



INSPIRING
DELIGHT

RECIPES & IDEAS FOR RETIREMENT LIVING



General Mills
Convenience
& Foodservice



Providing Delight Throughout The Seasons



From providing daily nostalgia bite by bite, to keeping things fresh with new ideas and trends, serving resident communities is a tall order.

At General Mills, we recognize these challenges and strive to provide senior living operators with the products and recipe ideas to better serve your community.

We developed this recipe guide to celebrate the seasons and share ways to bring your residents together with wholesome, community-building activities (that often involve a sweet treat)!

Contact your General Mills Sales Representative or visit [generalmillscf.com/industries/healthcare](https://www.generalmillscf.com/industries/healthcare), to learn more about how you can delight your residents throughout the year.

TABLE OF CONTENTS

SPRING

Spring Bars.....	3
Key Lime Cake.....	5
Blueberry Crumb Cinnamon Roll Coffee Cake	7
Checkerboard Muffins	9
Cinnamon Roll Roses	11

SUMMER

Mini Berrylicious Trifle.....	13
Funnel Cakes.....	15

FALL

Cinnamon Roll Cobbler	17
Apple Stuffed Cinnamon Rolls.....	19

Great Pumpkin Brownie Bites	21
Pistachio Cranberry Biscotti.....	23
Pecan Sticky Buns.....	25
New England Cobbler.....	27

WINTER

Red Velvet Cake Pops.....	29
Scone Bear Claws.....	31
Scone Danish	33
Bananas Foster	35
Cinnamon Twist Hearts	37
Raspberry Oatmeal Bars	39
Cranberry Crumb Cake.....	41



SPRING BARS [64 SERVINGS]

INGREDIENTS	WEIGHT	MEASURE
Crust		
Gold Medal™ ZT White Cake Mix (11132)	5 lb	1 box
Butter, unsalted, melted	1 lb	2 cups
Eggs, whole, large	4 oz	2 each
Yogurt Filling		
Cream cheese, softened	3 lb	6 cups
Eggs, large, whole	5¼ oz	3 each
Yoplait® Lowfat Vanilla Bulk Yogurt (00439)	4 lb	8 cups
Nature Valley™ 100% Natural Granola Oat'n Honey (27111), crushed	8 oz	2 cups

See preparation and directions below.



MAY DAY POTS

Host an event where residents can paint or decoupage small clay pots and plant flower seeds for a May Day exchange.

NUTRITION

Nutrition values calculated using weights of ingredients

1 2x2-inch serving: Calories 170 (Calories from Fat 90); Total Fat 10g (Saturated Fat 6g; Trans Fat 0g); Cholesterol 45mg; Sodium 210mg; Total Carbohydrate 17g; (Dietary Fiber 0g; Sugars 9g); Protein 2g

% Daily Value: Vitamin A 6%; Vitamin C 0%; Calcium 4%; Iron 2%

Exchanges: ½ Starch, ½ Other Carbohydrate, 2 Fat

Carbohydrate Choices: 1

SPRING BARS [64 SERVINGS]

DIRECTIONS

Crust

1. Place cake mix, butter and 2 eggs into mixer bowl with paddle attachment.
2. Mix on low speed for 1 minute. Scrape bowl; mix on medium speed for 3 min.
3. Press dough firmly into a well greased or parchment-lined full sheet pan. Set aside until ready.

Yogurt Filling

1. Place cream cheese in separate mixer bowl with paddle attachment.
2. Whip cream with paddle attachment on medium speed until smooth.
3. Stop mixer; scrape bowl and paddle.
4. Mixing on medium speed, add remaining eggs 1 at a time, until each is incorporated.
5. Stop mixer, scrape bowl and paddle; add yogurt and mix 1 minute on low speed.
6. Stop mixer, scrape bowl and paddle; mix an additional minute.
7. Spread yogurt mixture evenly over crust.
8. Sprinkle crushed granola evenly over yogurt.

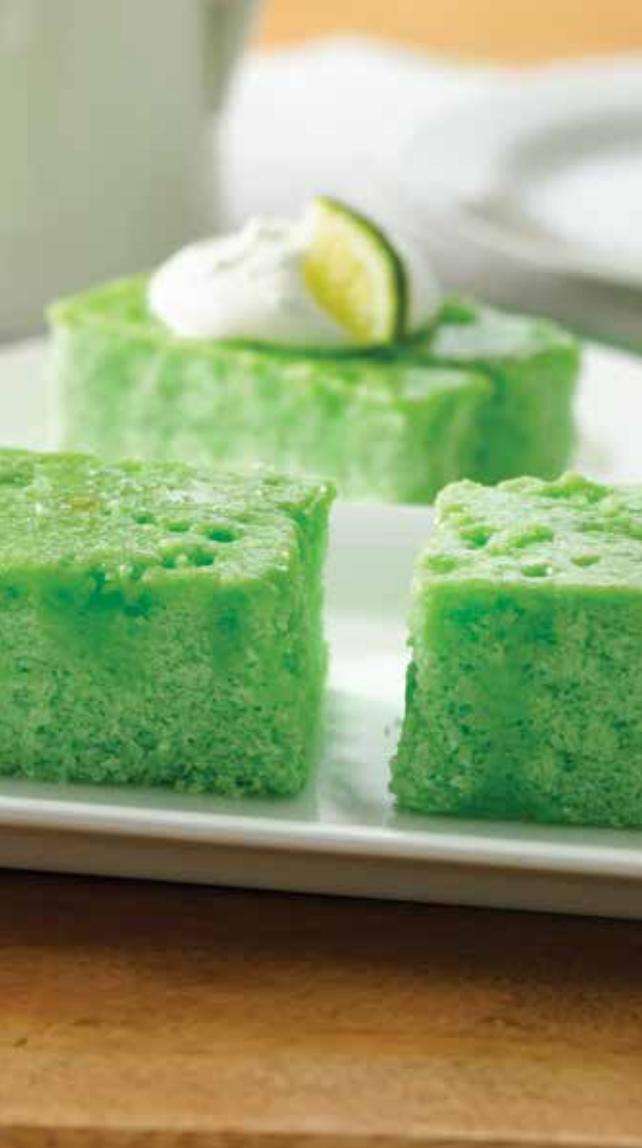
Bake

Convection Oven*	300°F	44-48 minutes
Standard Oven	350°F	50-54 minutes

*Rotate pans baked in convection oven one-half turn (180°) after 20 minutes of baking.

