

Pumpkin Muffins

These spicy muffins are good for a quick breakfast on the run or to include in bag lunches. A combination of brown sugar and granulated sugar creates a crunchy topping that contrasts with the moist, tender muffins.

- 2³/₄ cups all-purpose flour
- 1 cup granulated sugar
- 1 tablespoon baking powder
- 1 teaspoon baking soda
- 1 teaspoon ground cinnamon
- ¹/₂ teaspoon salt
- 1 cup canned pumpkin
- ³/₄ cup fat-free sour cream
- ¹/₃ cup fat-free milk
- ¹/₄ cup vegetable oil
- 1 teaspoon vanilla extract
- 1 large egg
- 1 large egg white

Cooking spray

- 1 tablespoon granulated sugar
- 1½ teaspoons brown sugar

1. Preheat oven to 375°.
2. Lightly spoon flour into dry measuring cups; level with a knife. Combine flour and next 5 ingredients (flour through salt) in a medium bowl, stirring with a whisk. Make a well in center of mixture.
3. Combine pumpkin and next 6 ingredients (pumpkin through egg white); add to flour mixture, stirring just until moist. Spoon the batter into 18 muffin cups coated with cooking spray.
4. Combine 1 tablespoon granulated sugar and brown sugar; sprinkle over muffins.
5. Bake at 375° for 25 minutes or until muffins spring back when touched lightly in center. Remove muffins from pans immediately; cool on a wire rack. Yield: 18 servings (serving size 1 - (6.))

Pumpkin Loaf.

Cream:

1 cup butter

3 cups sugar

3 eggs

Add: 1 lb of pumpkin

1 Tsp - vanilla

Beat altogether
add to dry
ingredients

Add: 3 cup flour

1 1/2 Tsp salt

1 Tsp. Baking Powder

1 Tsp soda

1 Tsp. cinnamon

1 tsp cloves

1/2 Tsp. nutmeg

1 cup nuts

1 cup raisins

Bake at 350°
60-65 min.
make 2 loaves

Raisin Muffins

Very Moist

1 cup bran cereal

1 cup quick cooking rolled oats

$\frac{1}{2}$ cup raisins

$1\frac{3}{4}$ cup 1% milk

$\frac{1}{2}$ cup firmly packed brown sugar

$\frac{1}{3}$ cup margarine (melted)

1 egg

1 Tbsp. molasses

over.

1 cup all purpose white flour

1/2 cup whole wheat flour

1 Tbsp baking powder

1 tsp. ground ginger

1/2 tsp. ground cinnamon

Dash of salt.

Directions:

Combine cereal, oats, raisins & milk.
Let stand 5 minutes. Stir in sugar,
margarine, egg-molasses.

Combine flour, baking powder
and spices in a large bowl.
Add cereal mixture to dry ingredients
Stir just until moistened. Spoon
into 12 lightly greased or paper lined
muffin tins. Filling to the top. (over)

Bake in 400° oven for 20 minutes
or until golden brown. Remove
from pans - cool completely. Store in
air tight container. Freeze very
well.

109 Calories
3.6 g fat.

Very good.

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Chocolate Zucchini Bread - Betty

3 med. eggs

2 cups sugar

1 cup salad oil

2 (1oz) squares unsweetened chocolate (melted)

1 tsp. vanilla

2 cups grated, unpeeled zucchini

3 cups sifted flour

1 tsp. salt

1 tsp. soda

1 tsp. cinnamon

1 cup chopped

1 1/2 tsp. baking powder

almonds

Beat eggs. Beat in sugar, + oil.
Stir melted chocolate into egg mixture.
Add vanilla + quinine.

Sift flour, salt, cinnamon, baking
powder + soda. Stir into quinine
mixture. Add almonds - mix.

Pour into 2 loaf pans.

