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Look carefully at the pictures,
then answer the questions:

Who is eating a
jelly sandwich?

What color is
Princess Pippa's drink?



How many cupcakes can you count?

Apple-licious Cupcakes

These are definitely not your typical cupcakes topped with buttery icing, but kids love them just the same. In fact, our testers enjoyed them even without the glaze (we just called them muffins instead).

Cupcakes

½ cup	packed brown sugar	125 mL
½ cup	granulated sugar	125 mL
¼ cup	canola oil	50 mL
1	large egg	1
1 tsp	vanilla	5 mL
1 cup	whole wheat flour	250 mL
1 cup	all-purpose flour	250 mL
2 tsp	baking soda	10 mL
1 tsp	nutmeg	5 mL
1 tsp	cinnamon	5 mL
2 cups	coarsely grated apple (not peeled)	500 mL
¾ cup	unsweetened applesauce	175 mL

Glaze

1 cup	icing sugar	250 mL
2 tbsp	unsweetened apple juice	30 mL
1 tsp	vanilla	5 mL

1. Preheat oven to 350°F (180°C). Line a 12-cup muffin pan with extra-large paper liners.
2. In a large bowl, using an electric mixer, beat brown sugar, granulated sugar and canola oil until well mixed. Beat in egg and vanilla until blended.
3. In a medium bowl, mix whole wheat flour, all-purpose flour, baking soda, nutmeg and cinnamon. Using a wooden spoon, stir into sugar mixture until combined. Stir in grated apple and applesauce.
4. Spoon batter into prepared muffin pan. Bake for 20-25 minutes, or until a tester inserted in the centre of a cupcake comes out clean. Let cool in pan for 10 minutes. Transfer to a rack to cool completely.
5. To make glaze, whisk together icing sugar, apple juice and vanilla in a small bowl until smooth. Spread on cupcakes. Store uncovered until ready to sell.



CARROT SPICE MUFFINS

Dark and nutritious with spicy overtones.

All purpose flour	1½ cups	375 mL
Natural bran	1½ cups	375 mL
Wheat germ	¼ cup	50 mL
Packed brown sugar	½ cup	125 mL
Baking soda	2 tsp.	10 mL
Salt	½ tsp.	2 mL
Cinnamon	1 tsp.	5 mL
Nutmeg	¼ tsp.	1 mL
Eggs	2	2
Molasses	¼ cup	50 mL
Cooking oil	¼ cup	50 mL
Milk	1½ cups	375 mL
Vinegar	2 tbsp.	60 mL
Grated carrot	1 cup	250 mL
Chopped walnuts	½ cup	125 mL
Chopped dates or raisins	1 cup	250 mL

Combine first eight dry ingredients in large bowl. Make a well in the center.

Beat eggs in separate bowl. Add all remaining ingredients and stir to mix. Pour into well. Stir just enough to moisten. Fill greased muffin cups ¾ full. Bake in 400°F (200°C) oven for 20-25 minutes. Makes 36.



“I don’t want an apple,”
Millie said.



Chewy Chocolate Chip Cookies

With mini chocolate chips, a little goes a long way to delivering big chocolate taste that kids and teens love. A bit crispy, a bit chewy, these cookies got “two thumbs up” from all of our testers!

½ cup	soft, non-hydrogenated margarine	125 mL
¾ cup	packed brown sugar	175 mL
1	large egg, beaten	1
1 tbsp	canola oil	15 mL
2 tsp	vanilla	10 mL
1½ cups	whole wheat flour	375 mL
1½ cups	quick-cooking rolled oats	375 mL
1 cup	bran cereal (not flakes)	250 mL
1 tsp	baking soda	5 mL
½ cup	miniature semi-sweet chocolate chips	125 mL

1. Preheat oven to 350°F (180°C). Lightly spray baking sheets with non-stick cooking spray or line with parchment paper.
2. In a large bowl, using an electric mixer, beat margarine and sugar until light and fluffy. Beat in egg until creamy. Stir in oil and vanilla.
3. In a medium bowl, combine flour, oats, bran cereal and baking soda. Using a wooden spoon, mix dry ingredients into wet ingredients. Stir in mini chocolate chips.
4. Drop heaping tablespoonfuls (15 mL) of dough onto prepared baking sheets. Flatten slightly with a fork. Bake for about 9-10 minutes, or until cookies just start to turn golden. Let cool on baking sheets on a wire rack for 5 minutes. Remove cookies to a rack to cool completely.

