

# AAC VOICES ONLINE

## Decades Cookbook



40's

30's

50's

70's

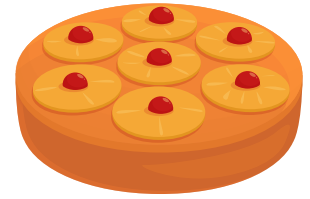
20's

60's

80's



# Pineapple Upside Down Mug Cake



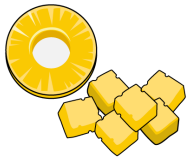
## Mug

- 1 TBS coconut sugar
- 1 pineapple ring, fresh or from a can, that will fit in a mug

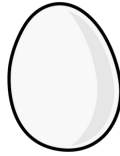
## Batter

- 1 egg
- 1 TBS coconut oil
- $\frac{1}{8}$  tsp vanilla extract

- 1 TBS almond milk, or milk of choice
- 1 TBS pineapple juice
- $\frac{1}{3}$  cup oat flour, (or 4 Tbsp coconut flour)
- 1-2 Tbsp sweetener of choice
- $\frac{1}{2}$  tsp baking powder
- $\frac{1}{8}$  tsp salt
- 2 Tbsp chopped pineapple
- 1 maraschino cherry, for topping, optional



1 pineapple ring  
& 2 TBS chopped pineapple



1 egg



1 TBS Sugar  
1-2 TBS Sugar



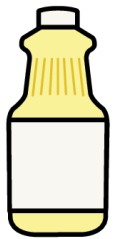
$\frac{1}{3}$  cup flour



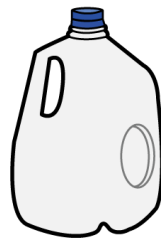
$\frac{1}{2}$  tsp Baking Powder



$\frac{1}{8}$  tsp salt



1 TBS oil



1 TBS Milk



$\frac{1}{8}$  tsp vanilla  
extract



1 TBS pineapple  
juice



1 maraschino  
cherry



mug



measuring tools



mini whisk



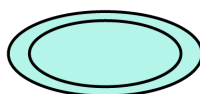
spoon



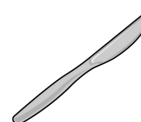
mixing bowl



microwave

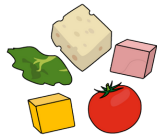


plate



knife

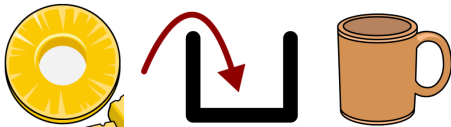
- Gather ingredients



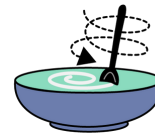
- Wash Hands



- Spray a mug (12-16oz) with cooking spray, then sprinkle inside of mug with coconut sugar. Add pineapple ring to bottom of mug.



- In a mixing bowl, combine egg, oil, vanilla, almond milk, and pineapple juice and stir to integrate.



- Add sweetener, flour, baking powder, and salt. Mix well to combine. Fold in fresh, chopped pineapple.



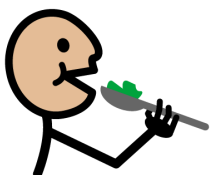
- Pour batter into mug. Microwave 2½ -3 minutes. It should be soft and springy to the touch.



- Flip mug over a plate, remove cake from mug, and enjoy topped with a cherry!



- Enjoy

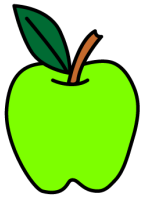




# 1920s Waldorf Salad



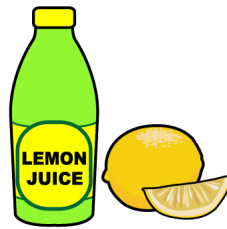
- 2 cups diced tart apples , or 2 apples
- 1 tablespoon sugar
- 2 teaspoons lemon juice
- 1 cup diced celery
- 1 cup grapes, halved
- $\frac{1}{2}$  cup toasted walnuts or pecans, roughly chopped
- $\frac{1}{2}$  cup whipping cream, whipped
- $\frac{1}{4}$  cup mayonnaise (or greek yogurt)
- $\frac{1}{2}$  teaspoon kosher salt