Tip: To firmly press crumb mixture, place dough evenly in pan; cover with parchment, then full sheet pan. Press evenly.

CCP: Thaw and hold yogurt, pasteurized liquid eggs and cream cheese under refrigeration <40°F until ready to use in the recipe.



KEY LIME CAKE [64 SERVINGS]

INGREDIENTS	WEIGHT	MEASURE
Cake		
Juice, orange	2 lb	4 cups
Juice, lime	6 oz	$\frac{3}{4}$ cup
Water, cool (72°F)	1 lb 2 oz	2 $\frac{1}{4}$ cups
Lemon extract		1 Tbsp
Food color, green		$\frac{1}{4}$ tsp
Gold Medal™ ZT White Cake Mix 5 lb (11132)	5 lb	1 box
Lime Glaze		
Juice, lime	4 oz	$\frac{1}{2}$ cup
Sugar, powdered	4 oz	1 cup

See preparation and directions below.



HUNT FOR GOLD!

Hide chocolate gold coins throughout the facility and ask residents to hunt for the gold. Coins can be turned in for lucky prizes. Encourage residents to wear a touch of green!

NUTRITION

Nutrition values calculated using weights of ingredients

1 2x3-inch serving: Calories 170 (Calories from Fat 35); Total Fat 4g (Saturated Fat 2g; Trans Fat 0g); Cholesterol 0mg; Sodium 250mg; Total Carbohydrate 31g (Dietary Fiber 0g; Sugars 18g); Protein 2g

% Daily Value: Vitamin A 0%; Vitamin C 6%; Calcium 0%; Iron 4%

Exchanges: 1 Starch, 1 Other Carbohydrate,

½ Fat

Carbohydrate Choices: 2

KEY LIME CAKE [64 SERVINGS]

DIRECTIONS

Cake

1. Combine juices, water, extract and food color in bowl; stir to blend.
2. Pour half of the liquid mixture into mixer bowl.
3. Add cake mix and mix using paddle attachment on medium speed for 2 minutes.
4. Add remaining liquid mixture gradually while mixing on low speed.
5. Stop mixer; scrape bowl and paddle.
6. Mix batter on low speed for an additional 2 minutes.
7. Deposit batter into greased and floured full sheet pan.

Note: If baking in standard oven, use a pan with extenders.

Bake

Convection Oven* 300°F 27-32 minutes

Standard Oven 350°F 30-35 minutes

*Rotate pans baked in convection oven one-half turn (180°) after 13 minutes of baking.

8. Allow cakes to cool 10-15 minutes while still in pan.

Lime Glaze

1. Combine juice and powdered sugar.
2. Mix until smooth and well blended; set aside.
3. Poke holes in top of cake using fork.
4. Brush glaze over top surface of cake or use approx. 2 oz glaze per top of each 8-inch layer cake.
5. Cool cakes completely.



BLUEBERRY CRUMB CINNAMON ROLL COFFEE CAKE [64 SERVINGS]

INGREDIENTS	WEIGHT	MEASURE
Crumb Topping		
Butter, unsalted, cold	8 oz	1 cup
Gold Medal™ ZT White Cake Mix (11132)	2 lb 8 oz	½ box
Cinnamon, ground		1 Tbsp
Nutmeg, ground		½ tsp
Water, cool (72°F)		2 Tbsp
Coffee Cake		
Pillsbury™ Place & Bake™ Cinnamon Roll Supreme 1.5 oz (05357)	4 lb 11 oz	50 each
Pie filling, blueberry	2 lb	¾ cups
Finishing		
Gold Medal™ ZT Ready-to-spread Vanilla Crème Icing (11216)	5 oz	½ cup

See preparation and directions below.



EASTER CRAFTS

Set up an Easter egg
dyeing/decorating station
and invite a local
preschool or kindergarten class
to assist!

NUTRITION

Nutrition values calculated using weights
of ingredients

1 serving: Calories 230 (Calories from Fat 80); Total
Fat 9g (Saturated Fat 4g; Trans Fat 1g); Cholesterol
15mg; Sodium 340mg; Total Carbohydrate 33g
(Dietary Fiber 1g; Sugars 15g); Protein 3g

% Daily Value: Vitamin A 4%; Vitamin C 0%; Calcium
2%; Iron 10%

Exchanges: 1 Starch, 1 Other Carbohydrate,
2 Fat

Carbohydrate Choices: 2

BLUEBERRY CRUMB CINNAMON ROLL COFFEE CAKE [64 SERVINGS]

DIRECTIONS

Crumb Topping

1. Cut cold butter into 1½-inch chunks.
2. Add cake mix, spices, butter and water to bowl of mixer fitted with paddle attachment.
3. Mix on medium speed for about 2-3 minutes or until combined and crumbly. Set aside.

Coffee Cake

1. Place 50 cinnamon rolls in well-greased full steam table pan (12 x 20 x 2½ inches).
2. Spread blueberry filling evenly over cinnamon rolls.
3. Sprinkle crumb topping evenly over blueberry filling.
4. Cover and refrigerate until cinnamon rolls are completely thawed or overnight.
5. Bake until center is set and top is starting to brown.

Bake

Convection Oven*	300°F	45-55 minutes
Standard Oven	350°F	65-75 minutes

*Rotate pans baked in convection oven one-half turn (180°) after 30 minutes of baking.

Finishing

1. Melt icing; drizzle over coffee cake.
2. Cut into 2 x 3-inch pieces for 64 portions.

Tip: Substitute other flavors of pie filling or dice large fruit pieces for even coverage.



CHECKERBOARD MUFFIN TOPS [12 MUFFIN TOPS]

INGREDIENTS	WEIGHT	MEASURE
Pillsbury™ Place & Bake™ Chocolate Chocolate Chip Muffins (31661)	9 oz	6 each
Pillsbury™ Place & Bake™ Banana Nut Muffins (31666)	9 oz	6 each

See preparation and directions below.



SWEET TREAT

The perfect treat for
an afternoon chess or checkers
tournament!