Peach and Blackberry Cornmeal Cobbler

This cobbler is heavenly during the all-too-brief blackberry season.

If you can't find fresh blackberries, use raspberries instead. Serve warm with a scoop of vanilla ice cream for a homey, comforting end to a meal.

What you need

7 cups sliced pitted peeled firm ripe peaches

1 cup fresh blackberries

½ cup granulated sugar

2 tbsp cornstarch

1 tbsp lemon juice

CORNMEAL BISCUIT TOPPING:

1 cup all-purpose flour

½ cup cornmeal

¼ cup granulated sugar

1 tsp grated lemon zest

1 tsp baking powder

¼ tsp baking soda

¼ tsp salt

½ cup cold unsalted butter, cubed

¾ cup milk

MAKES 9 SERVINGS. PER SERVING: about 266 cal, 4 g pro, 8 g total fat (4 g sat. fat), 47 g carb, 4 g fibre, 20 mg chol, 141 mg sodium, 343 mg potassium. % RDI: 5% calcium, 8% iron, 12% vit A, 20% vit C, 23% folate.

How to make it

Gently toss together peaches, blackberries, sugar, cornstarch and lemon juice; scrape into 8-inch (2 L) square baking dish.

CORNMEAL BISCUIT TOPPING: In large bowl, whisk together flour, cornmeal, sugar, lemon zest, baking powder, baking soda and salt; using pastry blender or two knives, cut in butter until in coarse crumbs. Drizzle in milk, stirring with fork to form soft, sticky dough. Using spoon, drop nine evenly spaced mounds of dough over peach mixture.

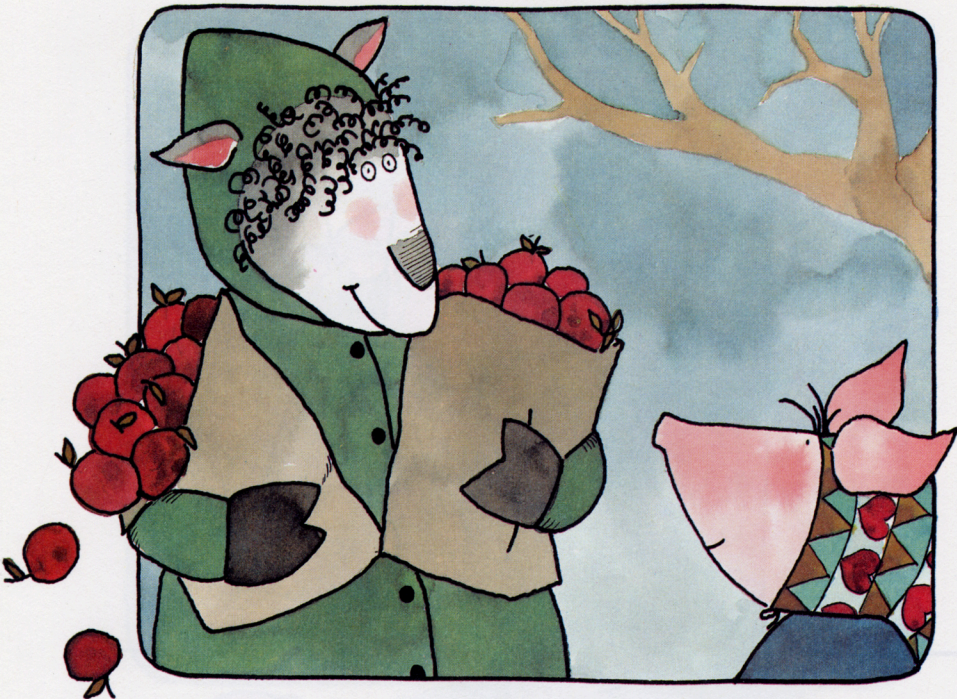
Bake in 375°F (190°C) oven until topping is golden and no longer doughy underneath, about 50 minutes. Serve warm.