350° - 1 hour

Cranberry Apple Cinnamon Muffins

Makes about 12 muffins

$\frac{1}{3}$ cup butter, softened

$\frac{3}{4}$ cup sugar

2 eggs

$1\frac{1}{2}$ cups flour

$1\frac{1}{2}$ tsps. baking powder

1 tsp. ground cinnamon

$\frac{1}{3}$ cup milk

$\frac{3}{4}$ cup apples, diced small

$\frac{3}{4}$ cup cranberries, each cut in half

For the topping:

$\frac{1}{4}$ cup flour

2 tbsps. brown sugar

$\frac{1}{2}$ tsp. ground cinnamon

1 tbsp. cold butter

Preheat oven to 375 F. In a large mixing bowl, cream together butter and sugar until light and fluffy. Add eggs, one at a time, beating well after each addition.

In a separate bowl, combine flour, baking powder and cinnamon, then add to the creamed mixture alternately with the milk.

Fill greased or paper-lined muffin tins $\frac{1}{3}$ full. Add apple and cranberry pieces to each, dividing evenly among muffin cups. For the topping, in a bowl combine flour, brown sugar and cinnamon; cut in cold butter until crumbly, then sprinkle over the muffins. Cups will be full. Bake 25 to 30 minutes, or until a wooden toothpick inserted in centre comes out clean.

Pecchini Loaf 2 loaves - Betty

3 eggs

$\frac{2}{3}$ cup oil

$\frac{1}{2}$ cups white sugar

3 cups pecchini

3 tsp vanilla

3 cups flour

1 tsp salt $\frac{1}{2}$ - 1 cup

1 tsp soda w

$\frac{1}{4}$ tsp baking powder 350° - 1 hour

3 tsp cinnamon

MAPLE

Maple Leaf Muffins - Low Fat

$\frac{3}{4}$ cup whole wheat flour

$\frac{1}{2}$ cup all-purpose flour

$\frac{1}{2}$ cup wheat bran

1 tsp baking powder

1 tsp. baking soda

$\frac{1}{2}$ tsp. cinnamon

2 egg whites

$\frac{1}{3}$ cup maple syrup

1 Tbsp. vegetable oil

$\frac{1}{4}$ cup skim milk

$\frac{1}{2}$ cup peeled, grated apple
 $\frac{1}{2}$ cup grated carrots
 $\frac{1}{3}$ cup chopped dates

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In a bowl combine flour, bran,
baking powder, soda, & cinnamon.
In another bowl beat egg whites
until frothy. Add maple syrup, oil,
milk, apple, carrots and dates. Pour
into flour mixture and stir just

enough to moisten. I mix over.
min.

Spoon into non-stick or paper-lined muffin tins. Bake at 375° for about 20 minutes or until firm to the touch. Makes 12 muffins.

Per muffin: 100 calories
1.5 grams fat
3 grams protein

Cranberry Nut Bread

1. Stir:

3 cups flour

4 tsp. Baking Pdw.

1 tsp. salt

1 cup sugar

grated peel of one orange

2. Mix:

1 beaten egg

1 cup milk

2 tbsp. butter

Add liquid items to dry items
in I. gradually. Add sliced
cranberries and pecans (or walnuts)

1 1/2 cup cranberries 1 cup nuts

Pour into greased, floured loaf pan.
Bake 1 hr. at 350°. Cool. Wrap in foil
and refrigerate before slicing. Delicious
with butter or cream cheese.

Herbed French Bread

1/2 cup butter *or* margarine, softened

1/2 teaspoon paprika

1/2 teaspoon dried rosemary, crushed

1/4 teaspoon dried thyme

1/4 teaspoon dried marjoram

1 loaf (1/2 pound) French bread, cut into
1/2-inch slices

In a bowl, combine butter and seasonings. Spread on cut sides of each slice of bread. Reassemble the loaf; wrap in heavy-duty foil. Bake at 400° for 15-20 minutes or until heated through. **Yield:** 4-6 servings.

Grandmother's Famous Cranberry Bread

This bread is moist and delicious. Enjoy it alone or sliced and spread with butter. It goes great with a stirring cup of tea or coffee and is a nice loaf to have around during the Thanksgiving weekend.