NUTRITION

Nutrition values calculated using weights
of ingredients

1 muffin: Calories 160 (Calories from Fat 80); Total
Fat 9g (Saturated Fat 4g; Trans Fat 0g); Cholesterol
25mg; Sodium 150mg; Total Carbohydrate 18g
(Dietary Fiber 0g; Sugars 11g); Protein 2g

% Daily Value: Vitamin A 0%; Vitamin C 0%; Calcium
0%; Iron 6%

Exchanges: ½ Starch, ½ Other Carbohydrate,
2 Fat

Carbohydrate Choices: 1

CHECKERBOARD MUFFIN TOPS [12 MUFFIN TOPS]

DIRECTIONS

Muffin Tops

1. Stack a row of 6 chocolate chocolate chip muffin pucks and a row of 6 banana nut muffin pucks, flat side to flat side (bottom to bottom), and press together.
2. Place on cutting board, and cut in half lengthwise.
3. Invert one half of the stack, and press flat sides together to create checkerboard pattern.
4. Cut into 12 equal slices (slicing each pair of muffin pucks into 2 pieces).
5. Place checkerboard muffin pucks flat side down on parchment-lined half sheet pan in 3 x 4 pattern.

Tip: If muffin pieces separate, press back together to preserve checkerboard pattern.

Bake

Convection Oven* 325°F 16-20 minutes
Standard Oven 375°F 22-26 minutes

*Rotate pans baked in convection oven one-half turn (180°) after 8 minutes of baking.



CINNAMON ROLL ROSES (12 ROLLS)

INGREDIENTS	WEIGHT	MEASURE
Pillsbury™ Place & Bake™ Cinnamon Roll Supreme 3 oz (05358)	2 lb 4 oz	12 each
Gold Medal™ ZT Ready-to-spread Vanilla Crème Icing (11216)	10 oz	1 cup

See preparation and directions below.



ROSES ARE SWEET!

Here's a delicious
and beautiful way
to honor moms on
Mother's Day!

NUTRITION

Nutrition values calculated using weights
of ingredients

1 roll: Calories 380 (Calories from Fat 130); Total
Fat 14g (Saturated Fat 6g; Trans Fat 2g); Cholesterol
20mg; Sodium 580mg; Total Carbohydrate 57g
(Dietary Fiber 2g; Sugars 29g); Protein 6g

% Daily Value: Vitamin A 4%; Vitamin C 0%; Calcium
4%; Iron 10%

Exchanges: 2 Starch, 2 Other Carbohydrate,
2½ Fat

Carbohydrate Choices: 4

CINNAMON ROLL ROSES [12 ROLLS]

DIRECTIONS

Cinnamon Rolls

1. Thaw cinnamon rolls covered, 20 minutes at room temperature or overnight under refrigeration.
2. Place cinnamon rolls in 3x4 pattern on parchment-lined full sheet pan.
3. Cut each roll from the center out, using scissors, making 4-5 cuts halfway through dough.

Bake

Convection Oven*	300°F	22-26 minutes
Standard Oven	350°F	28-32 minutes

*Rotate pans baked in convection oven one-half turn (180°) after 11 minutes of baking.

Finishing

1. Cool cinnamon rolls completely before handling.
2. Heat vanilla icing in microwave until melted.
3. Dip each cinnamon roll rose into melted icing to just coat tips as shown.



MINI BERRYLICIOUS TRIFLE (64 SERVINGS)

INGREDIENTS

WEIGHT

MEASURE

Cake

Water, cool (72°F)	10 oz	1¼ cups
Gold Medal™ ZT Angel Food Cake Mix (11195)	16 oz	1 pouch

Assembly

Raspberry sauce, prepared	2 lb	3 cups
Raspberries, fresh	1 lb	4 cups
Strawberries, fresh, chopped	1 lb 8 oz	4 cups
Blueberries, fresh	1 lb 5 oz	4 cups
Yoplait® ParfaitPro® Lowfat Strawberry Yogurt (16631)	4 lb	1 pouch

See preparation and directions below.



IT'S A PICNIC!

Host an old-time 4th of July picnic, with retro favorites like potato salad, hot dogs and watermelon. Invite residents to enter their favorite potato salad recipe and announce the winning recipe at the picnic.

NUTRITION

Nutrition values calculated using weights of ingredients

1 serving: Calories 100 (Calories from Fat 0); Total Fat 0g (Saturated Fat 0g; Trans Fat 0g); Cholesterol 0mg; Sodium 80mg; Total Carbohydrate 23g (Dietary Fiber 1g;

Sugars 16g); Protein 1g

% Daily Value: Vitamin A 2%; Vitamin C 8%; Calcium 4%; Iron 0%

Exchanges: ½ Starch, 1 Other Carbohydrate

Carbohydrate Choices: 1½

MINI BERRYLICIOUS TRIFLE (64 SERVINGS)

DIRECTIONS

Cake

1. Prepare angel food cake batter as directed on package.
2. Pour total amount of batter into a parchment-lined half sheet pan.

Bake

Convection Oven*	300°F	20-25 minutes
Standard Oven	350°F	25-32 minutes

*Rotate pans baked in convection oven one-half turn (180°) after 10 minutes of baking.

- Notes:*
1. Freeze cake before cutting for better handling.
 2. Cut frozen cake into ¼" cubes. Set aside for assembly.

Assembly

1. Place ½ oz raspberry sauce into bottom of shot glass or disposable glassware.
2. Deposit 1 tablespoon cubed angel food cake on top of raspberry sauce.
3. Add 1 teaspoon each raspberries, strawberries and blueberries on top of angel food cake.
4. Pipe 2 oz yogurt on top of berries.

CCP: Keep Yoplait yogurt under refrigeration <40°F until ready to use in the recipe.



FUNNEL CAKES [28 SERVINGS]

INGREDIENTS	WEIGHT	MEASURE
Gold Medal™ ZT Angel Food Cake Mix (11195)	1 lb	1 pouch
Gold Medal™ All-Purpose Flour (14323)	1 lb 10 oz	6½ cups
Water, cool (approx. 72°F)	2 lb 8 oz	5 cups
Vanilla		1 tsp
Sugar, powdered	2 oz	½ cup

See preparation and directions below.



COUNTY FAIR NIGHT!
Host a fun evening with
traditional fair favorites:
corn dogs, milkshakes, French
fries, funnel
cakes and fun games
like bag toss!

