

Here's what's cookin': Black Walnut Cake

Recipe from: Evelyn Whicker

Serves: \_\_\_\_\_

1 cup coconut

1/3 " walnuts (ground)

1/2 " " (chopped)

2 cups flour (sifted)

1 tsp baking powder

1 tsp soda

1/2 cups sugar

1 tsp salt

1/2 cup Crisco

1/2 tsp vanilla

1/2 tsp walnut flavoring

2 unbeaten eggs

1 cup Buttermilk

1/3 cup coffee (hot)



(over)

grind coconut + 1/3 cup walnuts together. add  
remaining walnuts & set aside. sift flour, salt,  
bk powder and soda. set aside. cream sugar  
& cream, add flavorings & eggs one at a time  
Beat well after each addition. add dry  
ingredients alternately with buttermilk. Blend  
thoroughly after each addition (mixer on low)  
Bake in 2-8 inch cake pans. greased &  
floured on bottoms only. Bake at 375° for  
30 to 35 min. Cool and frost with creamy  
coffee icing. Sprinkle top with reserved  
Coconut - nut mixture.

Here's what's cookin': Creamy Coffee Icing

Recipe from: Evelyn Wheeler Serves: )

4 cups Confectioners Sugar

4 Tbsp Citrus

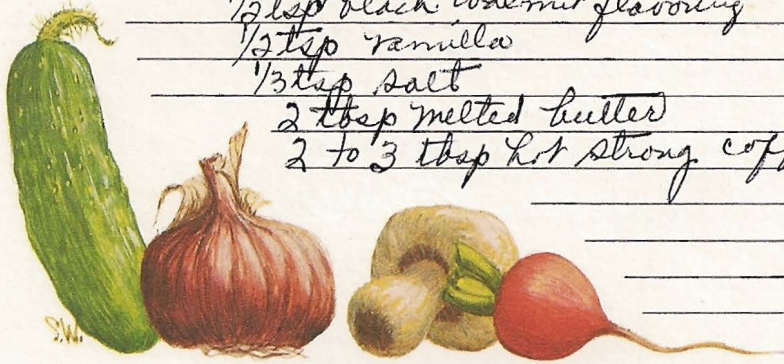
1/2 tsp black walnut flavouring

1/2 tsp vanilla

1/3 tsp salt

2 Tbsp melted butter

2 to 3 Tbsp hot strong coffee



Combine sugar & crisco add flavorings  
& Salt. add butter & coffee. Beat until  
spreading consistency.

This cake was a "Grand Champion Winner"

For Mrs Cecil Spencer  
Parkersburg W. Virginia  
at the Black Walnut Festival.

Here's what's cookin' Spicy Pumpkin Bars

Recipe from: Martha Serves: \_\_\_\_\_

3/4 C. gran. sugar

1/4 C. butter or margarine, softened

1 egg

1 tsp. vanilla

3/4 C. Canned pumpkin

1 1/4 C. flour

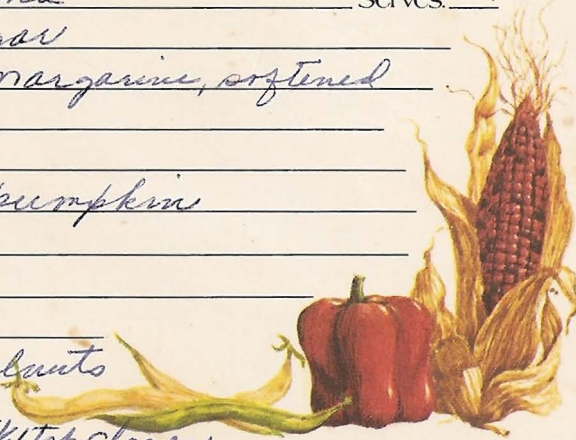
1/2 tsp. salt

1/2 tsp. soda

1/4 C. chopped walnuts

1 tsp. cinnamon

1/2 tsp. ginger and 1/4 tsp. cloves.



Cream sugar + shortening. Best in pumpkin,  
egg + vanilla.

add dry ingredients + spices.

Spread in greased 9 x 9 x 2 pan. Bake 375°  
for 17-20 min.

Cool slightly; put frosting on while  
slightly warm.

Frosting -  
In saucepan combine 1/2 c packed brown  
sugar, 3 tbsp. butter, 2 tbsp. milk, 1/4 tsp.  
cinnamon, dash of ginger, dash of cloves.  
Cook + stir till mixture bubbles, remove  
from heat. Stir in vanilla. Slowly  
beat in 1 c sifted powdered sugar to make  
the frosting of spreading consistency.