But most of all, he loved it because there was a BIG blackberry bush in the garden,



and every year he had a bumper crop of ripe, juicy blackberries.





baked stuffed apples

Few things are cosier than the scent of baked apples on a chilly evening. The apples are scored to prevent them from looking “pruned” when cooked. Cover the stuffing with foil to stop it from burning during the long cooking time.

Brown sugar, packed	1/2 cup	125 mL
Coarsely chopped pecans, toasted (see Tip, page 64)	1/2 cup	125 mL
Golden raisins	1/2 cup	125 mL
Diced mixed peel	1/4 cup	60 mL
Hard margarine (or butter), softened	3 tbsp.	50 mL
Grated orange zest	2 tsp.	10 mL
Ground cinnamon	1/2 tsp.	2 mL
Large unpeeled tart apples (such as Granny Smith)	6	6
Apple juice	1/2 cup	125 mL

Combine first 7 ingredients in medium bowl.

Carefully remove cores from apples using apple corer, leaving apples whole. Carefully cut around hole in each apple with knife to make hole twice as large. Score peel of each apple vertically in several places. Arrange apples in greased shallow 3 quart (3 L) baking dish. Spoon pecan mixture into centre of each apple, piling excess on top. Cover exposed pecan mixture with small pieces of foil.

Pour apple juice into baking dish around apples. Bake, uncovered, in 350°F (175°C) oven for about 1 hour until apples are tender. Serve warm. Makes 6 stuffed apples.



BLUEBERRY STREUSEL

This large cake will feed a coffee crowd. Fresh blueberries are layered under the topping.

All-purpose flour	3 cups	700 mL
Granulated sugar	$\frac{3}{4}$ cup	175 mL
Baking powder	1 tbsp.	15 mL
Salt	1 tsp.	5 mL
Cinnamon	$1\frac{1}{2}$ tsp.	7 mL
Nutmeg	1 tsp.	5 mL
Butter or margarine, softened	$\frac{1}{2}$ cup	125 mL
Eggs	3	3
Milk	1 cup	225 mL
Vanilla	1 tsp.	5 mL
Blueberries, fresh or frozen	3 cups	700 mL

TOPPING

All-purpose flour	$\frac{2}{3}$ cup	150 mL
Rolled oats	$\frac{2}{3}$ cup	150 mL
Brown sugar, packed	$\frac{3}{4}$ cup	175 mL
Butter or margarine, softened	$\frac{1}{2}$ cup	125 mL
Cinnamon	1 tsp.	5 mL

Preheat oven to 350°F (180°C). Measure first 7 ingredients into mixing bowl. Cut in butter until crumbly.

Add eggs, milk and vanilla. Beat until smooth and thick. Spread into greased 9 × 13 inch (22 × 33 cm) pan.

Sprinkle blueberries over top.

Topping: Mix all 5 ingredients together until crumbly. Sprinkle over blueberries. Pat gently with your hand. Bake in oven for 50 to 60 minutes until an inserted wooden pick comes out clean.





pumpkin dessert

Almost like pumpkin pie—but without the crust. A cake mix makes this easy and fast—it takes only 20 minutes to assemble. Add a small dollop of ice cream for that delightful warm/cold contrast.

Large eggs	4	4
Granulated sugar	1 1/4 cups	300 mL
Cans of pure pumpkin (no spices), 14 oz., 398 mL, each	2	2
Ground cinnamon	1 1/2 tsp.	7 mL
Ground ginger	1 tsp.	5 mL
Salt	1 tsp.	5 mL
Ground cloves	1/2 tsp.	2 mL
Ground nutmeg	1/2 tsp.	2 mL
Evaporated milk (or half-and-half cream)	1 1/2 cups	375 mL
Box of yellow cake mix (2 layer size)	1	1
Hard margarine (or butter)	1/2 cup	125 mL

Vanilla ice cream (optional)

Beat eggs in medium bowl until frothy. Add sugar. Beat until thick and pale.

Add next 6 ingredients. Beat well.

Add evaporated milk. Beat on low to blend. Pour into greased 9 x 13 inch (22 x 33 cm) pan.