Preparation time: 20 minutes

Cooking time: 70 minutes

Makes: 1 loaf
2 cups all-purpose flour
1 cup granulated sugar
1½ tsp. baking powder
½ tsp. baking soda
1 tsp. salt
¼ cup butter or firm margarine
1 large egg, beaten
1 tsp. grated orange peel
¾ cup orange juice
1½ cups fresh or frozen cranberries,
coarsely chopped
1½ cups golden raisins

Set the oven rack in the middle position. Preheat the oven to 350° F. Grease a 9- x 5- x 3-inch loaf pan. Sift the flour, sugar, baking powder, baking soda and salt into a large bowl. Cut in the butter until the mixture is crumbly. Add the egg, orange peel and orange juice all at once; stir just until the mixture is evenly moist. Fold in the cranberries and raisins. Spoon into the prepared pan.

Bake for 70 minutes, or until a toothpick inserted in the centre comes out clean. Cool in the pan a few minutes, and then remove from the pan and cool on a baking rack.

Golden Garlic Bread

- 1/3 cup butter or margarine, softened
- 1/4 cup grated Parmesan cheese
- 1 to 2 garlic cloves, minced
- 1 teaspoon dried basil
- 1 loaf (1 pound) French bread, halved lengthwise

In a bowl, combine the butter, Parmesan cheese, garlic and basil; mix well. Spread over cut sides of bread. Place on an ungreased baking sheet. Broil 4 in. from the heat until golden brown, about 3 minutes. Cut into 3-in. pieces. **Yield:** 6-8 servings.

Banana Leaf. Dates

1 $\frac{3}{4}$ cup unsifted flour

1 ~~tblsp~~ ^{tblsp} baking powder. (~~tblsp~~) (1 ^{tblsp})

$\frac{1}{2}$ tsp salt

$\frac{3}{4}$ cup sugar

$\frac{1}{2}$ cup shortening

2 eggs

1 cup mashed bananas

$\frac{1}{2}$ cup chopped dates

$\frac{1}{2}$ cup chopped walnuts.

Grease pan. Mix flour, baking powder
and salt thoroughly. Mix sugar,
shortening and beat eggs together until
light and fluffy. Mix dates and bananas
Mix into the dry ingredients, pour
into the prepared pan. Bake 50 - 60 minutes
at 350°. It is done when a tester comes
out clean when inserted into center. (It may
crack on top) Remove from pan after 5 min.

Walnut Loaf

2 1/2 cups sifted all-purpose
flour (sift before measuring)

3 tsp. baking powder

1/2 tsp. salt

1 egg, beaten

1 tsp. vanilla

3/4 cup sugar

1/4 cup butter or margarine,
melted

1 1/4 cups milk

1 1/4 cups chopped walnuts

1 tsp. grated lemon rind

Sift flour with baking powder and salt. Set aside. In large bowl, combine egg, vanilla, sugar and melted butter. Beat until well blended. Add milk and blend well. Add flour mixture; beat until smooth. Stir in walnuts and lemon rind. Pour batter into greased and floured 9 x 5 x 3 inch loaf pan. Bake in 350 degree F. oven 60 to 65 minutes or until done. Allow to cool in loaf pan 10 minutes. Remove from pan and cool completely.

Zucchini Muffins (Betty)
In a large bowl, add and
combine well: 2 eggs, $\frac{2}{3}$ C brown
sugar, $\frac{1}{2}$ C Veg. Oil, $\frac{1}{4}$ C milk, 1 tsp.
vanilla, $1\frac{1}{2}$ C grated, unpeeled
zucchini.

In small bowl $1\frac{1}{2}$ C flour,
unsifted, $1\frac{1}{2}$ tsp. baking powder,
 $\frac{1}{2}$ tsp. baking soda, $\frac{1}{2}$ tsp. salt, $\frac{1}{2}$ tsp.
cinnamon, $\frac{1}{4}$ tsp. nutmeg.

Mix bowl 1 + bowl 2 together and
add $\frac{1}{2}$ c. chopped walnuts.
Bake in 400° oven ~~30-35~~⁴⁵⁻⁵⁰ minutes.
When done, remove from pan + cool
on rack.

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