

# Will Bontrager

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## Recipes for Home-Made Food Mentioned in *The Cranky Escape*

Generally, these are foods mentioned as a comment in a scene. The recipes themselves are not printed in the novel.

### Notes:

- In these recipes, dairy, oat, or other milk may be substituted for almond milk.
- Currently, I get flavor oils from [Nature's Flavors](#), the oils used for flavoring chocolate.



## Recipes Index

- **Strawberry-flavored Cream Cheese Dessert**

This dessert is mentioned in the chapter describing Hershey's first day of existing as an artificial human.

- **Strawberry-flavored Topping** (no processed sugar version)  
**Strawberry-flavored Topping** (with powdered sugar version)

This glorious topping is mentioned several times in the book

- **Mint-flavored Topping** (no processed sugar version)  
**Mint-flavored Topping** (with powdered sugar version)

This topping recipe is included as a bonus. It is not mentioned directly in the book.

- **Non-mushy Oatmeal**

If you abhor the idea of eating oatmeal because it's always so mushy and unappetizing, try this recipe. You may discover a whole new way of looking at things.

The recipes follow.

## Strawberry-flavored Cream Cheese Dessert

Hershey's first day existing as an artificial human coincided with Lori's anniversary of being accepted into the Mom/Lisa family. He made a special anniversary-eve dessert for Lori. This is it.

8 ounces softened cream cheese

6 drops strawberry-flavored oil (hugely adjust quantity if substituting flavor essence)

6+ drops red food coloring (more for a redder result)

1/3 cup powdered sugar

1 tablespoon almond milk

Place all ingredients into a mixing bowl.

Mush the ingredients together until there is no non-moistened sugar and no liquid sloshing about.

Use an electric mixer to thoroughly mix it up. Mix for several minutes, more minutes for a fluffier texture.

Refrigerate for some hours. The longer it sits in the refrigerator, the more the taste may blend and the texture become smoother.

## **Strawberry-flavored Topping** (no processed sugar version)

Used on oatmeal in the book. It can also be used on other cereal, fruit pies, chocolate-cream pie, waffles, ..., or just eaten with a spoon.

8 ounces softened cream cheese

8 drops strawberry-flavored oil (hugely adjust quantity if substituting flavor essence)

4-6 drops red food coloring (more for a redder result)

1/4 cup thawed orange juice concentrate

1/4 cup almond milk

Place the softened cream cheese into a mixing bowl. Add a tablespoon or so of the thawed orange juice concentrate.

Stir well. The lumps need to be stirred out.

Add the strawberry oil. Add the red food coloring. And add another tablespoon or so of the orange juice concentrate.

Stir until well blended.

Add the rest of the orange juice concentrate and, again, stir until well blended.

Blend the almond milk into the mixture.

Note: An electric mixer may be used to whip the mixture for a lighter-textured topping.

Refrigerate for some hours. The longer it sits in the refrigerator, the more the taste may blend and the texture become smoother.

## Strawberry-flavored Topping (with powdered sugar version)

Used on oatmeal in the book. It can also be used on other cereal, fruit pies, chocolate-cream pie, waffles, ..., or just eaten with a spoon.

8 ounces softened cream cheese

6 drops strawberry-flavored oil (hugely adjust quantity if substituting flavor essence)

4-6 drops red food coloring (more for a redder result)

1/3 cup powdered sugar

1/4 cup almond milk

Place the softened cream cheese into a mixing bowl. Add the powdered sugar. Add two or so tablespoons of the almond milk.

Stir well. The lumps need to be stirred out.

Add the strawberry oil. Add the red food coloring. And add the rest of the almond milk.

Stir until well blended.

Note: An electric mixer may be used to whip the mixture for a lighter-textured topping.

Refrigerate for some hours. The longer it sits in the refrigerator, the more the taste may blend and the texture become smoother.

## **Mint-flavored Topping**

(no processed sugar version)

Used on oatmeal in the book. It can also be used on other cereal, fruit pies, chocolate-cream pie, waffles, ..., or just eaten with a spoon.

8 ounces softened cream cheese

5 drops mint-flavored oil (a couple drops less if substituting essential oil or hugely adjust quantity if substituting flavor essence)

4-6 drops green food coloring (more for a greener result)

1/4 cup thawed apple juice concentrate

2 tablespoons almond milk

Place the softened cream cheese into a mixing bowl. Add a tablespoon or so of the thawed apple juice concentrate.

Stir well. The lumps should be stirred out.

Add the mint oil. Add the green food coloring. And add another tablespoon or so of the apple juice concentrate.

Stir until well blended.

Add the rest of the apple juice concentrate and, again, stir until well blended.

Blend the almond milk into the mixture.

Note: An electric mixer may be used to whip the mixture for a lighter-textured topping.

Refrigerate for some hours. The longer it sits in the refrigerator, the more the taste may blend and the texture become smoother.

## Mint-flavored Topping

(with powdered sugar version)

Used on oatmeal in the book. It can also be used on other cereal, fruit pies, chocolate-cream pie, waffles, ..., or just eaten with a spoon.

8 ounces softened cream cheese

5 drops mint-flavored oil (a couple drops less if substituting essential oil or hugely adjust quantity if substituting flavor essence)

4-6 drops green food coloring (more for a greener result)

1/3 cup powdered sugar

1/4 cup almond milk

Place the softened cream cheese into a mixing bowl. Add the powdered sugar. Add two or so tablespoons of the almond milk.

Stir well. The lumps should be stirred out.

Add the mint oil. Add the green food coloring. And add the rest of the almond milk.

Stir until well blended.

Note: An electric mixer may be used to whip the mixture for a lighter-textured topping.

Refrigerate for some hours. The longer it sits in the refrigerator, the more the taste may blend and the texture become smoother.

## Non-mushy Oatmeal

1/2 cup water

1/2 cup oatmeal

Measure the water into a microwave-safe serving bowl.

Microwave for a minute or more — until the water has a few boiling bubbles.

Add the oatmeal and lightly stir to moisten all oatmeal flakes.

Cover for 5 minutes. (Give it the full 5 minutes, or you'll end up with tough oatmeal.)

Serve.

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