



SEPTEMBER

BREAKING THE RULES



Week 1 ~ Soft Drink Surprise

recipes: 7-Up Bundt Cake & Cocoa Cola Chili

Week 2 ~ South of the Border Swap

recipes: Tostada Waffles & Cinnamon Chocolate Nachos

Week 3 ~ Cupcakes for Breakfast?

recipes: French Toast Cupcakes & Fruit Crescents

Week 4 ~ Diner Dilemma

recipes: Cheeseburger Minis & Cup O'Cobbler

Week 5 ~ Who Needs a Recipe??

recipes: Rolled Pizza & Meatball Cookies



OCTOBER

SPICE IT UP!



Week 1 ~ Herbs

recipes: Mac & Cheese: Parisienne, Neapolitan and Andalusian & Fresh Herb Salad

Week 2 ~ Spices

recipes: Carrots with African Spices Spiced Caramelized Cauliflower,
Spaghetti Squash with Moroccan Spices and Spice Fruit Salad

Week 3 ~ Herb and Spice Make the Meat Pie Nice!

recipes: Meat Pies: Mediterranean, Asian and Southwest & Hot Apple Strudel Cider

Week 4 ~ Spicy Sweet Treats

recipes: Harvest Cookies & Spicy Cake