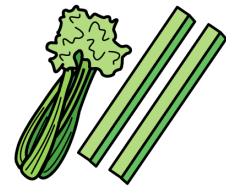
2 cups diced apples



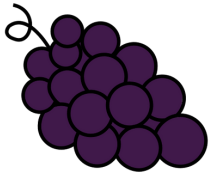
1 TBS sugar



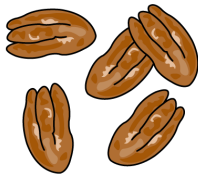
2 tsp lemon juice



1 cup diced celery



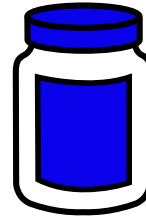
1 cup halved grapes



$\frac{1}{2}$  cup toasted pecans



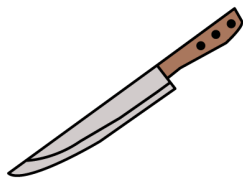
$\frac{1}{2}$  cup whipped cream



$\frac{1}{4}$  cup mayo



$\frac{1}{2}$  tsp salt



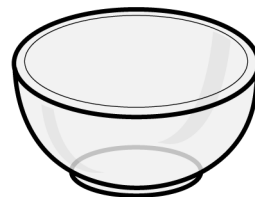
chopping knife



cutting board



measuring tools



2 mixing bowls



large spoon

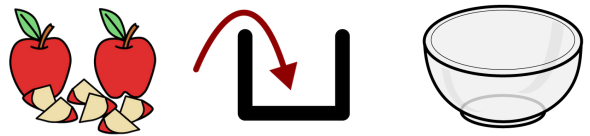
- Gather ingredients



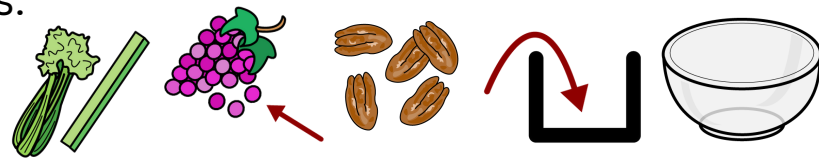
- Wash Hands



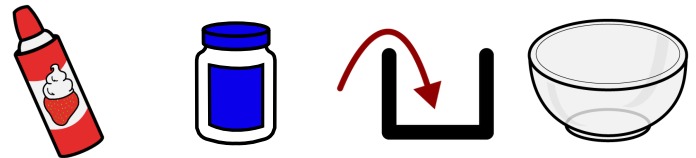
- Add the diced apples to a large mixing bowl and sprinkle with the sugar and lemon juice. Toss to coat.



- Add the celery, grapes, and nuts.



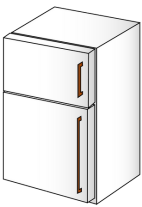
- In another bowl, whip the whipping cream until peaks form, then gently fold in the mayonnaise.



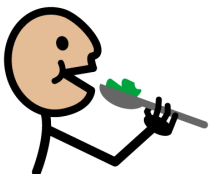
- Fold into the apple mixture and season with the kosher salt. Taste and adjust the seasoning to your liking.



- Chill for 1 hour or overnight. Serve by itself or on a lettuce leaf.



- Enjoy

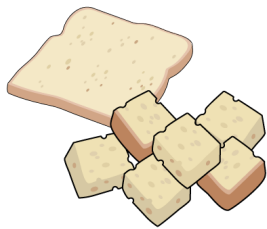




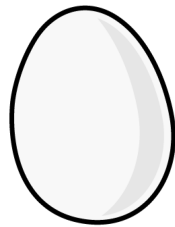
# 30s Bread Pudding



- 1 cup bread ripped up; about 1 1/2 to 2 slices bread
- 1 large egg
- 1/3 cup milk
- 1/4 teaspoon vanilla extract, optional
- 2 to 3 tablespoons sugar
- Sprinkle of cinnamon, cinnamon-sugar, and/or nutmeg



1 cup ripped  
bread



1 egg



1/2 cup milk



1/4 tsp vanilla



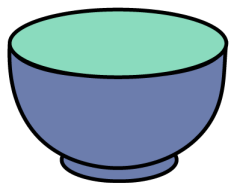
2-3 TBS sugar



cinnamon



nutmeg



two bowls



measuring tools



whisk



spoon



microwave

- Gather ingredients



- Wash Hands

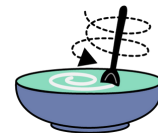


- Rip up or cut up bread into pieces

- Put the bread in a fairly shallow, single-serving, microwave-safe bowl, put aside



- Whisk together the egg, milk, vanilla, and sugar in a bowl.



