into the pot with the boiling soup stock they go! Put the lid on, and let simmer for 20 minutes. Then, serve and enjoy!

# Copycat Frappuccino Recipe

## Three Ingredients



### Ingredients

- ▣ 1 12 oz mason jar with a lid
- ▣ 4 oz coffee (cold)
- ▣ 8 oz 1% chocolate milk
- ▣ 1 TBS Hershey chocolate syrup.

### Instructions

♥ Mix ingredients. Stir well. Yup. That's it. Soooo much cheaper than what you can buy in the store. And, I have everything at home! Now honestly, my version is just a touch less sweet. I could add more chocolate syrup and then it would be as sweet. But, I won't. And, I plan on slowly starting to decrease the chocolate syrup.

♥ The 12 oz mason jar with the lid makes this just as portable as the Frappuccino bottle. And, if your kids like it frothy, that's easy. Make sure the lid is on tight and give it a good shake. Yup. That's all. Take off the lid and then you have bubbles. I've been a mom for a few years now. I can un-complicate a lot of things!

# Passionfruit And Lemonade Tea

## Three Ingredients



### Ingredients

- ▣ One Tazo Iced Passion Tea Bag
- ▣ Your favorite lemonade

### Instructions

♥ For my tea and lemonade, I chose Tazo Iced Passion tea. Be warned, this particular package has HUGE teabags and is meant to make pitchers of iced tea. It says so right on the box (if you actually read the package – oops).

♥ So simple. Fill 1/3 of the pitcher with boiling water. Steeped the tea bag for about 5-6 minutes. Top up the pitcher another 1/3 with your favorite lemonade. Then fill the rest of the container with ice. If you would like to garnish, I would suggest slices or wedges of lemonade. It is so refreshing.

# Ginger Lemon Tea With Honey

## Three Ingredients



## Ingredients

- ▣ Raw Ginger Root
- ▣ 1 tablespoon fresh squeezed lemon
- ▣ 1 tablespoon honey

## Instructions

- ♥ Directions for one cup:
- ♥ Cut 5 thin slices of ginger (thin, thin, thin!) More or less to your taste
- ♥ Add a cup of hot water and let the ginger steep for about 4 minutes. Remove ginger (or leave a little longer for a stronger tea)
- ♥ Add 1 Tablespoon fresh squeezed lemon.
- ♥ Add 1 Tablespoon honey. More or less to your taste.



# Hershey Kisses And Pretzel Treats

## Two Ingredients



## Ingredients

- ▣ Small pretzels
- ▣ Hershey Kisses
- ▣ Small candy treat. M&M's are the traditional.

## Instructions

- ♥ Unwrap the Hershey Kisses. If you are making lots, this takes longer than you think : ).
- ♥ Preheat oven to 200 degrees Fahrenheit.
- ♥ Place pretzels on a cookie sheet. I prefer the regular small pretzels but other people prefer the waffle ones.
- ♥ Place an unwrapped Hershey Kiss on the center of the pretzels.
- ♥ Bake for about 4 minutes at 200 degrees fahrenheit. Others I know do higher and faster but I tend to scorch my chocolate that way.
- ♥ Gently place your topping treat on the Kiss and press it down into the Kiss.
- ♥. Cool slightly and let the chocolate set before you devour them.

# Peach Sherbert

## Two Ingredients



### Ingredients

- ▣ 1 14 oz can Condensed Milk (NOT Evaporated milk. You want the sweetened condensed milk).
- ▣ 1 6 oz bag of frozen peach slices.

### Instructions

♥ Let the peach slices thaw slightly. Unless you have one of those super duper blenders, which I don't. I let mine sit on the counter for about 20 minutes. You still want them frozen but not frozen so they are too hard for your blender to process.

♥ Add peaches to blender. About 1/2 the bag initially, and the can of Condensed milk.

♥ Turn blender on for a minute or so.

♥ Add balance of peaches. Blend until smooth. You may have to stop once in a while to stir the peaches and break up chunks.

♥ If you like more of a soft ice cream type texture, put it into a container and put it into the freezer for about 20-30 minutes. You can still see some peach chunks in mine. I like to have fruit bits in my ice cream so that's why I didn't totally blend mine until it was smooth. If you are a hard ice cream person, you will need to freeze this for about 3 – 4 hours. Makes 4 generous servings.

