

## *Pupcakes Recipes*

### **Thor's Grain-Free Peanut Butter Pumpkin Biscuits**

**INGREDIENTS:**

- 1½ cups coconut flour
- ½ cup organic peanut butter
- 3 eggs
- ½ cup coconut oil, melted then slightly cooled
- 1 cup pumpkin puree

**DIRECTIONS:**

Preheat oven to 350°F.

Combine all ingredients in a large mixing bowl.

Roll dough out gently onto a cutting board dusted lightly with additional coconut flour. Roll out to about ¼–½-inch thick.

Cut out shapes using your preferred cookie cutters.

Transfer gently to a parchment-lined baking sheet.

Bake for 13–15 minutes. Treats should have a slightly golden color around the edges.

Cool on cookie sheets before serving.

May be stored in airtight containers for up to three weeks. ▶

*Pupcakes Recipes (continued)*

## Teddy's Apple Cinnamon Cookies

**INGREDIENTS:**

- 4 cups whole-wheat flour
- ½ cup cornmeal
- 1 teaspoon cinnamon
- 2 eggs
- 2 tablespoons vegetable oil
- 1 small apple, grated
- 1⅓ cups water

**DIRECTIONS:**

In a large bowl, combine flour, cornmeal, cinnamon, eggs, and oil.

Grate the apple into the mixture; add the water.

Mix until it starts coming together into a ball.

Turn dough onto a lightly floured surface.

Knead well.

Roll out to a thickness of ¼–½ inch.

Take a straight edge and score the dough horizontally then vertically to make a grid of ¾-inch squares.

Be careful not to score the dough so that it cuts completely through the dough.

Lightly grease a baking sheet.

Place cookie on baking sheet.

Bake for 1 hour at 325°F.

Cool.

Place in a storage container or Ziploc bag and refrigerate. ►

## Sasha's Frozen Yogurt Treats

### INGREDIENTS:

- 4 cups yogurt (flavored or plain, non-fat if needed)
- ½ cup creamy peanut butter
- 2 tablespoons honey
- 1 ripe banana, mashed

### DIRECTIONS:

Melt peanut butter in microwave for about 30 seconds.

Place all of the ingredients into a blender, mixer, or food processor and mix until smooth.

Pour into ice cube trays or popsicle trays.

Freeze until firm. ▶

*Pupcakes Recipes (continued)*

## Arlow's Valentine's Carob Cookies

**INGREDIENTS:**

- 1 cup water
- 1½ teaspoons dry yeast
- ½ cup carob powder
- ¼ cup vegetable oil or olive oil
- 1½ cups whole wheat flour
- ½ cup cornmeal
- 1 cup unbleached all purpose flour

**DIRECTIONS:**

Combine the water and yeast.

Blend the yeast mixer with carob powder and the vegetable oil. Slowly mix in the whole wheat flour, the cornmeal, and the all purpose flour.

To prevent the dough from sticking, sprinkle flour onto your rolling pin.

Roll the dough out to ¼-inch thick and cut into heart shapes.

Place the cookies on a greased cookie sheet or non-greased silicone baking mat. Bake for 55 minutes at 275°F. ►

# Pupcakes

## INGREDIENTS:

### Muffins:

2 cups shredded carrots

3 eggs

½ cup applesauce, unsweetened

2 teaspoons cinnamon

½ cup rolled oats

3 cups whole wheat flour

### FROSTING:

8 oz. low fat cream cheese, softened

¼ cup applesauce, unsweetened

## DIRECTIONS:

### Muffins:

Preheat oven to 350°F.

Lightly spray cups of muffin tin.

In a large bowl stir together the carrots, eggs, and applesauce. Set aside.

In another medium bowl whisk together the cinnamon, oats, and flour.

Slowly mix in the dry ingredients. Stir until well blended.

Spoon mixture into muffin tin. The dough will be thick, so you may wet your fingers to press the dough into place.

The dog cupcake will not rise very much, so do not worry about over-filling the muffin tin.

Bake for 25 minutes.

Cool completely on a wire rack before frosting or serving. ►

*Pupcakes Recipes (continued)*

**Frosting:**

Blend both ingredients with a hand mixer until well blended.

Spoon into a pastry bag for easy decorating. ☺

# Read On

## *SIT! STAY! SPEAK!*

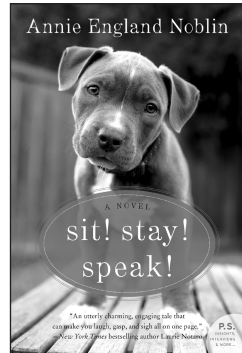
Who says nothing happens in small towns. . . ?

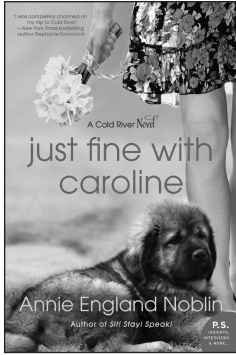
Tragedy sent Addie Andrews fleeing from Chicago to the shelter of an unexpected inheritance—her beloved aunt’s somewhat dilapidated home in Eunice, Arkansas, population very tiny. There she reconnects with some of her most cherished childhood memories. If only they didn’t make her feel so much!

People say nothing happens in small towns, but Addie quickly learns better. She’s got an elderly next-door neighbor who perplexingly dances outside in his underwear, a house needing more work than she has money, a best friend whose son uncannily predicts the weather, and a local drug dealer holding a massive grudge against her.

Most surprising of all, she’s got a dog. Not just any dog, but a bedraggled puppy she discovered abandoned, lost, and in desperate need of love. Kind of like Addie herself. She’d come to Eunice hoping to hide from the world, but soon she discovers that perhaps she’s finding her way back—to living, laughing, and loving once more. ►

Read on






## Read On *(continued)*

### JUST FINE WITH CAROLINE

Whenever someone tells you they're "just fine" . . . they're probably lying!

Caroline O'Connor tells herself everything is "just fine." Never mind that her faithful companion dog is mostly deaf, her best cousin's marriage is on the rocks, her mother has Alzheimer's, her father retreats to his study every night, and she's stuck back in Cold River, Missouri, a place she once thought she'd left for good.

There's all that, and Noah Cranwell, too. A far-flung relative of a local family mostly known for running moonshine, the ex-veteran has come home to Cold River with troubles of his own and he has his eye on Caroline and her dog. He also seems to be the key to something that happened to Caroline's mother in the past, something that's been a secret for decades.

Caroline has always believed she knows everything about Cold River and the people who live in its hills and hollers . . . but occasionally life's greatest surprises happen closest to home. 

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