- Pour over the bread in the bowl, stirring gently to combine.

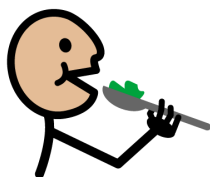
- Optional: And/or sprinkle with cinnamon, cinnamon-sugar, or nutmeg.

- Microwave for 1 minute, uncovered. Check and see if it's still liquid. If it is, microwave in 30-second bursts, till pudding is cooked all the way to the center; the very center can still look a bit uncooked, but it shouldn't be liquid.



- Remove from the microwave. If desired, drizzle with maple syrup or melted caramel or fudge sauce or... Serve warm; whipped cream or ice cream are always welcome.

- Enjoy





# 1930s Banana Bread Mug



- 1/4 cup mashed banana
- 6 tbsp flour
- 1 tbsp sugar
- 1/2 tsp baking powder
- 1/4 tsp cinnamon (optional)
- 1/8 tsp salt
- 1 1/2 tbsp oil, butter, or additional banana



1/4 cup mashed banana



6 TBS Flour



1 TBS sugar



1/2 tsp baking powder



1/4 tsp cinnamon



1/8 tsp salt



1 1/2 TBS oil



1/4 tsp vanilla  
extract



mug



measuring tools



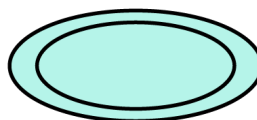
mini whisk



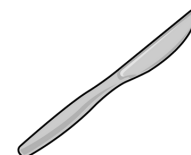
spoon



microwave



plate





- Gather ingredients



- Wash Hands



- Mash  $\frac{1}{2}$  of a banana (1/4 cup)



- Grease mug



- Combine all ingredients

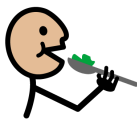


- Bake either in the oven or microwave until fluffy and cake-like. (It takes around 60-90 seconds in the microwave, depending on wattage. Or bake at 350 F for about 14 minutes.)



- Top whipped cream (optional)

- Enjoy

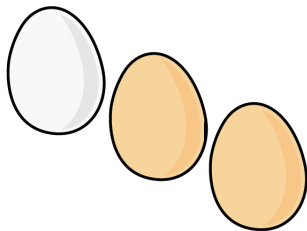




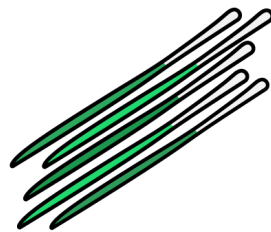
# 40s Egg Salad



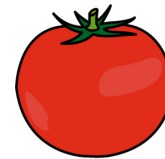
- 3 hard-boiled large eggs, coarsely chopped
- 1 tablespoon minced green onion
- Diced tomato, optional
- 3 tablespoons mayonnaise
- 1-1/2 teaspoons prepared mustard
- 1/8 teaspoon salt
- 1/8 teaspoon pepper
- 1/8 teaspoon lemon juice



3 chopped hard boiled eggs



1 TBS minced green onion



diced tomato



3 TBS Mayo



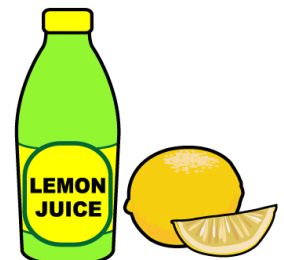
1 1/2 TBS mustard



1/8 tsp salt



1/8 tsp pepper



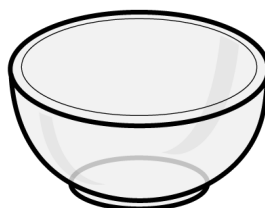
1/8 tsp lemon juicie



measuring tools



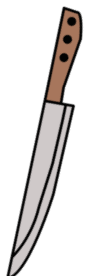
spoon



bowl



cutting board



knife

- Gather ingredients



- Wash Hands



- Chop eggs, 1 TBS onion and tomatoes



- Combine in bowl



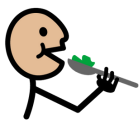
- Add mayonnaise, mustard, lemon juice, salt and pepper

