

Your 30-Minute (or Less!) Healthy No-Bake Dessert Recipes

Celebrating Your Sweet Moments with 40 Mouth-Watering,
Healthy Yet Easy Homemade Desserts

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Introduction

Almost anyone can cook savory dishes, but when it comes to making desserts many people think that it is just out of their league. The picture we have on our mind about dessert-making is that of someone running back and forth in the kitchen to find the oh-so-many ingredients needed for the recipe, and then after finally managing to have all that they need, they get on with the complicated dessert-making stages which take hours and hours and some more hours.

Honestly, it sounds more like performing complex alchemy rather than making desserts. No wonder many people think that desserts are an exclusive specialty for the culinary professionals.

Moreover, if an easy recipe requires cranking on the oven, you know that you'll have to dedicate hours of your precious time spent in the kitchen just to get that recipe done. Plus, if it is summer already, that makes it even worse with all the heat and sweltering. It just doesn't sound that appealing now, does it?

But, guess what?! It doesn't have to be this way. Here is where this book comes in to show you that making dessert doesn't and shouldn't be that hard. As a matter of fact, upon reading this book you will come to learn about the whole new world of desserts that can be prepared without any baking AND you can make them in thirty minutes or less!

You will be surprised to know how a few ingredients can be manipulated around to create several different desserts, and that all of those desserts involve no complex stages to be made, but rather, they can be made in a couple of easy steps. Since there is no baking involved, those desserts usually take minutes to prepare and eliminate the need for overly processed ingredients. You won't even have to go back and forth around your kitchen, so you'll save both your time AND energy.

You will find that even though these quick n' easy no-bake desserts are so easy-to-prepare, they still manage to look impressive and have that elaborately-made look about them. Not to mention that along with them being devilishly good, they are also highly nutritious and super healthy!

Whether you are looking to make an after-meal dessert, a nutritious snack, or some awe-inspiring desserts for your party or special event, these quick n' easy no-bake desserts will fit any and all of your dessert needs. So, let's get started!

Chapter 1

Common & Essential Ingredients for No-Bake Desserts

Just one visit to the grocery store will stock your cupboard, fridge and freezer with the basic supplies that you need for no-bake dessert making. You will even find that almost 95% of those ingredients are already in your kitchen!

Here are the common and essential ingredients that you will need to have on-hand to be able to create impromptu no-bake desserts;

Salt

A sprinkle of salt on sweet dishes can actually make the dessert taste sweeter and better. It enhances the other flavors and creates the perfect balance.

Sugar

- **Granulated Sugar:** Made from the juice of beets or sugarcane.
- **Powdered Sugar:** It is sugar ground into ultra-fine particles and combined with starch.
- **Brown Sugar:** It is sugar with added molasses. The shade of color and the intensity of the flavor are proportional to the amount of molasses added to the sugar.

Dairy

- **Butter:** The default choice for dessert making is unsalted butter. Butter can be frozen until it is used.
- **Milk:** It provides moisture to the batter. Usually whole milk is preferred over low-fat milk since it gives a richer flavor.
- **Condensed Milk:** It adds a subtle sweetness to the dessert while maintaining the required consistency.
- **Cream Cheese:** It is essential for making cheesecake, which is the base for many non-bake desserts.
- **Whipped Cream:** Used as both a topping and a spread when making layered desserts.

Extracts

- **Vanilla Extract:** The pure vanilla extract is available both as liquid and paste, but in our recipes, we will be using the liquid form. The vanilla extract gives a spicy aroma and enhances the flavor. For ice-creams, it provides the desired 'scoop-able' consistency.
- Other extracts can be used as flavoring agents such as **mint extract** and **almond extract**.

Spices

- **Cinnamon:** It has the ability to enhance both savory and sweet dishes. It is the perfect partner for chocolate-based desserts.
- **Ginger:** An essential ingredient with most pumpkin-based desserts as well as other dishes.

Add-Ins

- **Chocolate:** Chocolate comes in many forms and they all have their different uses including fillings and toppings. The basic forms of chocolate that you will need to have around are; bar chocolates, chocolate chips and cocoa powder (unsweetened).
- **Peanut Butter:** Peanut butter is very popular in many no-bake desserts, and thus it would be quite handy to have a couple of large jars in stock. It is part of a 2-ingredient dessert, and many other similarly easy-to-make desserts which makes it a desirable go-to ingredient.
- **Nuts:** They can be stored in the fridge or freezer to extend their life. They can be used either raw or roasted.
- **Oats:** Among all the essential ingredients, oats proudly occupies the top of the list nutrition-wise.
- **Vanilla Wafer Cookies, Graham Crackers:** They provide a harmonious balance with creamy desserts, both texture-wise by acting as a base and taste-wise by providing a light crunch to the smooth creamy taste.
- **Food coloring:** It allows you to create desserts that have a stunning visual effect.
- **Fruits:** Either dried or fresh, they would be second on that previously mentioned list of nutritious ingredients. The best thing about fruits is that they are so diverse, each with its unique identity, flavor and texture.
- **Sprinkles:** For adding that final festive touch on your work of art.

