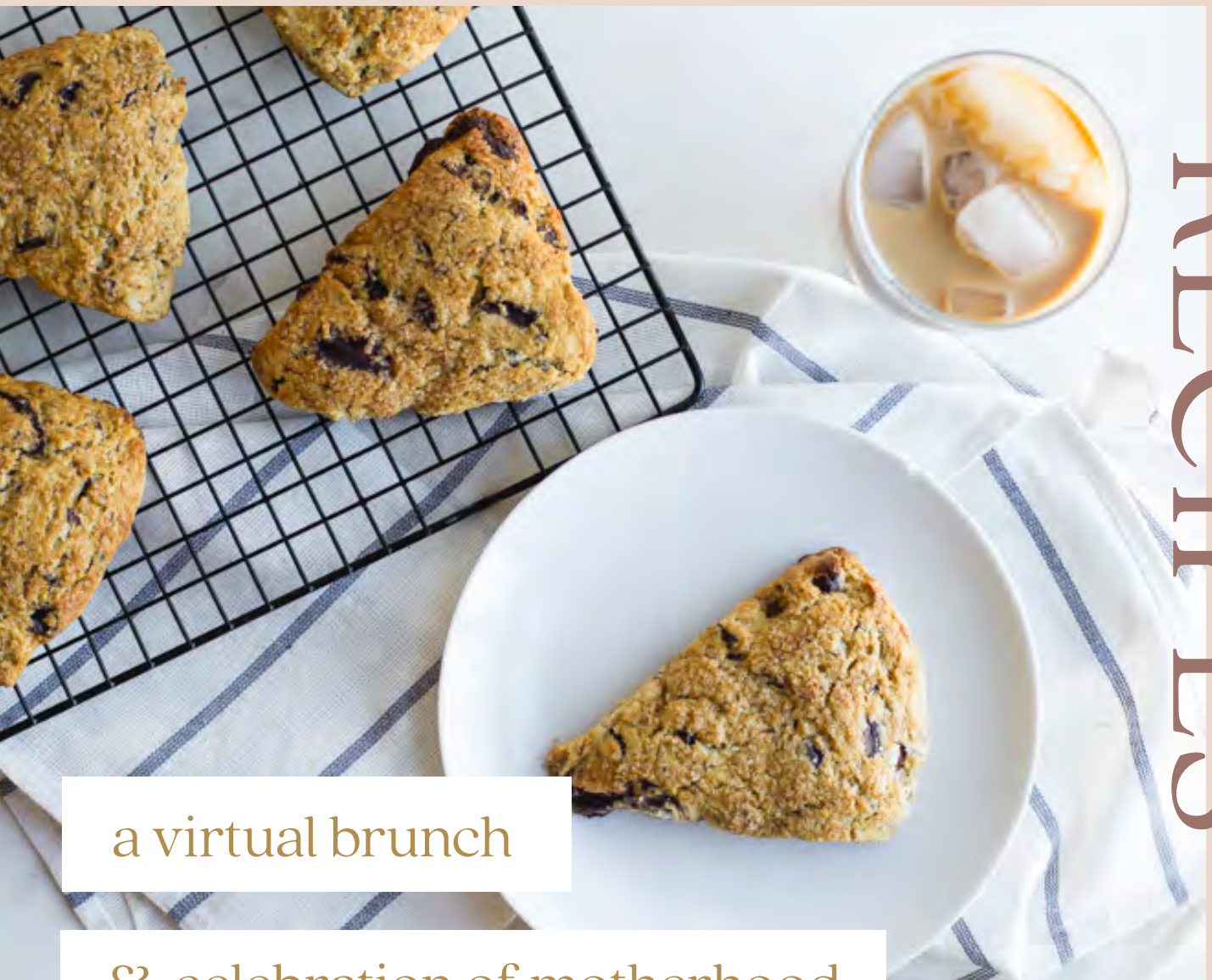




# COFFEE + CRUMBS



RECIPES

a virtual brunch

& celebration of motherhood

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# Coffee, Peanut Butter + Banana Smoothie



Yields 2-3 servings

1 cup unsweetened almond milk  
1 cup brewed coffee, cold\*  
2 large bananas  
¼ cup creamy peanut butter  
3-4 Medjool dates, pitted  
1-3 cups ice

Add the almond milk, coffee, bananas, peanut butter, 3 dates, and 1 cup of ice to a blender. Blend until smooth.