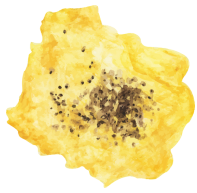
- Gently stir



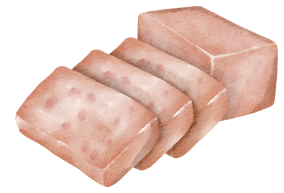
- Serve on bread or with crackers

- Enjoy.

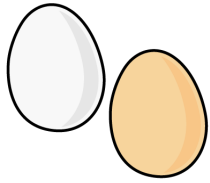




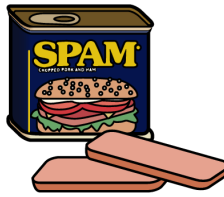
# Spam and Eggs Mug



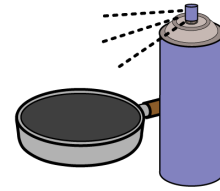
- 2 eggs
  - 1 TBS milk
  - 2 TBS chopped Spam
  - 2 TBS shredded cheese
  - cooking spray
- 



2 eggs



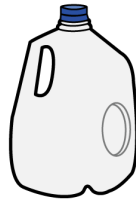
2 TBS chopped Spam



cooking spray



2 TBS shredded cheese



1 TBS milk



pinch salt



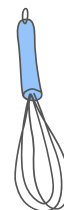
mug



microwave



measuring tools




mini whisk




spoon


- Gather ingredients 

- Wash Hands 

- Chop 2 TBS Spam 

- Spray mug 

- Crack eggs into mug 

- Stir 

- Add cheese and toppings if desired 

- Stir 

- Microwave if one eggs for 25 seconds, stir and then 20 more seconds, repeat until done. If two eggs for 40 seconds, stir and then 20 more seconds, repeat until done. Stir again.



- Add more toppings if desired.

- Enjoy. 



# 50s Ambrosia



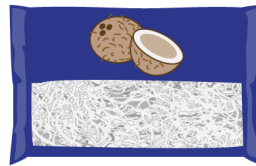
- 8 ounces frozen whipped topping, thawed
- 1/2 cup vanilla yogurt
- 1 cup shredded sweetened coconut
- 1, drained
- 1 8-ounce can pineapple tidbits or crushed pineapple, drained
- 1 cup maraschino cherries, drained
- 1/2 cup chopped pecans, optional
- 1 1/2 cups mini fruit-flavored marshmallows



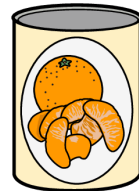
1 cup Cool Whip



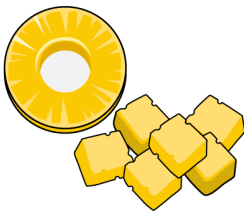
1/2 cup vanilla yogurt



1 cup shredded coconut



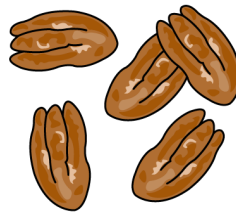
11-ounce can mandarin oranges



8-ounce can pineapple tidbits



1 cup maraschino cherries



1/2 cup chopped pecans



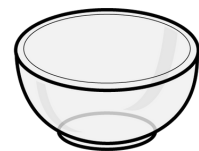
1 1/2 cups mini marshmallows



measuring tools



spoon



mixing bowl

- Gather ingredients



- Wash Hands



- In a large bowl, stir together the whipped topping and yogurt.



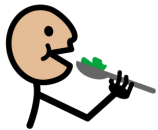
- Using a rubber spatula, carefully fold remaining ingredients into whipped topping.

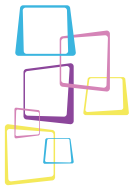


- Chill before serving.

