

MARDI GRAS MADNESS

A LIFE & SPRINKLES BITE-SIZE COOKBOOK



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FUN RECIPES WITH A TWIST



This bite-size cookbook is inspired by the bold flavors of Mardi Gras. Inside, you'll find six recipes built around classic spices and flavor combinations, each with its own twist. They're perfect for celebrating Mardi Gras, but delicious any time of the year.



Cajun Street Party

FLATBREADS

Cajun Street Party Flatbreads

These flatbreads feel like something you'd grab from a food stand during Mardi Gras, just without the crowds. They're spicy, cheesy, and come together fast, making them perfect for a street party–inspired dinner at home.

Practically Homemade Wins

- Store-bought naan or flatbread keeps things simple with no dough work
- Rotisserie chicken is a total time saver
- Jarred roasted peppers add big flavor with zero prep
- One pan, one bake, and dinner's done in about 10 minutes



Cajun Street Party Flatbreads

INGREDIENTS

- 2 naan or flatbread rounds
- 1 cup shredded rotisserie chicken
- 1 tablespoon olive oil
- 1 teaspoon Cajun seasoning
- ½ cup shredded mozzarella cheese
- ¼ cup roasted bell peppers, jarred or fresh
- 1 tablespoon remoulade or ranch dressing
- Optional: sliced green onions



Cajun Street Party Flatbreads

INSTRUCTIONS

1. Heat the oven to 400°F.
2. Toss the chicken with olive oil and Cajun seasoning until evenly coated.
3. Spread the chicken over the flatbreads, then top with mozzarella and roasted peppers.
4. Bake for 8 to 10 minutes, until the cheese is melted and the edges are lightly golden.
5. Finish with a drizzle of remoulade or ranch and a sprinkle of green onions if using.



French Quarter

ANDOUILLE PINWHEELS

French Quarter Andouille Pinwheels

I can’t overstate how good these pinwheels are. The puff pastry gives them that restaurant-style feel, while the filling of smoky andouille sausage, melty cheese, and a hint of honey mustard makes them hard to stop eating once you start.

Practically Homemade Wins

- Store-bought puff pastry delivers a flaky, bakery-style base with zero extra work
- Pre-cooked andouille sausage keeps prep quick
- Simple ingredients create bold flavor
- Easy to assemble ahead of time and bake when you’re ready



French Quarter Andouille Pinwheels

INGREDIENTS

- 1 sheet puff pastry, thawed
- 2 tablespoons honey mustard
- ½ cup shredded cheese, Swiss or cheddar
- 4 oz cooked andouille sausage, thinly sliced
- 1 tablespoon melted butter
- ½ teaspoon Cajun seasoning



French Quarter Andouille Pinwheels

INSTRUCTIONS

1. Heat the oven to 400°F and line a baking sheet with parchment paper.
2. Spread the honey mustard evenly over the puff pastry. Sprinkle with cheese and layer the sausage evenly on top.
3. Roll the pastry up tightly into a log, then slice into ½-inch rounds and place flat on the prepared baking sheet.
4. Brush the tops with melted butter and sprinkle with Cajun seasoning. Bake for 14 to 16 minutes, until puffed and golden.





Big Easy

LOADED FRIES

Big Easy Loaded Fries

My daughter couldn't get enough of these. They're incredibly simple to throw together, and the flavor combo is a dream. Crispy steak fries loaded with cheese, bacon, and Cajun seasoning make this one of those snacks that seems to be everyones' favorite.

Practically Homemade Wins

- Frozen steak fries keep prep fast and simple
- Bacon adds big flavor with minimal effort
- Cajun seasoning brings everything together in one simple step
- Easy to scale up for sharing or keep simple for a casual snack



Big Easy Loaded Fries

INGREDIENTS

- 1 bag frozen steak fries
- 1 teaspoon Cajun seasoning
- 1 cup shredded cheddar cheese
- ¼ cup chopped bacon
- 2 green onions, sliced
- 2 tablespoons remoulade or ranch



Big Easy Loaded Fries

INSTRUCTIONS

1. Bake the steak fries according to the package directions until hot and crispy.
2. Sprinkle evenly with Cajun seasoning, shredded cheddar, and bacon.
3. Return to the oven for about 5 minutes, just until the cheese is melted and bubbly.
4. Finish with green onions and a drizzle of remoulade or ranch before serving.



King's Court

CHOCOLATE PRALINE CAKE

King's Court Chocolate Praline Cake

This cake surprised everyone with its incredible flavor. The rich chocolate cake is great on its own, but the praline topping is the real star. Sweet, crunchy, and full of caramelized flavor, it takes the whole cake to the next level.

