

Fresh from the Garden of Eden

COFFEE CAKE

BATTER

- 1 CUP BROWN SUGAR
- 4 TABLESPOONS TRANS-FAT FREE MARGARINE
- 1 1/4 CUPS LOWFAT BUTTERMILK OR NONFAT SKIM MILK
- 1 CUP REDUCED FAT SOUR CREAM
- 1 LARGE EGG
- 2 TEASPOONS VANILLA EXTRACT
- 2 CUPS WHOLE WHEAT FLOUR
- 2 TEASPOONS BAKING POWDER
- 1/2 TEASPOON CINNAMON
- 1/2 TEASPOON SALT
- 1 CUP FRESH FROM EDEN BUTTERNUT SQUASH AND/OR SWEET POTATO PUREE
- 1/2 CUP MINI MARSHMALLOWS

TOPPING

- 1/2 CUP CHOPPED PECANS OR WALNUTS
- 1/4 CUP BROWN SUGAR
- 2 TEASPOONS CINNAMON

1. PREHEAT THE OVEN TO 350°. COAT A 9-INCH CAKE PAN OR 8X8 IN BAKING PAN WITH COOKING SPRAY.
2. IN A LARGE BOWL, BEAT THE SUGAR AND MARGARINE UNTIL CREAMY. BEAT IN THE SOUR CREAM, EGG, VANILLA, AND 1 CUP OF THE MILK. ADD THE FLOUR, BAKING POWDER, CINNAMON, AND SALT, AND MIX.
3. POUR HALF OF THE BATTER INTO THE PAN AND SMOOTH THE TOP. SPREAD THE PUREE OVER THE BATTER AND SPRINKLE WITH MARSHMALLOWS. STIR THE REMAINING 1/4 CUP MILK INTO THE REST OF THE BATTER AND SPREAD EVENLY OVER THE PUREE.
4. MIX TOGETHER THE TOPPING INGREDIENTS AND SPRINKLE EVENLY OVER THE BATTER. BAKE UNTIL A TOOTHPICK COMES OUT CLEAN WHEN INSERTED INTO THE CENTER, 55 TO 60 MINUTES. LET COOL 5 MINUTES ON A COOLING RACK BEFORE CUTTING INTO SQUARES.

GINGERBREAD SPICE CAKE

BATTER

- 2 CUPS WHOLE WHEAT FLOUR
- 1 TEASPOON BAKING SODA
- 1 TEASPOON GROUND GINGER
- 1 TEASPOON CINNAMON
- 1/4 TEASPOON GROUND CLOVES
- 1/4 TEASPOON ALLSPICE
- 1/4 TEASPOON SALT
- 3/4 CUP BROWN SUGAR
- 1/4 CUP APPLESAUCE (REPLACES CANOLA OIL)
- 1 LARGE EGG
- 1 CUP FRESH FROM EDEN SNAP PEA PUREE
- 1/2 CUP FRESH FROM EDEN CARROT PUREE
- 1/2 CUP NONFAT PLAIN YOGURT
- 1/4 CUP MOLASSES
- 2 TEASPOONS VANILLA EXTRACT
- 1 TABLESPOON GRATED ORANGE OR GRAPEFRUIT ZEST (WHICHEVER CITRUS YOU HAVE ON HAND WILL DO)

1. PREHEAT THE OVEN TO 375°. COAT A 9X5-INCH LOAF PAN WITH COOKING SPRAY.
2. IN A RECLOSABLE BAG, MIX THE FLOUR, BAKING SODA, GINGER, CINNAMON, CLOVES ALLSPICE, AND SALT. SET ASIDE.
3. IN A LARGE MIXING BOWL, BEAT THE BROWN SUGAR, APPLESAUCE, AND EGG UNTIL SMOOTH. BEAT IN THE PUREES, YOGURT, MOLASSES, VANILLA, AND CITRUS ZEST. ADD THE FLOUR MIXTURE FROM YOUR RECLOSABLE BAG AND MIX UNTIL SMOOTH.
4. POUR THE BATTER INTO THE PAN AND SMOOTH THE TOP. BAKE UNTIL A TOOTHPICK COMES OUT CLEAN WHEN PUT INTO THE CENTER OF THE CAKE, 45-50 MINUTES. COOL 5 MINUTES IN THE PAN BEFORE TURNING THE CAKE OVER ONTO A COOLING RACK.