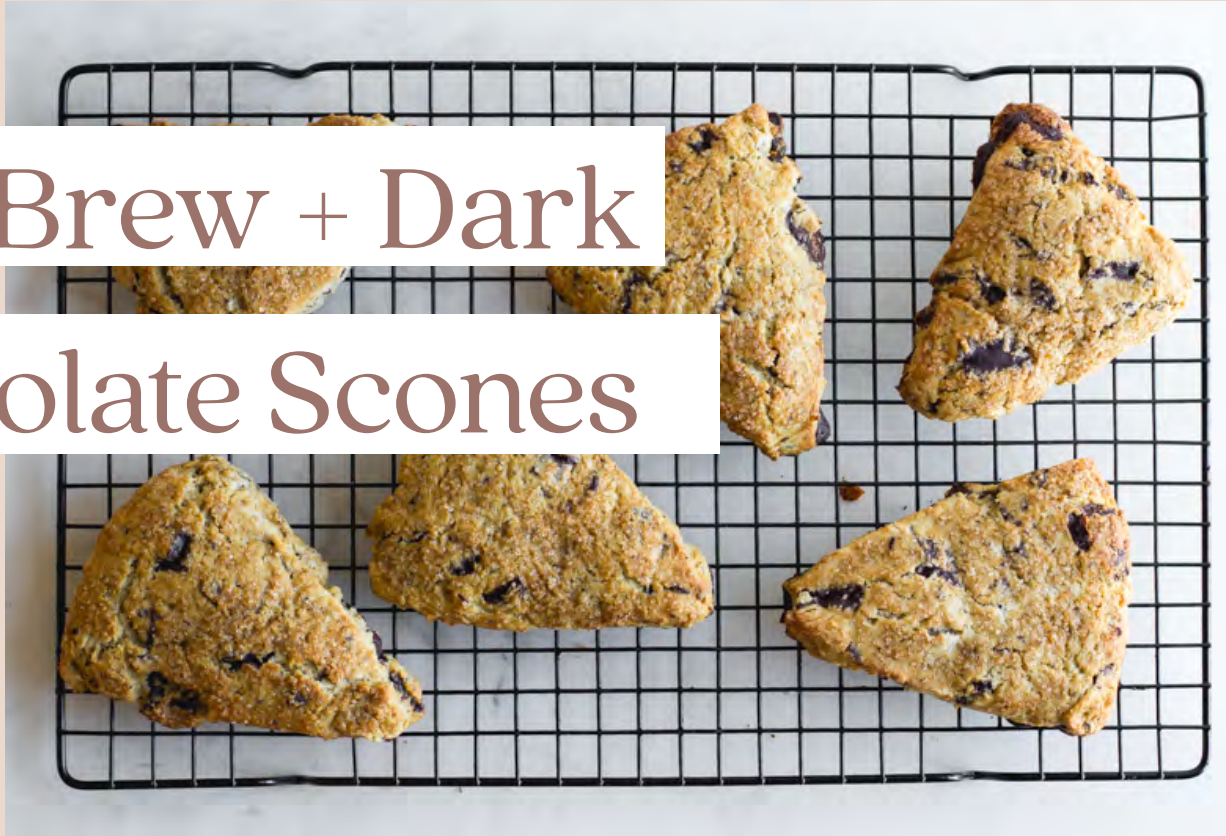
Add another date if you want it to be sweeter and additional ice to taste. Less ice will give you a richer flavor but a thinner smoothie. More ice tones down the intensity and makes the smoothie thicker.

(My personal preference is about 2 heaping cups of ice.)

\*Your recipe is only as good as your ingredients, so use good quality coffee! Cold brew coffee is ideal in this recipe, but you can use regular (cooled) coffee in a pinch!