NUTRITION

Nutrition values calculated using weights
of ingredients

1 serving: Calories 230 (Calories from Fat 80); Total
Fat 8g (Saturated Fat 1.5g; Trans Fat 0g); Cholesterol
0mg; Sodium 140mg; Total Carbohydrate 36g
(Dietary Fiber 0g; Sugars 12g); Protein 4g

% Daily Value: Vitamin A 0%; Vitamin C 0%; Calcium
2%; Iron 6%

Exchanges: 1½ Starch, 1 Other Carbohydrate, 1½ Fat

Carbohydrate Choices: 2½

FUNNEL CAKES [28 SERVINGS]

DIRECTIONS

Cake

1. Blend cake mix and flour in large mixing bowl.
2. Add water and vanilla; whisk until batter is smooth.
3. Transfer batter into a pitcher while heating frying oil to 375°F.
4. Pour approximately ¼ cup batter from the pitcher in an 8-inch circle into the fryer.
5. Continue pouring to create a web design; do not fill entire surface.
6. Fry approximately 1 minute 30 seconds on each side, turning with tongs once halfway through or until evenly, lightly browned on each side.
7. Drain excess oil from cakes and sprinkle with powdered sugar.
8. Continue same process using rest of batter.

Note: If batter becomes too thick to pour, add water.



CINNAMON ROLL COBBLER (16 SERVINGS)

INGREDIENTS

WEIGHT

MEASURE

Pillsbury™ Place & Bake™

Cinnamon Roll Supreme 1.5 oz (05357)

1 lb 14 oz

20 each

Pie filling, apple, canned

3 lb 6 oz

6 cups

See preparation and directions below.



TRICK OR MEET

Host an afternoon mixer of Icebreaker Bingo and a warm, comforting dessert!

NUTRITION

Nutrition values calculated using weights of ingredients

1 serving: Calories 280 (Calories from Fat 60); Total Fat 6g (Saturated Fat 2g; Trans Fat 1.5g); Cholesterol 15mg; Sodium 330mg; Total Carbohydrate 51g (Dietary Fiber 2g; Sugars 30g); Protein 4g

% Daily Value: Vitamin A 2%; Vitamin C 0%; Calcium 4%; Iron 10%

Exchanges: 1½ Starch, 2 Other Carbohydrate, 1 Fat

Carbohydrate Choices: 3½

CINNAMON ROLL COBBLER [16 SERVINGS]

DIRECTIONS

1. Thaw cinnamon rolls, covered, 40 minutes at room temperature or overnight in refrigerator.
2. Cut cinnamon rolls into quarters. Set aside.
3. Spread apple pie filling over bottom of lightly greased 12 x 20 x 2½ inch full steam-table pan.
4. Layer cinnamon rolls on top of apple pie filling.

Bake

Convection Oven* 300°F 23-28 minutes

Standard Oven 350°F 34-39 minutes

*Rotate pans baked in convection oven one-half turn (180°) after 11 minutes of baking.

Tip: Serve warm with a scoop of vanilla ice cream and a drizzle of caramel sauce.



APPLE STUFFED CINNAMON ROLLS [12 ROLLS]

INGREDIENTS**WEIGHT****MEASURE**

Pillsbury™ Place & Bake™

Cinnamon Roll Supreme 3 oz (05358)

2 lb 4 oz

12 each

Apples, fresh, medium sized, cored

1 lb 4 oz

4 each

See preparation and directions below.



APPLE FEST DAYS!

Set up an apple orchard outing with hot apple cider and apple stuffed cinnamon rolls waiting for them when they return.

Tip: Drizzle with caramel sauce for added decadence!

NUTRITION

Nutrition values calculated using weights of ingredients

1 roll: Calories 290 (Calories from Fat 90); Total Fat 10g (Saturated Fat 3g; Trans Fat 2g); Cholesterol 20mg; Sodium 520mg; Total Carbohydrate 43g (Dietary Fiber 3g; Sugars 15g); Protein 6g

% Daily Value: Vitamin A 4%; Vitamin C 0%; Calcium 4%; Iron 10%

Exchanges: 2 Starch, 1 Other Carbohydrate, 1½ Fat

Carbohydrate Choices: 3

APPLE STUFFED CINNAMON ROLLS [12 ROLLS]

DIRECTIONS

Cake

1. Thaw cinnamon rolls covered, 20 minutes at room temperature or overnight under refrigeration.
2. Cut four slits across each cinnamon roll, width-wise, halfway through dough.
3. Cut each apple into 12 slices, approximately ¼-inch thick.
4. Place in 3x4 pattern onto parchment-lined full sheet pan.
5. Place a slice of apple in each of the 4 slits.

Bake

Convection Oven*	300°F	22-26 minutes
Standard Oven	350°F	28-32 minutes

*Rotate pans baked in convection oven one-half turn (180°) after 11 minutes of baking.

Finishing

1. Serve warm.



GREAT PUMPKIN BROWNIE BITES [149 SERVINGS]

INGREDIENTS

WEIGHT

MEASURE

Brownies

Water, hot (120°F)
Gold Medal™ ZT Chocolate
Brownie Mix (11312)

1 lb

2 cups

3 lb

½ box

Pumpkin Cream

Cream cheese, softened
Sugar, granulated
Pumpkin, canned
Pumpkin pie spice
Eggs, large, whole
Vanilla extract

2 lb

3¾ cups

7.5 oz

1 cup 1 Tbsp

6 oz

¾ cup

8 oz

1½ Tbsp

4 each

1 Tbsp

See preparation and directions below.



CARVE UP SOME FUN!

Set up a pumpkin decorating contest where residents decorate or carve pumpkins with prizes for most creative and scariest.

NUTRITION

Nutrition values calculated using weights of ingredients

1 serving: Calories 70 (Calories from Fat 30); Total Fat 3.5g (Saturated Fat 2g; Trans Fat 0g); Cholesterol 10mg; Sodium 60mg; Total Carbohydrate 9g (Dietary Fiber 0g; Sugars 2g); Protein 1g

% Daily Value: Vitamin A 6%; Vitamin C 0%; Calcium 0%; Iron 0%

Exchanges: ½ Starch, ½ Fat

Carbohydrate Choices: ½

GREAT PUMPKIN BROWNIE BITES [149 SERVINGS]

DIRECTIONS

Brownies

1. Prepare brownie batter according to cake brownie directions.
2. Deposit batter using a #70 scoop into greased or lined mini muffin pans.