Chapter 2

Essential Kitchen Equipment for No-Bake Desserts

Now that you've got your pantry well stocked with the basic ingredients that you need, the next step would be, using those ingredients. And how will you be using them? With the help of none other than some basic kitchen tools of course.

Here, we will go over the essential kitchen equipment that you will need when preparing your no-bake desserts;

Measuring Cups & Spoons

The first thing in any recipe is listing the ingredients that you will need. But what is written on the left of the ingredients? That's right, the measures and amounts that you will need for the recipe.



Steel measuring cups and spoons are your best option. You would want to look for ones that have sturdy handles, and also, make sure that the measurements are easy to read.

Mixing Bowls

So, you measured all your ingredients. Now, you need to place them somewhere to start working on them. Mixing bowls come in various materials and sizes. It would be handy to get a range of different sizes. Glass bowls are heavy duty, and most have rubberized bases to prevent them from slipping when you are mixing in them.



However, not all glass is microwave-safe, so you need to make sure that you have at least 2 bowls that are labeled as microwave-safe. Most of the ceramic bowls are safe to use in the microwave as well as some stainless-steel varieties.

Spatulas & Whisks

With your ingredients placed snugly in the respective bowls, they need to be combined and well-mixed. Enter the spatulas and whisks! They come in different sizes and materials as well. Spatulas are used in stirring, mixing, spreading, and even scraping the sides of the bowls. They are simply quite the multitaskers.



As for the whisks, it is recommended that you have at least 2 of different sizes, one for whisking large amounts in large bowls, and the other would be for small quantities. A large whisk won't be as efficient as a small one in thoroughly whisking small quantities. Whatever your choice is, make sure that your spatulas and whisks are well-made and heavy duty because flimsy whisks could easily break when used on heavy batters.

Hand Mixer / Stand Mixer

Sometime certain recipes call for a more vigorous beating process than your average manual whisking powers, especially ones that require attaining volume, thickness and fluffiness, which is when you will need an electric mixer.



A hand mixer is great when making things that require several minutes of mixing. However, if you are working on larger quantities and for larger durations, then a stand mixer would be more suitable for you as it offers more stability. Mixers usually live for long, so make sure to invest in a quality mixer with a heavy-duty motor and durable attachments.

Blender

If simple mixing just wouldn't do it and we need to take it up to the next level and blend your ingredients into a puree or even turn it into a smooth-running fluid, then you will need a blender.



Pans

Pies, cakes, truffles, cookies, fudges, dessert bars and bites are all different desserts, yet they have one thing in common, they need a pan to be placed in for setting until reaching the desired firmness. It is recommended to have pans of different sizes, because the amounts and sizes of each type of dessert would vary, and so would the pan size required.



Parchment Paper

From cookies and fudges to bites and dessert bars, all of those need parchment paper to set on until they become firm. It is non-stick which preserves your dessert in its intact form when removing it from the paper, and makes for an easy clean up afterwards.



Parchment paper is available in rolls (like foil), in sheets or in round forms (for cakes).

Popsicle Mold

Needless to say, without this mold, you can't make those delicious refreshing summer (and sometimes even winter) treats. Not having an ice pop mold means that you would go straight to the store-bought, additive-filled unhealthy popsicles. Why do that when you can easily make your own healthy popsicles from the comfort of your home.



Popsicle molds are usually made of BPA-free plastic. They typical mold has a place for 6 popsicles, but there are other varieties that have places for 8 and even 10 popsicles. They are available in a wide range of colors, so just have your pick!

Chapter 3

Basic Skills for No-Bake Desserts

You've got your ingredients, you've got your tools, you're all set to start whipping up those desserts.

Well, just one more thing. Even though those no-bake desserts are really easy to make (you can even get your kids to help!), there are still some basic skills that you will be using in almost all of the recipes. Going over them will not just make your dessert-making process easier, but it will actually help you produce perfectly-made and yummiest desserts.