# Cold Brew + Dark

# Chocolate Scones



Yields 8 large scones

Adapted from King Arthur Flour

2 3/4 cups all-purpose flour (plus a little extra for sprinkling on the baking sheet)

1/3 cup sugar

1 Tablespoon baking powder

3/4 teaspoon kosher salt

1/2 cup cold butter

6 ounces dark chocolate, chopped

2 large eggs

1/3 cup whole milk

1/4 cup cold brew coffee, plus 2-3 teaspoons for topping\*

2 teaspoons vanilla extract

1 Tablespoon turbinado sugar (or other coarse sugar), optional



# Cold Brew + Dark Chocolate Scones Cont'

Line a baking sheet with parchment paper, and then sprinkle the parchment with a little bit of flour. Set aside.

In a large bowl, mix together the flour, sugar, baking powder, and salt. "Cut" the cold butter into the flour. To do this, you can first cut the butter into small cubes, and then mix it into the flour with a fork until the mixture is crumbly. Another option I like is to use a cheese grater. Grate the stick of butter into the flour, then mix with a fork until crumbly.

Gently stir the chopped dark chocolate in the flour mixture.

In a separate bowl, whisk together the eggs, milk, 1/4 cup of coffee, and vanilla. Add the wet ingredients to the dry ingredients and stir just until incorporated.

Scrape the dough out onto your prepared baking sheet. Form the dough into one large circle, about 9 inches in diameter and 3/4 inches thick.

For the topping, brush the top of the dough with 2-3 teaspoons of cold brew coffee, and the sprinkle on the turbinado sugar. With a large knife, cut the dough into 8 slices. (It helps to run your knife under cold water after each cut). Gently pull each slice away from each other and spread them out on the baking sheet.

For best results, place the baking sheet of unbaked scones in the freezer for 30 minutes to chill. While they're in the freezer, preheat the oven to 425 degrees.

Bake the scones for 18-22 minutes, or until slightly browned. Allow them to cool slightly before serving. I think scones taste best when they're freshly baked. However, once they are cooled, you can also wrap them tightly and store at room temperature for 1-2 days, in the fridge for up to a week, or freeze for 2-3 months.

\*You won't get quite the flavor, but you can substitute strong, regular-brewed coffee.

# Coffee Cake for One with Brown Sugar Topping

Yields 1 serving

Adapted from Crazy for Crust



For the Coffee Cake:

Cooking spray, butter, or oil for greasing the mug or ramekin

2½ Tablespoons flour

1 Tablespoon brown sugar, lightly packed

¼ teaspoon baking powder

¼ teaspoon cinnamon

Pinch of salt

1½ Tablespoons milk (any kind)

1½ Tablespoons melted butter or neutral-tasting oil (it's better with butter, of course)

Powdered sugar (optional)

Spray a microwave-safe mug or ramekin with cooking spray (or grease with butter or oil).

Add the flour, brown sugar, baking powder, cinnamon, and salt to the mug. Stir with a fork or small whisk until mixed. Add in the milk and melted butter or oil, and stir gently until the ingredients are fully incorporated.

Top with the brown sugar topping (recipe below).

Microwave 40-45 seconds. (This could depend on the strength of your microwave. Mine is 1100 watts.)

Let the cake sit for a minute (it will be very hot when it comes out!). Dust with powdered sugar if you'd like, but honestly, I prefer to just grab a spoon and dig in!

# Coffee Cake for One with Brown Sugar Topping Cont'

For the Brown Sugar Topping (optional)

1 Tablespoon brown sugar  
1 Tablespoon all-purpose flour  
½ tablespoon cold butter  
Pinch of salt

Add all the topping ingredients to a small bowl. Using your fingers, mix and pinch the ingredients together until the mixture turns into coarse crumbs. Add the desired amount\* to the top of the mug cake batter. Then microwave as directed above.

\*Note: I think this makes enough topping for 2 mug cakes (maybe even 3), but use however much you like!

## Lemon Ricotta Pound Cake



Yields 1 loaf

Created by Shannon Williams

¾ cup (1 ½ sticks) unsalted butter, softened, plus more for greasing the pan  
1 ½ cups all-purpose flour  
2 teaspoons baking powder  
1 ½ teaspoons Kosher salt  
1 ½ cups whole-milk ricotta cheese (do NOT use the low-fat stuff!)  
¼ cups granulated sugar  
3 large eggs  
2 teaspoons vanilla extract  
Zest of 2 lemons  
Juice of 1 lemon

# Lemon Ricotta Pound Cake Cont'


Preheat the oven to 350. Thoroughly grease a 9x5-inch loaf pan with butter.