Pumpkin Cream

1. Place cream cheese, sugar, pumpkin and spice in a mixer bowl with a paddle attachment; mix on medium speed for 2 minutes.
2. Stop mixer; scrape bowl and paddle.
3. Add eggs and vanilla slowly until each is incorporated, while mixing on medium speed.
4. Stop mixer, scrape bowl and paddle; mix on low speed for an additional minute.
5. Spoon pumpkin cream batter into piping bag.
6. Cut a ¼-inch opening in tip and swirl batter (approx. ½ oz) on top of brownie batter for each brownie bite.

Note: If not using liners, you may need to use a metal spatula to remove muffins from pan.

Bake

Convection Oven*	300°F	10-12 minutes
Standard Oven	350°F	15-17 minutes

*Rotate pans baked in convection oven one-half turn (180°) after 5 minutes of baking.



PISTACHIO CRANBERRY BISCOTTI (55 BISCOTTI)

INGREDIENTS

WEIGHT

MEASURE

Pillsbury™ Place & Bake™ White Chunk

Raspberry Scones (08151)

2 lb 13 oz

12 each

Chocolate, dark, melted

1 lb

1¾ cup

Pistachio, roasted, finely chopped

4½ oz

1 cup

Cranberries, dried, chopped

4 oz

1 cup

See preparation and directions below.



CARDS & COFFEE

This can be a weekly event and this Biscotti pairs up perfectly.

NUTRITION

Nutrition values calculated using weights of ingredients

1 ½-inch piece: Calories 280 (Calories from Fat 130); Total Fat 15g (Saturated Fat 7g; Trans Fat 0g); Cholesterol 5mg; Sodium 150mg; Total Carbohydrate 33g (Dietary Fiber 2g; Sugars 18g); Protein 3g

% Daily Value: Vitamin A 0%; Vitamin C 0%; Calcium 4%; Iron 10%

Exchanges: 1 Starch, 1 Other Carbohydrate, 3 Fat

Carbohydrate Choices: 2

PISTACHIO CRANBERRY BISCOTTI (55 BISCOTTI)

DIRECTIONS

1. Place block of 12 scones on cutting board, scored side facing up; do NOT break apart individually.
2. Cut block in half lengthwise, creating 2 separate loaves (6 scones each).
3. Place scone loaves on parchment-lined sheet pan, scored side facing down.

Bake

Convection Oven*	300°F	30-35 minutes
Standard Oven	350°F	38-44 minutes

*Rotate pans baked in convection oven one-half turn (180°) after 15 minutes of baking.

4. Cool scone loaves completely.
5. Cut into 55, ½-inch thick slices.
6. Place cut biscotti standing up onto parchment lined sheet pans, spaced ½-inch apart to allow air circulation.

Bake

Convection Oven*	275°F	30-35 minutes
Standard Oven	325°F	38-40 minutes

*Rotate pans baked in convection oven one-half turn (180°) after 15 minutes of baking.

Assembly

1. Dip one half end of the biscotti in chocolate; let excess drip off.
2. Place on raised-rack set inside a sheet pan.
3. Mix pistachio and cranberries in a stainless steel bowl; sprinkle approx. 1¼ tsp over the warm chocolate
4. Allow to set before serving.

Variations

For mini biscotti, cut loaves in half lengthwise, creating 4 loaves, before placing on sheet pan and baking. Adjust cooking time as needed.



PECAN STICKY BUNS [24 BUNS]

INGREDIENTS	WEIGHT	MEASURE
Butter, unsalted, softened	8 oz	1 cup
Sugar, brown, packed	12 oz	1½ cups
Honey	6 oz	½ cup
Water, hot (approx. 120°F)	1 oz	2 Tbsp
Pecans, chopped	6 oz	1½ cup
Pillsbury™ Place & Bake™ Cinnamon Roll Supreme 3 oz (05358)	4 lb 8 oz	24 each

See preparation and directions below.



NUTS FOR YOU!

Offer this special treat
for residents to order
in advance for family visits.
They're also a great way to
boost catering revenue.

NUTRITION

Nutrition values calculated using weights
of ingredients

1 bun: Calories 460 (Calories from Fat 200); Total Fat
23g (Saturated Fat 8g; Trans Fat 2.5g); Cholesterol
40mg; Sodium 530mg; Total Carbohydrate 57g
(Dietary Fiber 2g; Sugars 30g); Protein 6g

% Daily Value: Vitamin A 8%; Vitamin C 0%; Calcium
6%; Iron 15%

Exchanges: 2 Starch, 2 Other Carbohydrate,
4 Fat

Carbohydrate Choices: 4

PECAN STICKY BUNS [24 BUNS]

DIRECTIONS

Cake

1. Mix butter, brown sugar, honey and hot water in mixer bowl fitted with paddle attachment.
2. Mix on low speed approximately 2-3 minutes until smooth.
3. Spread mixture evenly into generously sprayed full-size hotel pan, and sprinkle evenly with chopped pecans.
4. Place cinnamon rolls in 4 x 6 pattern on top of mixture, spacing evenly.

Bake

Convection Oven*	300°F	28-32 minutes
Standard Oven	325°F	35-39 minutes

*Rotate pans baked in convection oven one-half turn (180°) after 14 minutes of baking.

Finishing

1. Release sticky buns by inverting pan immediately upon removing from oven.
2. Serve warm.

Tip: Substitute walnuts or chopped almonds for pecans if desired.



NEW ENGLAND APPLE COBBLER [40 SERVINGS]

INGREDIENTS	WEIGHT	MEASURE
Apples, sliced, canned in water	6 lb 5 oz	12 cups
Cranberries, dried	10 oz	3 cups
Syrup, pancake	14 oz	1½ cups
Gold Medal™ ZT Whole Grain Variety Muffin Mix (31529)	2 lb 8oz	½ box
Cinnamon, ground		1 Tbsp
Nutmeg, ground		1 tsp
Sugar, brown, packed	14 oz	2 cups
Butter, unsalted, melted	1 lb	2 cups

See preparation and directions below.



COBBLERS TO GO!

