

LET'S EAT

It's All About the Food!

Ingredients

3 cups Golden Delicious or
Granny Smith apples,
peeled, cored, and chopped

2 teaspoons vanilla

3 eggs

1 cup canola oil

2 cups sugar

1 teaspoon baking soda

1 teaspoon cinnamon

1 teaspoon salt

3 cups flour

1 cup chopped walnuts

Turbinado sugar (for
sprinkling on top)

Mom's Apple Walnut Cake



This moist, hearty cake also works really well poured into muffin cups. If you prefer to serve it as a healthy breakfast or brunch cake instead of dessert, replace one cup of flour with whole wheat flour and fold 1/4 cup finely ground flax seeds into the batter along with the apples and walnuts.

Combine flour, salt, cinnamon, and baking soda in a medium bowl and set aside. In a second bowl, mix together sugar, oil, and vanilla. Add eggs one at a time and stir to combine. Pour wet mixture into the dry ingredients and stir until thoroughly combined. Fold in apples and walnuts (the batter will be thick).

Preheat oven to 350 degrees. Grease two loaf pans and spread half of the batter into each pan. Sprinkle the tops of each loaf with a little sugar and bake for approximately one hour, or until a toothpick stuck in the middle of the cake comes out clean.

Ingredients

1/2 cup oil

3/4 cup sugar

1 teaspoon vanilla extract

1/2 teaspoon salt

1/2 teaspoon baking soda

1 teaspoon baking powder

2 eggs

1 1/2 cups flour

1/2 pomegranate juice

1 1/2 cups powdered sugar

2-3 tablespoons pomegranate juice, divided

Pomegranate seeds, for garnish optional

Plan Ahead

These cupcakes freeze well in an airtight container. For best results, freeze them without the glaze and add it just before serving, but you can glaze them before freezing if necessary. Be sure to let the glaze set before you cover the cupcakes.

Pomegranate Cupcakes

Pomegranates are beautiful fruits, loaded with health benefits and delicious flavors, so it's a shame they aren't used more in baking! These easy-to-make and unusual Pomegranate Cupcakes have a delicate fruity flavor and pretty pink appearance, thanks to the glaze.

Pomegranate Glaze:

1. Preheat oven to 350°F. Line a standard (12-cup) cupcake pan with paper liners; set aside.
2. In the bowl of an electric mixer, on medium speed, beat together oil and sugar until smooth and creamy.
3. Add vanilla, salt, baking soda, baking powder, and eggs. Beat until combined.
4. Alternately add half the flour and half the pomegranate juice, beating after each addition until incorporated.
5. Spoon batter into prepared pan, filling each cup about three-quarters full.
6. Bake for 16-18 minutes, until the tops are set. Remove from oven; cool completely before glazing.
7. Prepare the glaze: In a small bowl, combine powdered sugar with 2 tablespoons pomegranate juice; mix until smooth. Gradually add an additional 1-3 teaspoons juice if needed to form a thick but spreadable glaze.
8. Dip the tops of the cooled cupcakes into the glaze, allowing excess to drip back into the bowl. Garnish with pomegranate seeds, if desired.

Sweet New Year Cocktail

Ingredients

- Handful of mint plus more to garnish
- 1/4 teaspoon sugar
- 1 1/2 ounces Laird's Applejack (80 proof)
- 1/2 ounce honey liqueur such as Barenjager (see notes)

Directions

In a cocktail shaker, muddle mint and sugar lightly.

Add applejack and honey liqueur, fill with ice. Shake vigorously for 15 seconds. Strain into a rocks glass, garnish with mint, and serve.



TSTI GIVES! Ways You Can Give Back this Holiday

High Holy Day Food Drive Benefitting the Interfaith Food Pantry of the Oranges Sunday, September 20, 10:00 am-Noon rear patio of TSTI

Drop off bags of non-perishable, unexpired, unopened food to help our Orange & East Orange neighbors. We are only collecting these, most-needed items:

- Peanut butter
- Canned tuna, salmon
- Low-sodium hearty soups
- Canned protein meals: beef stew, ravioli, spaghetti and meatballs, chili with meat

Place these items in the trunk or rear compartment of your car so our volunteers can safely remove them. Please wear a mask.

The Interfaith Food Pantry of the Oranges (IFPO) is an all-volunteer, supplemental food pantry helping to meet essential human needs of food-insecure residents of Orange and East Orange, NJ, with dignity and respect. Check out www.orangesfoodpantry.org. Thanks, in advance, for your generosity.