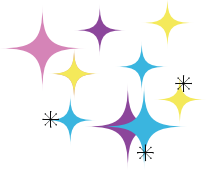
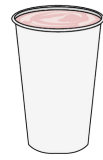


- Enjoy

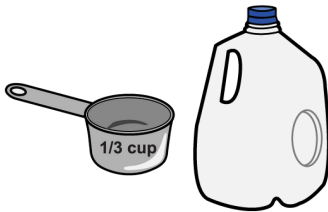




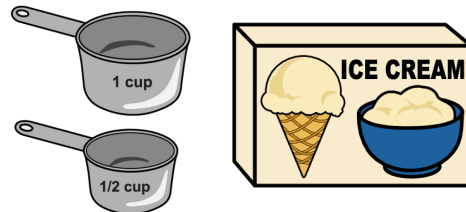
# 1950s Strawberry Shake



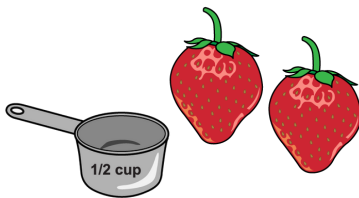
- 1/3 cup 2% milk
- 1-1/2 cups vanilla ice cream
- 1/2 cup frozen unsweetened strawberries
- 1 tablespoon strawberry preserves



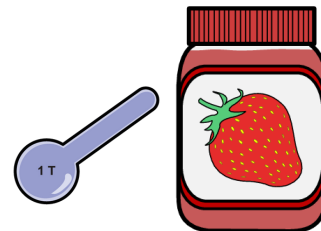
1/3 cup milk



1 1/2 cups vanilla ice cream



1/2 cup frozen strawberries



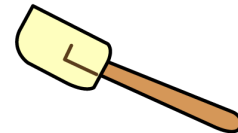
1 TBS strawberry preserves



large cup or glass



measuring tools



spatula



blender



spoon



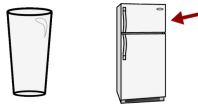
- Gather ingredients



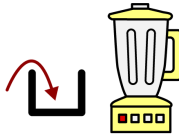
- Wash Hands



- Place glasses in the freezer



- In a blender, combine all ingredients;



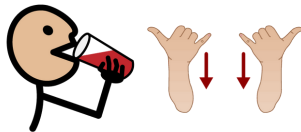
- Cover and process until smooth.



- Pour into chilled glasses;

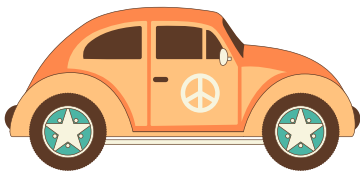


- Serve immediately

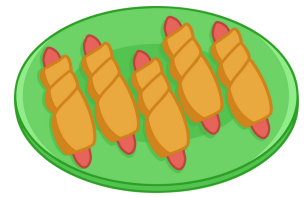


- Enjoy

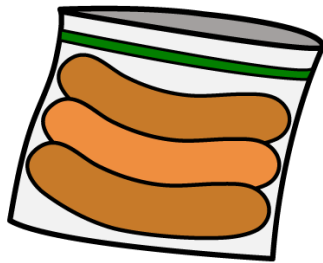




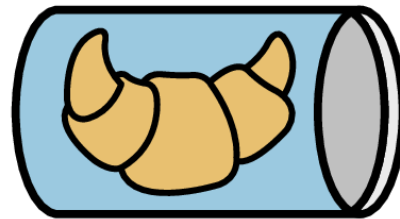
# 1960s Pigs in Blankets



- package hot dogs (8)
  - tube of crescent rolls
  - slices American cheese (8)
  - 2 bacon strips, cooked and crumbled
- 



package hot dogs



crescent rolls

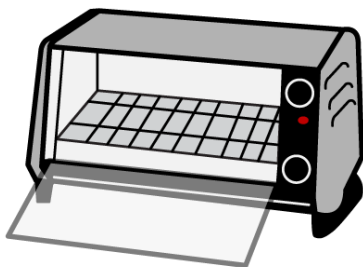


sliced cheese



2 bacon strips, cooked and crumbled

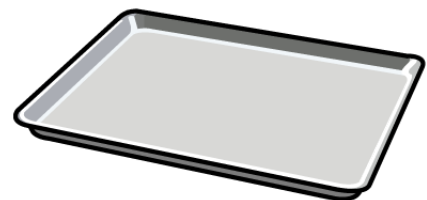
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toaster oven or oven



