



Trifle

Yield: 10 - 12 servings Time: 30 minutes

INGREDIENTS

- 1 Angel Food Cake
- 1 package strawberry or raspberry jello
- 2 small packages vanilla pudding mix plus 4 cups milk
- 4 oranges, sectioned
- 4 bananas, sliced
- berries (optional)
- 1/2 cup orange juice
- 1 pint heavy whipping cream plus powdered sugar to sweeten

DIRECTIONS

1. Make jello in square 8" x 8" square pan according to package directions. (Make ahead)
2. Make pudding according to package directions and chill.
3. Prepare fruit.
4. Break up Angel Food Cake into bite sized pieces.
5. Whip Cream.
6. Layer ingredients in a clear bowl, trifle dish or individual cups.
7. First, place the Angel Food Cake into the dish. Drizzle with the orange juice and toss.
8. Add the fruit and gently toss with the cake.
9. Then, layer cubes of jello.
10. Next, layer the pudding and then top with whipped cream.

Wasatch County Cooking Class, March 2025

Tricia Mathis, FCS/4-H Educator 55 S. 500 E. Heber City, UT 84032 | patricia.mathis@usu.edu | 435-657-3234



Special K Treats

Yield: 2 dozen Time: 20 minutes

INGREDIENTS

- 2 squares butter
- 1/2 cup brown sugar
- 1/2 cup sugar
- 2 cups marshmallows
- 4 cups Special K
- 1/2 cup nuts (optional)

DIRECTIONS

1. Melt butter in large saucepan over medium heat.
2. Add sugars and stir to combine.
3. Then, add marshmallows and stir until the marshmallows are just melted.
4. Add the Special K cereal and gently fold together.
5. Drop by spoonful onto waxed paper.
6. Let cool.
7. Store in an airtight container.

Wasatch County Cooking Class, March 2025

Tricia Mathis, FCS/4-H Educator 55 S. 500 E. Heber City, UT 84032 | patricia.mathis@usu.edu | 435-657-3234



Thumbprint Cookies

Yield: 18 cookies Time: 45 minutes

INGREDIENTS

- 1/2 cup butter, softened
- 1/4 cup brown sugar
- 1 egg
- 1/2 teaspoon vanilla
- 1/4 teaspoon salt
- 1 cup flour
- 1/2 cup finely chopped walnuts
- 2/3 cup fruit flavored jam

DIRECTIONS

1. Preheat oven to 300 degrees F.
2. Grease cookie sheets.
3. Separate egg reserving egg white.
4. Cream butter, sugar and egg yolk.
5. Add vanilla, flour and salt. Mix well.
6. Shape dough into balls. Roll in egg white, then walnuts.
7. Place on cookie sheets about 2 inches apart.
8. Bake for 5 minutes.
9. Remove from oven. with thumb, indent each cookie.
10. Put jelly or preserves in each thumbprint.
11. Bake for another 8 minutes.
12. Remove from oven and cool on cooling racks.

Wasatch County Cooking Class, March 2025

Tricia Mathis, FCS/4-H Educator 55 S. 500 E. Heber City, UT 84032 | patricia.mathis@usu.edu | 435-657-3234