Put cake mix into large bowl. Cut in margarine until mixture resembles coarse crumbs. Sprinkle over pumpkin mixture. Bake in 350°F (175°C) oven for 1 1/2 hours until knife inserted in centre comes out clean.

Serve warm with ice cream. Cuts into 18 squares.

1 serving: 266 Calories; 10.0 g Total Fat (7.5 g Mono, 1.1 g Poly, 2.8 g Sat); 58 mg Cholesterol; 41 g Carbohydrate; 1 g Fibre; 5 g Protein; 360 mg Sodium

CARROT LOAF

Really tasty and spicy.

Cooking oil	½ cup	125 mL
Eggs	2	2
Granulated sugar	1 cup	250 mL
Finely grated carrots	1 cup	250 mL
All purpose flour	1¾ cups	425 mL
Baking powder	2 tsp.	10 mL
Baking soda	½ tsp.	2 mL
Cinnamon	1 tsp.	5 mL
Nutmeg	¾ tsp.	4 mL
Cloves	¼ tsp.	1 mL
Ginger	¼ tsp.	1 mL
Chopped walnuts	½ cup	125 mL

Beat oil, eggs and sugar together until blended. Stir in carrots.

In another bowl mix all remaining ingredients to combine. Pour into carrot batter. Stir only to moisten. Turn into greased 9 × 5 × 3 (23 × 12 × 7 cm) loaf pan. Bake in 350°F (180°C) oven for about 1 hour or until an inserted toothpick comes out clean. Allow to stand for 10 minutes before removing from pan to cool on rack. Store in plastic bag. Yield: 1 loaf.





CHERRY SULTANA CAKE

A huge cake loaded with raisins. Cherries add some bright spots. No need to wait for it to ripen. This cake can be eaten anytime.

Raisins	4½ cups	1.1 L
Water to cover		
Butter or margarine, softened	1 cup	225 mL
Granulated sugar	1½ cups	350 mL
Eggs	3	3
All-purpose flour	3 cups	700 mL
Baking powder	1 tbsp.	15 mL
Milk	½ cup	125 mL
Vanilla	1 tsp.	5 mL
Candied red cherries, halved or quartered	1½ cups	375 mL

Preheat oven to 325°F (160°C). Cover raisins with water in large saucepan over medium heat. Bring to a boil. Boil 20 minutes. Drain and cool.

In mixing bowl beat next 7 ingredients together well.

Add cherries and raisins. Stir to mix. Scrape into greased and floured 10 inch (25 cm) angel food tube pan or 12 cup (2.7 L) bundt pan. Bake in oven for about 1½ hours until an inserted wooden pick comes out clean. Needs no icing.

Apple Pie Cake

Imagine the flavours you love in pie—sweet apples and warm cinnamon—wrapped up in a tender cake that's perfect for afternoon snacking. Serve with coffee or tea.