BROWNIE SQUARES

1/3 C shortening	1/2 C sifted flour
1/3 C cocoa	1/2 t baking pwd
1 C sugar	1/4 t salt
2 eggs	1 t vanilla

Melt shortening. Stir in cocoa and sugar. Add eggs, one at a time, beating well. Add vanilla, flour, baking pwd, and salt. Beat well. 1/2 cup chopped nuts may be added if desired. Turn into 8" greased pan. Bake 350° 30-35 min.

Cut into squares and roll in pwd sugar, if desired.

Tutti-Fruitti Cocktail Cake

Preheat oven to 350°

Grease pan & flour

Beat 1 egg - add 1 can (med)  
fruit cocktail (fruit & juice)

1 1/2 c. flour

1 c. sugar

1 tsp. baking soda

1/2 tsp. salt

} sift  
together &  
add to  
fruit mixture  
Mix well.

(over)



Put in pan. Cover with  $\frac{3}{4}$  c.  
brown sugar &  $\frac{1}{2}$  c. nuts.  
Bake 45-50 min.

## *Graham Cracker Crust*

1-1/4 cups Kroger® Graham Cracker Crumbs  
(about 15 squares)  
2 tablespoons sugar  
1/3 cup melted butter or margarine

Combine all ingredients; press onto bottom and sides of greased 9-inch pie plate. Bake in pre-heated moderate oven (350°) 12 to 15 minutes; cool thoroughly. Fill with chiffon or cream pie filling. Makes one 9-inch crust.

NOTE: For two 8-inch crusts, use 2 cups crumbs, 3 tablespoons sugar and 1/2 cup melted butter or margarine.

## Philadelphia® 3-Step® Cheesecake



**PREP. TIME:** 10 min. + refrigerating

**BAKE TIME:** 45 min.

- 3 pkg. (8 oz. each) PHILADELPHIA Fat Free Cream Cheese
- $\frac{3}{4}$  cup sugar
- 1 tsp. vanilla
- 3 eggs
- $\frac{1}{3}$  cup crushed low fat graham crackers
- 1 can (20 oz.) reduced calorie cherry pie filling

**MIX** cream cheese, sugar and vanilla with electric mixer on medium speed until well blended. Add eggs; mix until blended. Spray 9-inch pie plate with no stick cooking spray; sprinkle bottom with crumbs.

**POUR** cream cheese mixture into prepared pie plate.

**BAKE** at 325°F for 45 minutes or until center is almost set. Cool. Refrigerate 3 hours or overnight. Top with pie filling. Makes 10 servings

**Variation:** Substitute  $\frac{3}{4}$  tsp. almond extract for vanilla.

**Nutrition Information Per Serving:** 200 calories, 2.5g fat, 75mg cholesterol, 400mg sodium, 32g carbohydrate, 1g dietary fiber, 13g protein.



Recipe: Energy Bars

From:

Makes: 24 bars

- 1 C. quick cooking rolled oats
- 1/2 C AP flour
- 1/2 C Grape Nuts cereal
- 1/2 t Ground ginger
- 1 beaten egg
- 1/3 C applesauce
- 1/4 C honey
- 1/4 C brown sugar
- 2 T cooking oil
- 1 16oz pkg mixed dried fruit bits
- 1/4 C sunflower nuts
- 1/4 C Chopped walnuts

Preheat oven to 325° Line 8x8x2 baking pan with aluminum foil. Spray foil with Pam. Sit aside.  
In a large bowl, combine oats, flour, Grape Nuts, and ginger. Add egg, applesauce, honey, brown sugar, and oil; mix well. Stir in fruit bits, sunflower nuts, and walnuts. Spread in prepared pan. Bake 30-35 mins. or until lightly browned around edges. Cool on wire rack. Use edges of foil to lift from pan. Cut into 24 bars. 100 cal. ea.

### Pumpkin bread

- 1 cup fresh pureed pumpkin
- 1 cup sugar
- $\frac{3}{4}$  cup oil
- 2 eggs
- $1\frac{1}{2}$  cups all-purpose flour
- 1 teaspoon baking soda
- 1 teaspoon baking powder
- 1 teaspoon nutmeg
- 1 teaspoon cinnamon
- $\frac{1}{4}$  teaspoon salt
- $\frac{1}{2}$  cup chopped nuts

Grease 2 small loaf pans. In a large bowl, combine all ingredients. Pour batter into the prepared pans and bake in a 350-degree oven for 50 minutes. Makes 2 loaves. (From *Country Inn and Bed and Breakfast Cookbook* by Kitty and Lucian Maynard.)