



Holiday Hints

A Stress-Free Dessert Can Make The Season Sweeter

(NAPSA)—Here is some news that can help to make the winter season more comforting and holidays less stressful.

According to an American Psychological Association study, the leading worries during the holidays are time and money, causing many to feel fatigued and stressed.

To help alleviate stress when preparing meals for friends and family, look for recipes that are quick and effortless to make.

For example, for a sweet ending to the meal, try creating a semi-homemade treat by transforming a store-bought snack into a delicious dessert.

Mrs. Freshley's is offering quick and easy recipes that use their snacks to create delectable treats with minimal stress.

Here's a new take on a classic fall comfort food—Pumpkin Bread Pudding.

Pumpkin Bread Pudding

Ingredients

- 5 Mrs. Freshley's Honey Buns
- 2 eggs, beaten
- ½ 15-oz can of pumpkin puree
- 2 cups milk
- 2 Tbsp brown sugar
- 1 tsp vanilla extract
- ¼ tsp cinnamon

Directions

Slice Mrs. Freshley's Honey Buns into bite-size pieces.

Place honey buns in greased 2-quart baking dish.

Beat eggs, pumpkin puree, milk, sugar and vanilla in a small bowl.

Pour milk mixture over honey buns.

Sprinkle with cinnamon and



For a sweet ending to the meal, try creating a semi-homemade treat by transforming a store-bought snack into a delicious dessert such as this Cranberry Trifle.

bake at 350 degrees F for 35 to 45 minutes or until golden brown and pudding is firm.

For a quick treat with great flavor, try this recipe for Crisp Cranberry Trifle.

Crisp Cranberry Trifle

Ingredients

- 7 Mrs. Freshley's Donut Sticks
- 4 mason jars
- 2 cans of whole cranberry sauce
- 1 tub of frozen whipped topping, thawed

Directions

Cut Donut Sticks into bite-size pieces and place a layer in the mason jar.

Next, apply a layer of whole cranberry sauce, then a layer of whipped topping.

Repeat layers until jar is full.

More stress-free dessert recipes and holiday entertaining tips can be found at www.MrsFreshleys.com and www.facebook.com/mrsfreshleys.