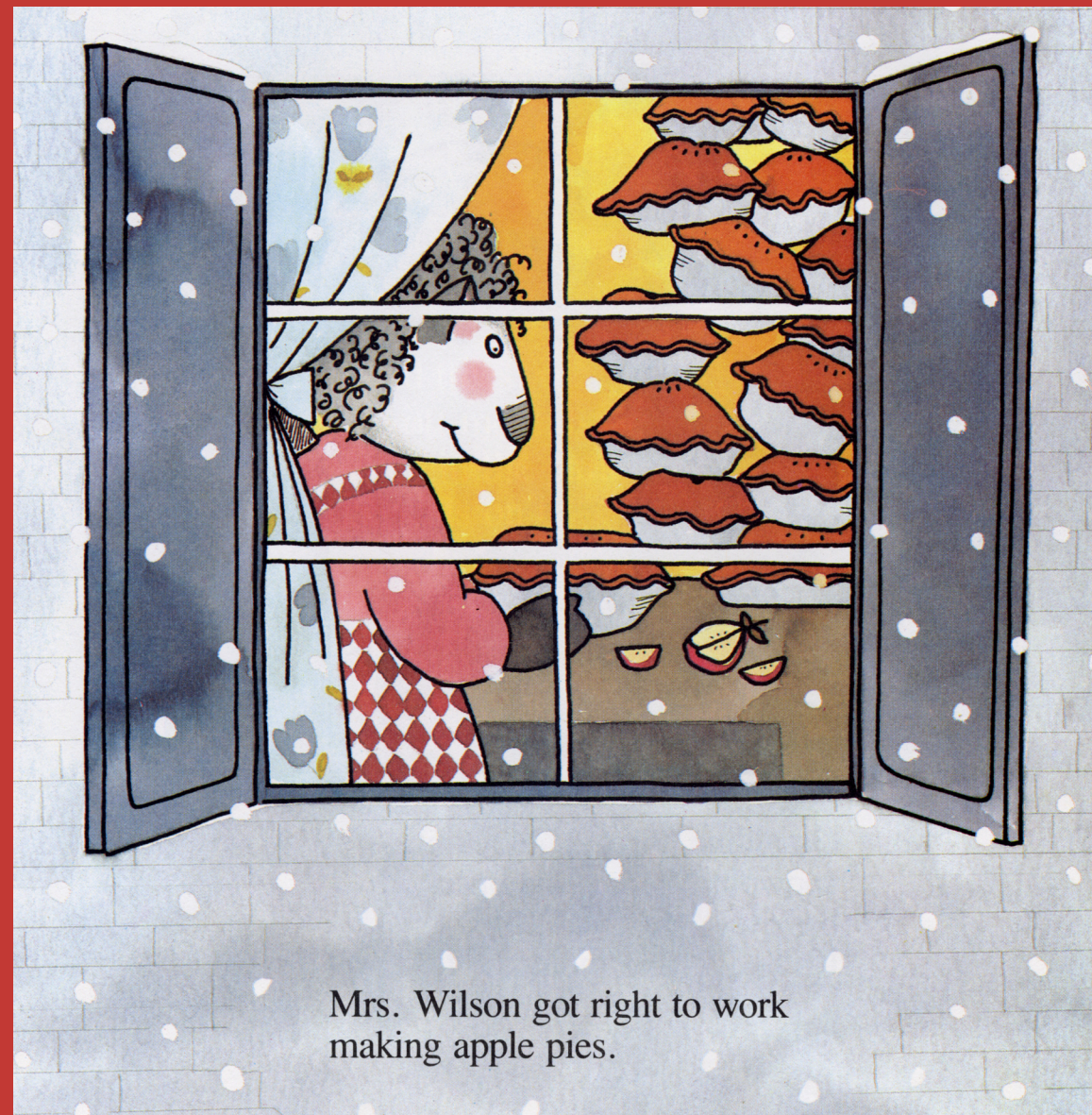
What you need

- 2 eggs
- 2 cups granulated sugar
- 1 cup vegetable oil
- 1 tsp vanilla
- 2 cups all-purpose flour
- 2 tsp cinnamon
- ½ tsp baking soda
- ½ tsp baking powder
- ½ tsp salt
- 5 cups cubed (½ inch/1 cm) cored peeled Spartan apples (see Tip, below)

How to make it

In large bowl, beat together eggs, sugar, oil and vanilla. Whisk together flour, cinnamon, baking soda, baking powder and salt; stir into egg mixture to make stiff dough. Fold in apples.

Spread in parchment paper-lined 13- x 9-inch (3.5 L) cake pan. Bake in 350°F (180°C) oven until cake tester inserted in centre comes out with moist crumbs clinging, 45 to 50 minutes. Let cool in pan on rack.



Mrs. Wilson got right to work making apple pies.



One Summer, Mouse's blackberries were even bigger and juicer than usual. He began picking right away and he was already hot and bothered when Sparrow came by.

Blackberry Hazelnut Meringue

Like hazelnut nougat, this meringue is chewier and softer than the one used in a traditional Pavlova. You can make the meringue a couple of days in advance and keep it well wrapped in a dry area. We like the whipped cream sprinkled with extra coarsely chopped skinned hazelnuts.

What you need

- 1 cup whipping cream (35%)
- 2 tsp liquid honey
- 1 cup fresh blackberries

MERINGUE:

- 1 cup skinned hazelnuts
- ¼ cup cornstarch
- 6 egg whites
- 1 cup granulated sugar

How to make it

MERINGUE: In food processor, pulse hazelnuts with cornstarch until fine. In bowl of stand mixer, beat egg whites until soft peaks form. With mixer running, beat in sugar, 2 tbsp at a time, until stiff peaks form. Fold in hazelnut mixture. Smooth into 9-inch (23 cm) circle, about 2 inches (5 cm) high, on parchment paper-lined rimmed baking sheet.