knife



baking pan

- Gather ingredients



- Wash Hands



- Preheat oven to 375



- Preheat

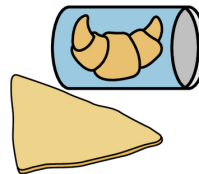
- Cut a lengthwise slit in each hot dog; fill with a strip of cheese



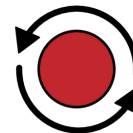
- Add about 1/2 teaspoon bacon in with the cheese.



- Separate crescent dough into 8 triangles.



- Place a hot dog on the wide end of each triangle; roll toward the point.



- Place cheese side up on an ungreased baking sheet.



- Bake at 375° until golden brown, 12 minutes or until golden brown.



- Enjoy

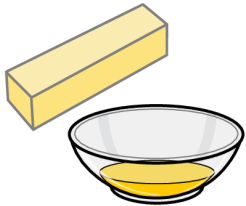




# 60s Lemon Chiffon Mug Cake



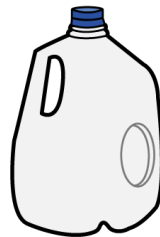
- 1 tablespoon butter, melted
- 2 tablespoons sugar
- 3 tablespoons milk
- 2 tablespoons + ½ teaspoon fresh squeezed lemon juice, divided
- ¼ cup flour
- ½ teaspoon baking soda
- ⅛ teaspoon salt
- 2 teaspoons lemon zest
- 2 tablespoons confectioners sugar



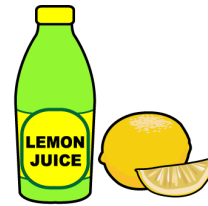
1 TBS melted butter



2 TBS sugar



3 TBS milk



2 1/2 TBS lemon juice



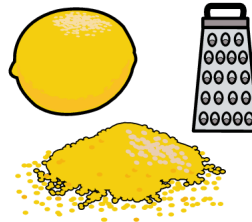
1/4 cup flour



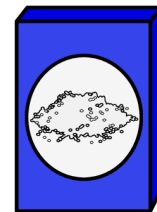
1/2 tsp baking powder



1/8 tsp salt



2 TBS lemon zest



2 TBS powdered sugar



mug



measuring tools



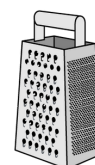
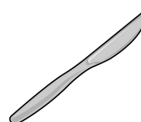
mini whisk



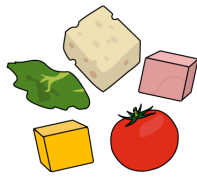
spoon



mixing bowl



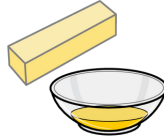
- Gather ingredients



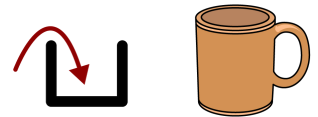
- Wash Hands



- Melt butter for 20-25 seconds



- Combine melted butter and sugar in a coffee mug. Stir to combine.



- Add the milk and 2 tablespoons of lemon juice to the mug ingredients, and stir.



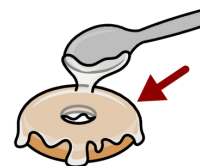
- Add the flour, baking soda, and salt to the wet ingredients, and stir until incorporated. Stir in the lemon zest.



- Place the mug into the microwave and heat for 75 seconds, until set and no longer wet in the middle. Check the cake at 60 seconds as microwave cooking times vary.



- Prepare the glaze by whisking together the confectioners sugar and remaining ½ teaspoon of lemon juice. Adjust sugar and lemon juice as needed to reach desired consistency. Drizzle the glaze on top of the mug cake.



- Serve the cake in the mug or turn out onto a plate.

