

Desserts from the Desert

Simple and Delicious Microwave and No Bake
Recipes Created and Tested in a Combat Zone

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A Sugar Shock Publication

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**This cookbook is dedicated to the
courageous and honorable men and women
of the United States Armed Forces.**

**A portion of the proceeds from this
cookbook have been donated to charities
that assist injured service members and
their families.**

Introduction

I can't remember when I really began to love cooking. I think it was a gradual process. I do, however, remember baking my first apple pie in college—my roommates even snapped my picture with the pie. I believe I was in law school when I really began to cook on a regular basis. It became a nice distraction from pages and pages of reading. I didn't have to think about anything except ingredients, measurements, and the feel and smell of what I was cooking. All I knew was that when I was cooking, I wasn't reading, writing, or studying, and that felt good.

Once I settled into my house in New Bern, North Carolina in March 2004, I was so thrilled to have my own kitchen again. You see, I broke my leg during my Marine Corps training, so I spent 13 months (instead of six) living in a little barracks room at The Basic School. My kitchen was gone, and I missed that terribly—I no longer had my great escape. So when I arrived at my first duty station—Marine Corps Air Station, Cherry Point—I knew my house would need to have a large, modern kitchen. I found the perfect place in New Bern, and I began to bake.

I found myself baking even when I was not hungry. I didn't want to eat what I had made—I just enjoyed making it. I started taking baked goods into the office for the Marines to eat because I didn't know what to do with all those desserts. They loved it! However, I must admit that I'm a perfectionist, so often I struggled with myself over whether to take something to the office that didn't look "pretty" or wasn't exactly right. Most of the time, I took it anyway and someone ate it.