In a medium bowl, whisk together the flour, baking powder, and salt. Set aside.

In the bowl of a stand mixer fitted with the paddle attachment (or with a handheld mixer), cream together the butter, ricotta, and sugar on medium speed for 2-3 minutes. At this point the batter may be lumpy; this is totally fine. Add eggs one at a time, beating until combined and scraping down the bowl after each addition. Or just add them all at once because you have a small "helper" trying to grab the other eggs on the counter, and it will probably bake up fine anyway. Add the vanilla, zest, and lemon juice and beat until combined. Add the flour mixture, beating on low speed until incorporated.

Pour the batter into the prepared loaf pan. Bake 50-60 minutes, or until a toothpick inserted comes out clean. (See note below.) If the top looks like it's browning too quickly, cover loosely with foil. Let cool for about 15 minutes in the pan before removing to cool completely on a cooling rack. (Or just forget about it entirely like I do and let it cool in the pan. Your choice.)

Note: I've noticed this pound cake bakes very differently for me depending on the type of pan I use. For a metal pan, plan on the 50-60 minutes noted and maybe needing to use the foil. For a glass pan (like Pyrex, which I prefer), plan on 60-75 minutes. I always check it at the 50-minute mark to gauge where it's at, then set the timer at 5-minute increments so as not to over bake. Once the toothpick emerges cleanly and the loaf appears to pull away slightly from the edges of the pan, it's good to go.



Shannon Williams is the winner of our first-ever recipe contest, offered exclusively to our Exhale community! You can find more of Shannon's writing about motherhood and life at [shannonscribbles.net](http://shannonscribbles.net) or on Instagram @shannon\_scribbles.



# Easy Flavor-Infused

# Simple Syrups



Add a splash of flavor and sweetness to your favorite drinks with flavor-infused simple syrups. Simple syrup is just a mix of sugar and water, and you can add in spices, herbs, juices, or other ingredients to create delicious combinations.

Add them to tea, coffee, iced tea, cocktails, other favorite drinks!

Depending on the ingredients used, syrups will generally last at least a couple weeks in a sealed container in the fridge. If you use fresh ingredients, the shelf life is a little shorter (like with the fresh lemon version below).

## Cinnamon Simple Syrup

Yields about  $\frac{3}{4}$  cup

1/2 cup sugar  
1/2 cup water  
1 cinnamon stick

Add all the ingredients to a small saucepan set over medium heat. Bring just to a boil, stirring the whole time to help the sugar dissolve. Reduce the heat to low and then simmer for about 3-5 minutes. Remove from heat and let cool completely, then remove the cinnamon stick. Add a splash of syrup to coffee, tea, cocktails, or mocktails.

## Brown Sugar-Vanilla Simple Syrup

Yields about  $\frac{3}{4}$  cup

1/2 cup brown sugar, very lightly packed  
1/2 cup water  
1/2 tsp vanilla extract (or the seeds scraped from half a vanilla bean pod)

Add all the ingredients to a small saucepan set over medium heat. Bring just to a boil, stirring the whole time to help the sugar dissolve. Reduce the heat to low and then simmer for about 2-3 minutes. Remove from heat and let cool completely. Add to coffee, tea, cocktails, or mocktails. I love this one in Irish Breakfast tea!

## Lemon-Honey Simple Syrup

Yields about 1 cup

3/4 cup honey  
1/4 cup freshly squeezed lemon juice  
1/4 cup water  
Strip of lemon zest

Add all the ingredients to a small saucepan set over medium heat. Bring just to a boil, stirring the whole time. Reduce the heat to low and then simmer for about 3-5 minutes. Remove from heat and let cool completely, then remove the strip of lemon zest. Add a splash of syrup to tea, cocktails, or mocktails. I doubt this one would taste very good in coffee, but I love it in green tea!

Note: Even though honey can go directly in hot drinks like tea, it often mixes in better when made into a honey syrup like this recipe. Also, if you want to mix honey into cold drinks like a cocktail, iced tea, or mocktail, a honey simple syrup will definitely work better than plain honey.