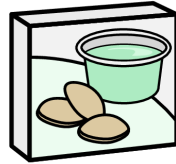




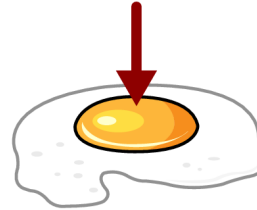
- 8 TBS white cake mix
- 1 TBS Jello pistachio pudding mix
- 1 egg yolk
- 1 Tbsp plus 1 teaspoon vegetable oil
- 3 Tbsp water



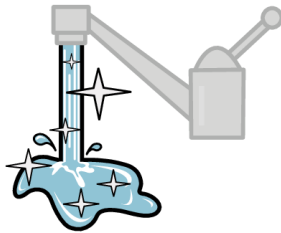
8 TBS white cake mix



1 TBS pistachio pudding



egg yolk



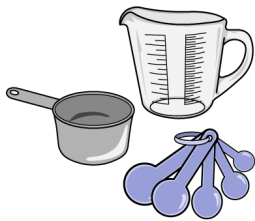
3 TBS water



1 TBS 1 tsp oil



mug



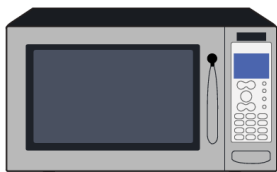
measuring tools



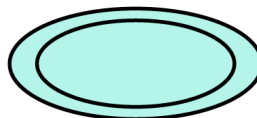
mini whisk



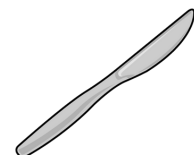
spoon



microwave



plate



knife

- Gather ingredients



- Wash Hands



- Mix all the ingredients until combined.



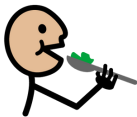
- Pour batter into a greased microwavable (standard size) coffee mug.



- Microwave at highest setting for approximately 90 seconds. Please note that cooking times vary depending on your microwave and you will need to watch the batter as it cooks. I find that once you notice the batter rise to it's highest point, give it an additional 20 seconds in the microwave and quickly check to see if the cake springs back when you press the center of the batter. If it does not spring back, microwave at 15 second intervals and checking every time until it does so. Do not over-cook otherwise it'll dry out.

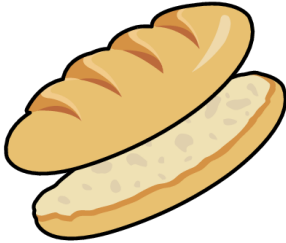


- Enjoy

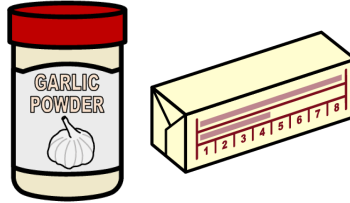




- loaf of French bread
- garlic butter (or butter and garlic powder)
- pizza sauce
- shredded pizza cheese
- oregano
- various toppings such as mushrooms, peppers, pepperoni, sausage



French bread



garlic butter



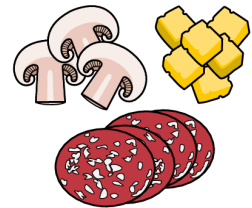
pizza sauce



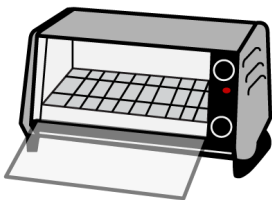
shredded cheese



oregano



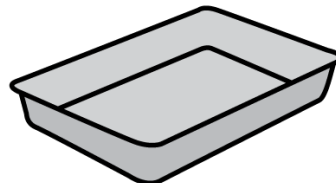
toppings



toaster oven



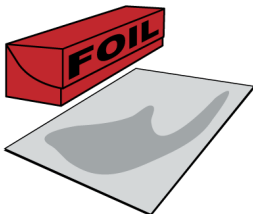
measuring tools



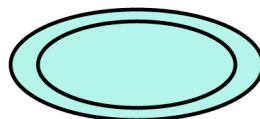
baking pan



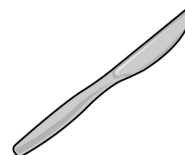
spoon



foil



plate



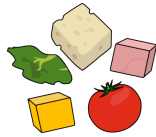
knife



pastry brush



- Gather ingredients



- Wash Hands



- Preheat toaster oven to 400



- Preheat

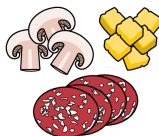
- Cut the French bread in half lengthwise and brush it with garlic butter.



