



Whole Wheat Flour Holiday Spice Cake

Healthy is as healthy does. Nutritious goodies for the holidays were reported this week by Jack La Lanne's shop in Peninsula Center.

NUTRITIOUS SPICE CAKE

- 1 c. certified raw butter
- 1 c. natural brown sugar
- 3 organic eggs, slightly beaten
- 1 cup sour cream
- 1 cup organic raisins or chopped dates
- 1 cup nutmeats
- 2 c. sifted whole wheat flour
- 2 tsp. baking powder
- 1 tsp. baking soda
- 1 tsp. allspice
- 1 tsp. cinnamon

Cream butter and brown sugar together. Add slightly beaten eggs. Sift flour three times with baking powder, soda, and spices. Add dry ingredients to butter-brown sugar mixture alternately with sour cream, starting with flour and ending with flour. Bake in buttered square pan, 9"x9", for 50 minutes at 350 degrees.

This also makes 2 dozen small cupcakes. They make a delicious dessert topped with certified raw whipped cream.

Peppy Peppermint Gingerbread

PEPPERMINT GINGER BARS

(24 bar cookies)

- ½ cup shortening
- ½ cup sugar
- 1 egg, beaten
- ½ cup light molasses
- 1 ½ cups enriched flour*
- ½ teaspoon salt
- ½ teaspoon baking soda
- ½ teaspoon ginger
- ½ teaspoon cinnamon
- ½ teaspoon ground cloves
- ½ cup crushed peppermint candy
- Peppermint Icing
- 2 tablespoons crushed peppermint candy

Cream together shortening and sugar until light and fluffy. Blend in egg and molasses. Combine flour, salt, soda and spices; blend into creamed mixture. Stir in ½ cup candy. Spread batter evenly in greased 9x13-inch baking pan. Bake in preheated 350 degree oven 25 to 30 minutes, or until done. Frost with Peppermint Icing. Sprinkle remaining candy on top. Cut into bars.

Peppermint Icing

- 3 ½ cups confectioners' sugar
- 1 package (3 oz.) cream cheese, softened
- 2 tablespoons water
- ½ teaspoon peppermint extract
- Red food coloring
- Cream together 2 cups confec-

tioners' sugar and cream cheese until light and fluffy. Add water, peppermint extract and a few drops food coloring. Blend in remaining sugar.

*Spoon flour into dry measuring cup, level. Do not scoop.

NOTE: If self-rising flour is used, omit salt.