Offer whole cobblers to residents to pre-order to take to their offsite family celebrations.

Flavor Swap Tip:
Try this recipe with peaches instead of apples.

NUTRITION

Nutrition values calculated using weights of ingredients

1 serving: Calories 330 (Calories from Fat 120); Total Fat 13g (Saturated Fat 7g; Trans Fat 0g); Cholesterol 25mg; Sodium 180mg; Total Carbohydrate 52g (Dietary Fiber 1g; Sugars 37g); Protein 1g

% Daily Value: Vitamin A 6%; Vitamin C 0%; Calcium 0%; Iron 4%

Exchanges: ½ Starch, ½ Fruit, 2½ Other Carbohydrate, 2½ Fat

Carbohydrate Choices: 3½

NEW ENGLAND APPLE COBBLER [40 SERVINGS]

DIRECTIONS

Cake

1. Pour total contents of #10 can (12 cups) apples into full steam table pan (12 x 20 x 2½ inches).
2. Sprinkle cranberries evenly and drizzle pancake syrup evenly over apples and cranberries.
3. Sprinkle muffin mix and spices evenly.
4. Drag spatula through cake mix, fruit and syrup mixture across pan to lightly combine. DO NOT completely stir all together.
5. Sprinkle brown sugar evenly and drizzle melted butter on top.

Bake

Convection Oven*	300°F	50-55 minutes
Standard Oven	350°F	55-60 minutes

*Rotate pans baked in convection oven one-half turn (180°) after 25 minutes of baking.

Variations

Dark tart cherries, peaches, pears, or apricots packed in heavy syrup can be substituted for the apples and pancake syrup.



RED VELVET CAKE POPS [21 CAKE POPS]

INGREDIENTS	WEIGHT	MEASURE
Cake		
Gold Medal™ ZT Devil's Food Cake Mix (11112)	5 lb	1 box
Water, cool (72°F)	3 lb 8 oz	7 cups
Cake Pops		
Gold Medal™ ZT Devil's Food Cake Mix (11112) prepared from mix	1 lb	6½ cups
Food coloring, red		1 Tbsp
Gold Medal™ ZT Ready-to-Spread Cream Cheese Icing (31528)	2 oz	3 Tbsp
Assembly		
Gold Medal™ ZT Ready-to-Spread Vanilla Crème Icing (11216)	10 oz	1 cup
Red Decors	1 oz	3 Tbsp

See preparation and directions below.



CAKE POP PARTY

Prepare cake pops and invite your residents to do the finishing touches, with colored icings, holiday-themed sprinkles and chopped nuts. Finished cake pops can be packaged in cellophane bags and tagged for sharing and gift giving.

NUTRITION

Nutrition values calculated using weights of ingredients

1 serving: Calories 140 (Calories from Fat 45); Total Fat 5g (Saturated Fat 3g; Trans Fat 0g); Cholesterol 0mg; Sodium 160mg; Total Carbohydrate 23g (Dietary Fiber 0g; Sugars 18g); Protein 1g

% Daily Value: Vitamin A 0%; Vitamin C 0%; Calcium 0%; Iron 2%

Exchanges: ½ Starch, 1 Other Carbohydrate, 1 Fat

Carbohydrate Choices: 1½

RED VELVET CAKE POPS [21 CAKE POPS]

DIRECTIONS

Cake

1. Prepare cake according to package directions for full sheet.
2. Bake according to directions below; allow cake to cool completely.

Bake

Convection Oven*	300°F	23-28 minutes
Standard Oven	325°F	28-33 minutes

*Rotate pans baked in convection oven one-half turn (180°) after 11 minutes of baking.

Cake Pops

3. Crumble 1 lb prepared, cooled cake into mixer bowl fitted with paddle attachment; set aside/freeze remaining cake for later use.
4. Add cream cheese icing and red food coloring to mixer bowl.
5. Mix on medium speed for 2 minutes or until completely combined.
6. Form "pops" using a #40 scoop, rounding each portion.
7. Insert lollipop stick approx. halfway into each of the 21 cake balls.
8. Place on parchment-lined sheet pan to set.
9. Freeze 1-2 hours or until firm.

Assembly

1. Heat vanilla crème icing until melted.
2. Hold each cake pop by the stick and immerse cake ball into melted icing; hold over bowl for 30 seconds or until excess icing drips off.
3. Sprinkle with red decors and insert sticks of decorated cake pops into Styrofoam board to allow to set.
4. Hold cake pops under refrigeration until just before serving.



SCONE BEAR CLAWS [12 BEAR CLAWS]

INGREDIENTS	WEIGHT	MEASURE
Pillsbury™ Place & Bake™ ZT Brown Sugar Cinnamon Scones (31081)	2 lb 13 oz	12 each
Gold Medal™ ZT Ready-to-spread Vanilla Crème Icing (11216)	10 oz	1 cup

See preparation and directions below.



GATHER & SING!

Inspire the holiday spirit
with a caroling outing,
followed with hot cocoa, fresh-
baked scones
and story sharing.

NUTRITION

Nutrition values calculated using weights
of ingredients

1 Bear Claw: Calories 530 (Calories from Fat
210); Total Fat 23g (Saturated Fat 13g; Trans Fat
0g); Cholesterol 10mg; Sodium 330mg; Total
Carbohydrate 77g (Dietary Fiber 1g; Sugars 47g);
Protein 4g

% Daily Value: Vitamin A 0%; Vitamin C 0%; Calcium
8%; Iron 10%

Exchanges: 2 Starch, 3 Other Carbohydrate,
4½ Fat

Carbohydrate Choices: 5

SCONE BEAR CLAWS [12 BEAR CLAWS]

DIRECTIONS

Cake

1. Place scones on cutting board; make (4) 1-inch vertical cuts evenly across each scone with scone pointed toward you. (Leave ¼ inch uncut and attached.)
2. Thaw 10-15 minutes; spread open cuts to separate and create the bear claw.
3. Place on parchment lined sheet pan in 6x4 pattern.

Bake

Convection Oven*	325°F	19-23 minutes
Standard Oven	350°F	22-26 minutes

*Rotate pans baked in convection oven one-half turn (180°) after 11 minutes of baking.

Finishing

1. Cool bear claws completely.
2. Heat icing in microwave until melted.
3. Dip "bear toes" into melted icing; place on parchment lined sheet pan.
4. Allow to set before serving.