Without further ado, here are the basic skills that you need when preparing no-bake desserts:

Liquids & Sauces Techniques

Reducing

It is a method used mainly to concentrate the flavor by removing the excess water. It involves boiling a liquid to remove the water content until you reach a certain consistency and concentration. It is common for both savory and sweet sauces. When reducing juices, make sure not to overdo it as the sugar content in the juice might caramelize and change its flavor.

Melting

Many recipes involve melting chocolate and/or butter. You first start by cutting your chocolate/butter into chunks and shards. After that, you place it in a microwave-safe bowl and microwave it for one minute on high. This one minute should be divided into 20-second intervals, where you need to be stirring your component until it is totally smooth. Note that after you take it out of the microwave, it will continue to melt for a while, so avoid microwaving for more than 1 minute, otherwise you risk burning your component.

Mixing Techniques

Creaming Method

It is a common mixing method that involves the mixing of sugar with butter using a mixer or a whisk. It works by creating tiny air cells in the fat to give the final product more volume and tenderness. Thus, when creaming, the mixer shouldn't be on high speed to avoid destroying the air cells. The final creamed mixture should be airy in consistency and light in color.

Folding

It is a method that carefully and slowly incorporates the ingredients together to reduce the destruction of air cells so that volume is not lost. Folding starts by adding a little

bit of the lighter component to the heavier component. Adding all the heavy components at once would destroy all the air cells. Then, the heavier component is carefully turned into the lighter component without stirring or beating the mixture. The process is done with a rubber spatula.

Blending Method

This method has more liquid components involved (such as butter, milk or oil). The ingredients are all placed together and blended with a paddle attachment. Ideally, the mixture should be mixed on medium or medium-high speed for one minute, and once all the liquid ingredients are added, it is mixed for another minute on low speed.

Chapter 4

Cookies

The reason that makes this miniature dessert so desirable by people of all ages will forever remain a mystery. Cookies can turn a frown on a child's face into a smile, and in an instant, they can bring joy to a friend or a loved one. People love cookies so much that sometimes they can't even wait until they are baked, and they sneak some of its dough. Well, here we will save you that waiting time, because simply, our recipes need no baking!

Chocolate Cookies



Servings Per Recipe: 36 cookies

Preparation Time: 5 minutes

Cooking Time: 5 minutes

Total Time: 10 minutes

Nutritional Information: (Per cookie)

- **Calories:** 109
- **Fat:** 2.6 g
- **Cholesterol:** 7 mg
- **Sodium:** 90.8 mg
- **Carbohydrate:** 15 g

Ingredients:

- 1 ¾ cups granulated sugar
- 3 tablespoons cocoa powder (unsweetened)
- ½ cup milk
- 1 teaspoon vanilla extract
- ¼ teaspoon salt
- 3 cups oats (quick-cooking)
- 8 tablespoons butter
- ½ cup peanut butter (creamy)

Instructions:

1. In a saucepan, add the sugar and cocoa powder and mix well using a whisk.
2. Add milk and butter to the mixture, and then cook over medium heat.
3. Bring to a boil and allow it to boil for 1 minute.
4. Remove from heat and stir while adding the salt, vanilla, peanut butter and oats.
5. Use a tablespoon to drop the cookies on a parchment paper.
6. Allow the cookies to dry for 10-15 minutes until they become firm.
7. Serve the cookies!

Notes:

Store the chocolate cookies in an air-tight container up to one week at room temperature.

Mini Cheesecake Cookie Sandwiches



Servings Per Recipe: 20 sandwiches

Preparation Time: 12 minutes

Cooking Time: 2 minutes

Total Time: 14 minutes

Nutritional Information: (Per cookie)

- **Calories:** 269
- **Fat:** 4.4 g
- **Cholesterol:** 19.9 g
- **Sodium:** 278 mg
- **Carbohydrate:** 50.7 g

Ingredients:

- ½ cup butter
- ⅓ cup brown sugar
- 1 teaspoon vanilla extract
- 1 cup cream cheese
- ½ powdered sugar
- 40 Pre-made or purchased plain cookies
- Chocolate chips
- Sprinkles

Instructions:

1. Put the butter in a heating bowl and microwave for 30 seconds.
2. Add the brown sugar and vanilla to the butter and mix them well.
3. In another bowl, mix the cream cheese with the powdered sugar.

4. Combine both mixtures and whip them well.
5. Use the cheesecake mix as a sandwich filling between two cookies.
6. Melt the chocolate chips for 30 seconds.
7. Dip the cookie sandwich in the melted chocolate, and then add the sprinkles.

Notes:

Store the cookie sandwiches in an air-tight container up to one week in the refrigerator.

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