Practically Homemade Wins

- A cake mix base keeps things simple without losing that rich chocolate flavor
- The praline topping uses straightforward ingredients with big payoff
- One show-stopping topping does all the decorating
- Easy enough for beginner-bakers



King's Court Chocolate Praline Cake

INGREDIENTS

Cake

- 1 box chocolate cake mix
- ¾ cup whole milk
- 2 large eggs
- ⅔ cup vegetable oil
- ½ teaspoon salt

Praline Topping

- 1 cup brown sugar
- ½ cup butter
- ½ cup heavy cream
- 1 cup chopped pecans

King's Court Chocolate Praline Cake

INSTRUCTIONS

1. Preheat the oven to 350°F and grease a 9 × 13 baking dish.
2. Mix the cake mix, milk, eggs, oil, and salt until smooth. Pour into the pan and bake according to the package directions, just until set. Let cool for 5 minutes.
3. Meanwhile, melt the butter, brown sugar, and heavy cream in a saucepan over medium-low heat. Let it gently bubble for 2 to 3 minutes, then remove from heat and stir in the pecans.
4. Pour the warm topping over the cake, spread to the edges, and let sit 15 to 20 minutes before slicing.



Let them Eat

KING CAKE BARS

Let Them Eat King Cake Bars

Let Them Eat King Cake Bars are part cake, part cinnamon roll, and part pastry. They start with a cake mix, get swirled with a cinnamon filling, and are finished with classic King Cake icing and Mardi Gras–themed sugar for a fun, party-ready finish.

Practically Homemade Wins

- Cake mix keeps the base simple and reliable
- One easy cinnamon swirl adds that bakery-style flavor
- King Cake icing brings the classic finish without difficult decorating
- Mardi Gras sugar adds the perfect final touch



Let Them Eat King Cake Bars

INGREDIENTS

For the Bars

- 1 box yellow or vanilla cake mix
- 2 large eggs
- 1/2 cup unsalted butter, melted
- 1/4 cup milk or heavy cream
- 1 teaspoon vanilla extract

For the Cinnamon Filling

- 1/2 cup brown sugar
- 1 tablespoon ground cinnamon
- 3 tablespoons melted butter

For the Glaze

- 1 1/2 cups powdered sugar
- 2 to 3 tablespoons milk
- 1/2 teaspoon vanilla extract

For Decorating

- Purple, green, and gold sanding sugar

Let Them Eat King Cake Bars

INSTRUCTIONS

1. Preheat the oven to 350°F. Line a 9 x 13 pan with parchment paper or spray it well.
2. In a large bowl, mix the cake mix, eggs, melted butter, milk, and vanilla until smooth. Spread the batter evenly in the pan.
3. In a small bowl, stir together the brown sugar, cinnamon, and melted butter. Spoon this over the batter and gently swirl with a knife.
4. Bake for 22 to 26 minutes, until the center is set and a toothpick comes out mostly clean. Let cool completely.
5. Whisk together the powdered sugar, milk, and vanilla until smooth, then drizzle over the cooled bars.
6. Top with purple, green, and gold sanding sugar. If using a traditional Mardi Gras baby, press it into the bottom of one bar before serving.
7. Slice and enjoy.



Parade Day

CINNAMON SUGAR TREATS

Parade Day Cinnamon Sugar Treats

These are cereal treats that are all dressed up for Mardi Gras. Golden Grahams make the perfect marshmallow treat base, then they're loaded with cinnamon sugar and finished with a white chocolate drizzle for extra sweetness. Fair warning, these disappear fast.

Practically Homemade Wins

- Golden Grahams come straight from the cereal aisle!
- A simple cinnamon sugar mix adds big Mardi Gras flavor
- Drizzling white chocolate is an easy way to dress these up fast
- No baking required, just mix, set, and slice



Parade Day Cinnamon Sugar Treats

INGREDIENTS

Cereal Treat Base

- 6½ to 7 cups Golden Grahams cereal
- 4 cups mini marshmallows
- 3 tablespoons butter
- 1 teaspoon cinnamon
- ½ teaspoon vanilla extract

Cinnamon Sugar Topping

- 2 tablespoons granulated sugar
- ½ teaspoon cinnamon

Topping

- ¾ cup white chocolate chips or white candy melts
- Purple, green, and gold sprinkles

Parade Day Cinnamon Sugar Treats

INSTRUCTIONS

1. Line a 9x13 pan with parchment paper or lightly grease it.
2. In a large pot over low heat, melt the butter. Add the marshmallows and stir until just melted and smooth. Remove from heat and stir in the cinnamon and vanilla.
3. Fold in the Golden Grahams until evenly coated. Let the mixture sit for 1 to 2 minutes to release excess heat.
4. Press the mixture gently into the prepared pan using a greased spatula or parchment paper. Do not pack it down.
5. Mix the sugar and cinnamon and sprinkle evenly over the warm cereal treats, gently pressing it in so it sticks.
6. Melt the white chocolate and drizzle over the top. Sprinkle generously with sanding sugar. Let set at room temperature for about 30 minutes before slicing.

Mardi Gras Picks!



MARDI GRAS SUGAR WHEEL

This sanding sugar wheel has all the perfect Mardi Gras colors—purple, green, yellow, and gold—so you can sprinkle exactly as much of each as you want.

SUGAR MIX

If you like an all-in-one blend, this mix has the perfect balance of everything. It's perfect for sprinkling on all of your favorite sweet treats.







TOPPERS

When it comes to toppers, nothing beats classic Mardi Gras masks. They sparkle and show off all the signature Mardi Gras colors.

Wait!

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