Variations

Use half scones to create smaller "bear cub claws."



SCONE DANISH (12 DANISH)

INGREDIENTS	WEIGHT	MEASURE
Pillsbury™ Place & Bake™ ZT Blueberry Scones (08150)	1 lb 6.5 oz	6 each
Filling, cream cheese, prepared	12 oz	1¼ cups
Filling, raspberry, prepared	6 oz	¾ cup
Almonds, sliced	9 oz	3 cups

See preparation and directions below.



SANTA'S COMING TO BREAKFAST

Host a special holiday morning
gathering with
these festive scones and
a Secret Santa, White Elephant
Gift Exchange!

NUTRITION

Nutrition values calculated using weights
of ingredients

1 Danish: Calories 470 (Calories from Fat 280); Total
Fat 32g (Saturated Fat 12g; Trans Fat 0g); Cholesterol
40mg; Sodium 250mg; Total Carbohydrate 36g
(Dietary Fiber 4g; Sugars 16g); Protein 9g

% Daily Value: Vitamin A 8%; Vitamin C 0%; Calcium
10%; Iron 10%

Exchanges: 1½ Starch, 1 Other Carbohydrate,
½ High-Fat Meat, 5½ Fat

Carbohydrate Choices: 2½

SCONE DANISH (12 DANISH)

DIRECTIONS

Danish

1. Place scones on cutting board; cut each in half, creating 2 smaller triangles.
2. Cut each half into 2 slices, while standing them upright.
3. Lay 2 slices flat, and place together with the longest edges touching.
(Scone will be shaped like a square.)
4. Place dough onto parchment-lined sheet pan in 3x4 pattern; lightly
press together.
5. Place cream cheese filling in piping bag; pipe 1 oz onto center of scones.
6. Top with 1 Tbsp raspberry filling, and sprinkle with sliced almonds.

Bake

Convection Oven* 325°F 20-24 minutes

Standard Oven 375°F 25-29 minutes

*Rotate pans baked in convection oven one-half turn (180°) after 10 minutes of baking.

Finishing

1. Serve warm.

Tip: Lemon filling can be substituted for raspberry filling.



BANANAS FOSTER CUPCAKES [72 CUPCAKES]

INGREDIENTS

WEIGHT

MEASURE

Bananas Foster

Butter, unsalted	4 oz	½ cup
Sugar, brown, packed	7 oz	1 cup
Cinnamon, ground		1 tsp
Bananas, sliced thin	2 lb	6 cups
Extract, rum		1 Tbsp

Cupcakes

Water, cool (72°F)	2 lb 8 oz	5 cups
Vanilla		1 Tbsp
Gold Medal™ ZT White Cake Mix (11132)	5 lb	1 box

Finishing

Gold Medal™ ZT Ready-to-spread Vanilla Crème Icing (11216)	3 lb 6 oz	6¾ cups
---	-----------	---------

See preparation and directions below.



HAPPY NEW YEAR!

Deliver New Year's Eve celebration kits with party horns, sweet treats, nuts and sparkling juice to your residents!

NUTRITION

Nutrition values calculated using weights of ingredients

1 cupcake: Calories 260 (Calories from Fat 70); Total Fat 8g (Saturated Fat 4.5g; Trans Fat 0g); Cholesterol 0mg; Sodium 270mg; Total Carbohydrate 45g (Dietary Fiber 0g; Sugars 32g); Protein 2g

% Daily Value: Vitamin A 0%; Vitamin C 0%; Calcium 0%; Iron 4%

Exchanges: ½ Starch, 2½ Other Carbohydrate, 1½ Fat

Carbohydrate Choices: 3

BANANAS FOSTER CUPCAKES [72 CUPCAKES]

DIRECTIONS

Bananas Foster

1. Cook butter, brown sugar, and cinnamon in large sauté pan on medium heat, stirring until sugar dissolves.
2. Add sliced bananas and cook until soft, stirring frequently.
3. Add rum extract; remove from heat, and set aside.
4. Reserve 1 cup Bananas Foster mixture for garnishing.

Cupcakes

1. Pour water and vanilla into mixer bowl with paddle attachment.
2. Add cake mix and mix on low speed for 30 seconds.
3. Stop mixer. Scrape bowl and paddle; mix on low speed another 30 seconds.
4. Fold remaining Bananas Foster mixture into cake batter on low speed 30 seconds.
5. Deposit cupcake batter into generously greased or parchment-lined standard muffin pan using #16 scoop.

Bake

Convection Oven*	300°F	13-18 minutes
Standard Oven	325°F	20-25 minutes

*Rotate pans baked in convection oven one-half turn (180°) after 5 minutes of baking.

Finishing

1. Place vanilla icing in piping bag; pipe ¾ oz on top of each cooled cupcake.
2. Place 1 piece of banana from reserved Bananas Foster mixture on top of each cupcake and serve.



CINNAMON TWIST HEARTS [8 SERVINGS]

INGREDIENTS	WEIGHT	MEASURE
Pillsbury™ ZT Freezer-to-Oven Cinnamon Roll Twist 4.25 oz (05385)	2 lb 2 oz	8 each
Gold Medal™ ZT Ready-to-spread Vanilla Crème Icing (11216)	5 oz	½ cup

See preparation and directions below.



A VALENTINE TWIST

Surprise your residents on Valentine's Day with Cinnamon Twist Hearts for breakfast!

Tip: Add maraschino cherry juice to your icing for a colorful flavor twist!

NUTRITION

Nutrition values calculated using weights of ingredients

1 serving: Calories 570 (Calories from Fat 270); Total Fat 30g (Saturated Fat 15g; Trans Fat 0g); Cholesterol 25mg; Sodium 500mg; Total Carbohydrate 67g (Dietary Fiber 2g; Sugars 33g); Protein 7g

% Daily Value: Vitamin A 0%; Vitamin C 0%; Calcium 4%; Iron 15%

Exchanges: 2½ Starch, 2 Other Carbohydrate, 5½ Fat

Carbohydrate Choices: 4½

CINNAMON TWIST HEARTS [8 SERVINGS]

DIRECTIONS

Cinnamon Rolls

1. Thaw cinnamon twists covered, for 20 minutes at room temperature or overnight under refrigeration.
2. Untwist to a flat piece of dough, and place on parchment-lined full sheet pan in 4x2 pattern.
3. Cut dough down center, lengthwise, leaving ½-inch at either end of dough uncut.
4. Open split center of dough; fold inward one end of dough toward center to form top of the heart.
5. Pinch bottom end of heart together to form a point.

