

Stressed Spelt Backward is Desserts! Melt Away All Your Exhaustion with These Simple Recipes!



You're home for the foreseeable future because you're practicing [social distancing](#). And slowly but surely, the panic is starting setting in.

Being someone who likes to be productive with their time, having *too much* of it is making you run out of things to stay busy, even though you'd initially planned a jam-packed schedule.

So, what do you do?

As someone who loves food, I always turn to cooking to de-stress. And what better way to let the exhaustion of the day melt off, then by making some sweet treats! Here are some of my picks for simple, easy treats you can make with the family.

Whip them up and make a day of cooking some stress-relieving delicacies that'll hit that sweet spot!

- **Strawberries Romanoff**



This is a simple and easy **recipe** you can easily make with the kiddies. Although it's a typical breakfast recipe, there's no reason why you can't have this [refreshing dessert](#) at any time of day. It's light, creamy and sweet, but not heavy on the palette. So, you won't feel overwhelmed with the flavor after the first two bites.

- The **Ultimate Mexican Hot Chocolate Cookies**



These [chocolate cookies](#) with a twist will leave you wanting more!

Soft inside with a crispy outside, these cookies are made using spices and cacao so that you won't have any added sugars and fats intruding the flavor profile. My **recipe** uses cinnamon, chili and cayenne to kick things up a notch. But if you have a sensitive palette, don't worry. The recipe doesn't call for heaping helpings of the spice.

- **Old-Fashioned Apple Crisp**



We could all use a little bit of comfort right about now, so why not try a good [old fashioned apple crisp](#), like nana used to make!

This recipe can be served with homemade whipped cream or vanilla ice cream. However you want it, just be sure to use the [right apples](#), so the flavors don't clash. My preference is Granny Smith Apples, although you can also go with Macintosh or Gala.

- Creamy Matcha Lychee Ice Cream



The Matcha-lychee combination might catch you by surprise. But if you think about it, it's a match made in heaven. Pairing the sweet, delicious nectar of lychee with the subtle tropical hit of Matcha—this ice cream is creamy and light, and one you'll want to have another bowlful of.

The great thing about this [ice cream recipe](#) is that though I use an ice cream maker for it, you can also make this **without** one. So, don't lose hope!

- Mousse Au Chocolat



Can you have a dessert blog without talking about chocolate?

The [Mousse Au Chocolat](#) is a delicious, smooth, airy, but creamy chocolate dessert that delivers depth in flavor without overdoing the sweetness. With the mousse recipe, I've experimented a bit with the ingredient consistency to bring it to the flavors I once had in Paris. So, you can be sure this classic recipe will hit that spot just right!

Say goodbye to the monotony of staying at home, and add some sweetness to your life with these recipes. Be sure to let me know how you like them!