- Place on a baking sheet cut side up and bake until browned



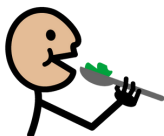
- Top baked halves with pizza sauce, sprinkle with oregano, cheeses, and toppings of choice.



- Bake until browned and bubbly and let cool before serving.



- Enjoy

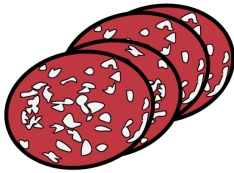




# 80s Pizza Rolls



- 1/2 cup diced pepperoni
  - 2 cups marinara sauce
  - 1 cup shredded mozzarella cheese
  - Cooking spray
  - 1 package wonton wrappers (about 48 wraps)
  - other chopped safe raw or pre-cooked pizza toppings
- 



1/2 cup diced pepperoni



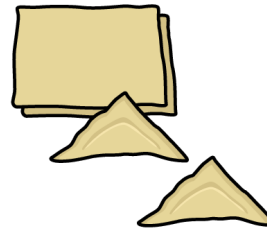
pizza sauce



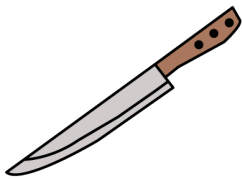
cooking spray



shredded mozzarella



wonton wrappers



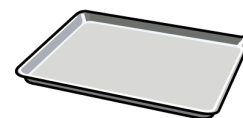
chopping knife



cutting board



measuring tools



baking pan



spoon

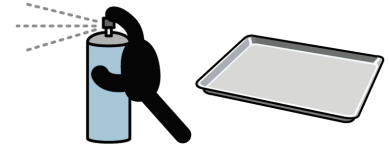
- Gather ingredients



- Wash Hands



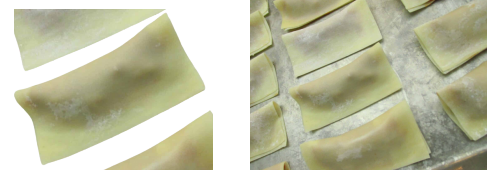
- Grease a baking sheet and preheat the oven to 375°F.



- Lay wonton wrappers out on the baking sheet, and put a few teaspoonfuls of filling in the center of each wrapper.



- Dip your finger in a bit of water and run it along the edge of a wonton wrapper. Fold the wrapper in half and press down to seal the seam. Repeat until the baking sheet is filled with pizza rolls.



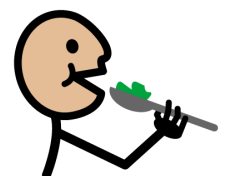
- Spray the tops of the pizza rolls with cooking spray (or you can also brush them with melted butter)



- Bake for 12-15 minutes, or until the pizza rolls are brown.

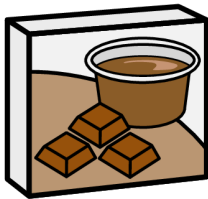


- Enjoy

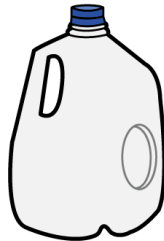


# 80s Pudding Pops

- 2 cups of cold milk
  - 1 package of Jello Pudding Instant Mix 3.9 oz
  - 1 cup cool whip room temp
- 



1 package instant pudding

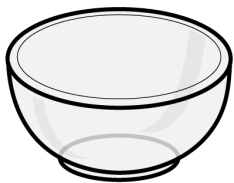


2 cups milk

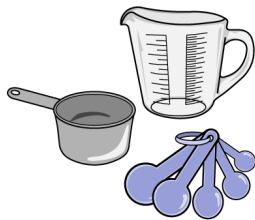


1 cup cool whip

---



bowl



measuring tools



large spoon  
or spatule



popsicle mold

- Gather ingredients



- Wash Hands



- Mix all the ingredients until combined.



- Set aside one serving in the fridge to eat in five minutes because who can wait?



- Pour mixture into molds.



- Place in freezer for 24 hours



- Enjoy