Bake

Convection Oven* 300°F 12-16 minutes

Standard Oven 325°F 17-21 minutes

*Rotate pans baked in convection oven one-half turn (180°) after 6 minutes of baking.

Finishing

1. Heat vanilla icing in microwave until melted.
2. Drizzle hearts with melted icing; serve warm.

Tip: Curl end of heart slightly to create a more whimsical shape.



RASPBERRY OATMEAL BARS (108 SERVINGS)

INGREDIENTS	WEIGHT	MEASURE
Gold Medal™ ZT Yellow Cake Mix (11152)	5 lb	1 box
Oats, quick	2 lb	10 cups
Cinnamon, ground		2 tsp
Butter, unsalted, softened	1 lb 10 oz	3¼ cups
Raspberry preserves	3 lb	4 cups
Water, cool (72°F)	2 oz	¼ cup

See preparation and directions below.



FRUITY BITES

Make bite size bars by pressing the crust into mini muffin tins. Package in cellophane bags and tie with a sweet message and deliver to residents.

Tip: Delicious with strawberry or apricot preserves too!

NUTRITION

Nutrition values calculated using weights of ingredients

1 2x2-inch serving: Calories 210 (Calories from Fat 80); Total Fat 8g (Saturated Fat 5g; Trans Fat 0g); Cholesterol 30mg; Sodium 170mg; Total Carbohydrate 30g (Dietary Fiber 1g; Sugars 15g); Protein 2g

% Daily Value: Vitamin A 4%; Vitamin C 0%; Calcium 4%; Iron 4%

Exchanges: ½ Starch, 1½ Other Carbohydrate, 1½ Fat
Carbohydrate Choices: 2

RASPBERRY OATMEAL BARS (108 SERVINGS)

DIRECTIONS

Cake

1. Place cake mix, oats and cinnamon in mixer bowl.
2. Blend on low speed, using paddle attachment, for 2 minutes.
3. Add butter; mix on low speed until well combined and crumbly, for approx. 2 minutes.
4. Press ½ of crumb mixture (4 lbs 5 oz or about 12 cups) evenly and firmly in bottom of greased full sheet pan.
5. Combine preserves and water; spread evenly over crumb base in sheet pan.
6. Sprinkle with remaining crumb mixture and press firmly to make top even.

Bake

Convection Oven*	325°F	20-25 minutes
Standard Oven	375°F	20-25 minutes

*Rotate pans baked in convection oven one-half turn (180°) after 10 minutes of baking.

Finishing

1. Cool completely before cutting.



CRANBERRY CRUMB CAKE [64 SERVINGS]

INGREDIENTS	WEIGHT	MEASURE
Cake		
Cranberry sauce, canned	1 lb 12 oz	2¾ cups
Yoplait® ParfaitPro® Lowfat Strawberry Yogurt (16631)	1 lb 8 oz	3 cups
Gold Medal™ ZT White Cake Mix 5 lb (11132)	3 lb	10 cups
Cinnamon, ground		1 tsp
Nutmeg, ground		1 tsp
Allspice, ground		½ tsp
Water, cool (72°F)	8 oz	1 cup
Cranberries, dried	8.5 oz	2 cups
Crumb Topping		
Gold Medal™ ZT White Cake Mix 5 lb (11132)	2 lb	7 cups
Walnuts, finely chopped	4 oz	1 cup
Yoplait® ParfaitPro® Lowfat Strawberry Yogurt (16631)	8 oz	1 cup
Cranberry Glaze		
Yoplait® ParfaitPro® Lowfat Strawberry Yogurt (16631)	2 oz	¼ cup
Powdered sugar	8.5 oz	2 cups
Water	1 oz	2 Tbsp

See preparation and directions below.



VALENTINE'S DAY

Set up a DIY card station for residents to create their own valentines.

Finishing Tip:
Drizzle with tinted icing and pink sprinkles for an extra festive touch.

NUTRITION

Nutrition values calculated using weights of ingredients

1 2x3-inch serving: Calories 220 (Calories from Fat 50); Total Fat 5g (Saturated Fat 2g; Trans Fat 0g); Cholesterol 25mg; Sodium 290mg; Total Carbohydrate 40g (Dietary Fiber 0g; Sugars 26g); Protein 3g

% Daily Value: Vitamin A 0%; Vitamin C 0%; Calcium 6%; Iron 4%

Exchanges: 1 Starch, 1½ Other Carbohydrate, 1 Fat
Carbohydrate Choices: 2

CRANBERRY CRUMB CAKE [64 SERVINGS]

DIRECTIONS

Cake

1. Combine cranberry sauce and yogurt into mixer bowl with paddle attachment.
2. Mix on low speed for 2 minutes until well blended.
3. Stop mixer; scrape bowl and paddle.
CCP: Keep Yoplait Yogurt refrigerated <40°F until ready to prepare.
4. Add 3 lbs only of cake mix and all spices; mix on low for 2 minutes.
5. Stop mixer, scrape bowl and paddle.
6. Add water and mix an additional 2 minutes on medium speed; fold cranberries into batter.
7. Deposit batter evenly in a sprayed or parchment-lined full sheet pan.

Crumb Topping

1. Combine 2 lb cake mix, walnuts and yogurt in a mixing bowl.
2. Mix with a fork until just barely combined into large crumbles.
3. Spread crumble topping evenly over surface of cake.

Bake

Convection Oven*	300°F	19-23 minutes
Standard Oven	350°F	22-26 minutes

*Rotate pans baked in convection oven one-half turn (180°) after 10 minutes of baking.

Cranberry Glaze

1. Whisk together yogurt and water into powdered sugar until smooth.
2. Drizzle across cooled cake; cover and refrigerate.

Tip: Yoplait® ParfaitPro® Lowfat Vanilla Yogurt (16632) may be substituted for the strawberry yogurt.



For more recipes and ideas visit
[generalmills.com/industries/healthcare](https://www.generalmills.com/industries/healthcare)