Bake in 350°F (180°C) oven until dry and just firm to the touch, 45 to 50 minutes. Transfer to rack; let cool completely, about 1 hour.

Whip cream with honey; spoon over meringue. Arrange blackberries over whipped cream.



PUMPKIN TEA BREAD

A large loaf which has orange in it.

Butter or margarine	½ cup	125 mL
Granulated sugar	1½ cups	375 mL
Eggs	2	2
Canned pumpkin	1 cup	250 mL
Grated rind of orange	1 tbsp.	15 mL
Orange juice	¼ cup	50 mL
All purpose flour	2¼ cups	550 mL
Baking powder	½ tsp.	3 mL
Baking soda	2 tsp.	10 mL
Salt	½ tsp.	3 mL
Cinnamon	½ tsp.	3 mL
Cloves	½ tsp.	2 mL
Chopped nuts	½ cup	125 mL
Chopped dates	½ cup	125 mL

In mixing bowl cream butter, sugar and 1 egg. Beat in second egg until smooth. Mix in pumpkin, rind and juice.

In another bowl measure and stir well all remaining ingredients. Pour all at once into batter in mixing bowl. Stir only to moisten. Pour into greased loaf pan 9 × 5 × 3 inch (23 × 12 × 7 cm). Bake in 350°F (180°C) oven for about 1 hour or until an inserted toothpick comes out clean. Cool in pan 10 minutes. Remove loaf from pan to rack. Cool and wrap. Yield: 1 loaf.

Suzy Ducken loved everything about fall. She loved wrapping herself in big, cozy sweaters. She loved crisp apples and big orange pumpkins.





Plum Berry Grunt

Grunts (or slumps) are stewed fruit puddings topped with dumplings made of biscuit dough. Some say the odd name comes from the sound the fruit makes as it cooks. We've updated ours by adding hazelnuts to the dumplings.

What you need

- 900 g plums (about 12), pitted and sliced
- 1 cup each fresh raspberries, blackberries and blueberries
- $\frac{3}{4}$ cup granulated sugar (approx)
- 2 tsp cornstarch
- 2 tbsp lemon juice

DUMPLINGS:

- $\frac{1}{4}$ cup hazelnuts
- $\frac{1}{2}$ cup all-purpose flour
- $\frac{1}{4}$ cup spelt or whole wheat flour
- 3 tbsp granulated sugar
- 2 tsp baking powder
- $\frac{1}{4}$ tsp salt
- $\frac{1}{4}$ cup cold unsalted butter, cubed
- $\frac{1}{2}$ cup milk

MAKES 8 SERVINGS. PER SERVING: about 310 cal, 4 g pro, 10 g total fat (4 g sat. fat), 56 g carb, 5 g fibre, 16 mg chol, 156 mg sodium, 303 mg potassium. % RDI: 7% calcium, 6% iron, 9% vit A, 23% vit C, 12% folate.

How to make it

DUMPLINGS: On rimmed baking sheet, toast hazelnuts in 350°F (180°C) oven until lightly browned, about 10 minutes. Transfer to towel; rub off as much of the skins as possible. In food processor, pulse hazelnuts until coarsely ground.

In large bowl, whisk together all-purpose flour, spelt flour, hazelnuts, sugar, baking powder and salt. Using pastry blender or two knives, cut in butter until in coarse crumbs. Drizzle in milk, stirring with fork to form soft, sticky dough. Set aside.

Toss together plums, raspberries, blackberries, blueberries, sugar and cornstarch, adding up to 2 tbsp more sugar for tart berries, if desired. Transfer to shallow Dutch oven.

Add $\frac{1}{2}$ cup water and lemon juice to fruit mixture; bring to boil over medium heat. Reduce heat, cover and simmer for 10 minutes, without lifting lid.

Drop dumplings by spoonfuls onto fruit mixture. Cover and simmer over low heat until dumplings are firm to the touch and no longer doughy underneath, 15 to 20 minutes. Serve warm.

