

DESSERTS

Applesauce-Pineapple Cake

Recipe by: Angela Skinner

$\frac{1}{2}$ cup shortening	1 cup water	1 cup applesauce
$\frac{1}{2}$ cup crushed pineapple, drained	1 $\frac{1}{2}$ teaspoons baking soda	1 teaspoon vanilla
$\frac{1}{2}$ cup chopped nuts	$\frac{1}{4}$ teaspoon salt	2 cups sifted flour
$\frac{1}{2}$ teaspoon baking powder		

Cream together shortening and sugar. Combine applesauce, pineapple, soda, and vanilla; add to mixture. Fold in nuts. Combine flour, salt, and baking powder; add to mixture. Mix well and turn into greased 8x8x2 cake pan. Bake at 350 for 45 minutes. Sprinkle with powdered sugar when cool, if desired.

Banana Cake

Serves: 12

2 cups all-purpose flour	$\frac{3}{4}$ cup firmly packed brown sugar	1 teaspoon baking powder
1 teaspoon baking soda	$\frac{1}{2}$ teaspoon salt	$\frac{1}{4}$ cup chopped pecans
1 cup mashed ripe banana (4 med)		$\frac{1}{4}$ cup honey
$\frac{1}{4}$ vegetable oil	vegetable cooking spray	

Combine flour, brown sugar, baking powder, baking soda, & salt in a large bowl; stir well. Add pecans and toss well. Make a well in center of mixture. Combine banana, honey, and oil; stir well. Add to dry ingredients, stirring just until moistened. Spoon batter into a 6-cup bundt pan coated with cooking spray. Bake at 350 degrees for 55 minutes or until a wooden pick inserted in center comes out clean. Cool in pan 10 minutes and remove from pan. Cool completely on wire rack.

Basic Applesauce Cake

Recipe by: Cindy Klinar

$\frac{1}{2}$ cup Lenten shortening	1 cup sugar	1 $\frac{1}{2}$ cups applesauce
1 $\frac{1}{2}$ teaspoons baking soda	$\frac{1}{4}$ teaspoon salt	1 teaspoon vanilla
2 cups sifted flour	$\frac{1}{2}$ teaspoon baking powder	

Cream together shortening and sugar. Combine applesauce, soda, and vanilla and add to shortening mixture. Don't be concerned if mixture separates. It will blend as

ingredients are added. Add flour, baking powder, and salt. Mix well and turn into greased 8x8x2 cake pan. Bake for 45 minutes at 350. Glaze if desired.

Carrot Cake

1 cup sugar	$\frac{1}{2}$ cup oil	Recipe by: Cindy Klinar
2 teaspoons baking powder	1 $\frac{1}{4}$ teaspoon baking soda	1 $\frac{1}{2}$ cups flour
1 cup grated carrots	$\frac{1}{2}$ cup nuts	1 teaspoon cinnamon
		$\frac{1}{2}$ cup hot water

Heat oven to 350. Mix sugar, oil, & water. Add sifted dry ingredients & carrots. Add nuts & blend well. Turn into an oiled 8 $\frac{1}{2}$ x 4 $\frac{1}{2}$ x 2 $\frac{1}{2}$ inch loaf pan. Bake for 55-60 minutes. Cover with foil for first 20 minutes of baking to reduce cracking.

Cherry-Apple Turnovers

Serves: 6

1 $\frac{1}{4}$ cups frozen dark sweet cherries	1 med apple, peeled & coarsely chopped
sugar, to taste	1/8 teaspoon almond extract
dash ground nutmeg	6 sheets frozen phyllo pastry, thawed
butter-flavor cooking spray	$\frac{1}{2}$ teaspoon cornstarch
2 tablespoons sliced almonds, toasted	1 teaspoon powdered sugar

Position knife blade in food processor bowl; add cherries and apple. Pulse 4 times or until finely chopped; spoon into a bowl. Add sugar, almonds extract, and nutmeg; stir well, and let stand 15 minutes. Press through a sieve, reserving $\frac{1}{4}$ cup plus 2 tablespoons juice. Set aside. Working with 1 phyllo sheet at a time, cut each sheet lengthwise into 4 strips; lightly each with cooking spray. Stack 2 strips on top of each other. Spoon 1 tablespoon cherry-apple mixture onto one end of each stack; fold the left bottom corner over mixture, forming a triangle. Keep folding back and forth into a triangle to the end. Repeat with remaining ingredients. Place the triangles, seam side down, on a baking sheet; lightly spray tops with cooking spray. Bake at 400 degrees for 15 minutes or until golden. Combine reserved juice and cornstarch in a small saucepan; stir well. Bring to a boil, and cook 1 minute, stirring constantly. Spoon sauce over turnovers; sprinkle with almonds and powdered sugar. Serve warm or at room temperature.

Cinnamon Teacakes

Recipe by: Maria Linderman

1 cup Lenten margarine, softened
2 $\frac{1}{4}$ cups flour
 $\frac{1}{4}$ teaspoon salt

1 $\frac{1}{2}$ cups confectioner's sugar
1 teaspoon cinnamon
1 teaspoon vanilla

At medium speed, beat margarine until light and fluffy. Then, at low speed, blend in $\frac{1}{2}$ cup sugar, all of the flour, $\frac{1}{2}$ teaspoon salt, and vanilla (dough will be stiff). Chill 30 minutes. Roll dough into 1" balls. Place 2 inches apart on greased cookie sheets. Bake at 400 degrees for 9-10 minutes or until delicately golden brown. On waxed paper, combine remaining sugar and cinnamon. Roll hot cookies in this mixture. Cool.

Cinnamon Thins

1 cup Crisco
 $\frac{1}{4}$ cup applesauce

1 cup powdered sugar
1 tablespoon vanilla

Recipe by: St. Innocent Cookbook

$\frac{1}{2}$ teaspoon salt
2 $\frac{1}{2}$ cups flour, sifted

Cream shortening. Add salt, and cream together with powdered sugar, added gradually. Add applesauce and vanilla. Blend in flour gradually. Shape scant teaspoons into balls. Place on ungreased cookie sheets. Flatten to $\frac{1}{8}$ to $\frac{1}{4}$ inch thick with bottom of glass dipped in sugar. Bake 15-18 minutes in 325 degree oven. Roll warm cookies in mixture of $\frac{1}{2}$ cup sugar and 1 $\frac{1}{2}$ teaspoons cinnamon.

Critter Crunch

3 tablespoons brown sugar
1 teaspoon ground cinnamon
1 cup honey teddy grahams
1 cup cheerios
1 cup mini wheats w/ raisins

3 tablespoons Lenten stick margarine
1 cup animal crackers
1 cup crispix
1 cup tiny unsalted pretzels

Serves: 7

Combine sugar and margarine in a small bowl. Microwave on high for 1 minute or until margarine melts and sugar dissolves; stir in cinnamon. Combine remaining ingredients in a 13 x 9 inch baking dish; drizzle with margarine mixture, tossing gently to coat. Bake at 350 degrees for 20 minutes, stirring occasionally. Cool completely; store in an airtight container.

Date-Nut Crispy Chews

Recipe by: Angela Skinner

$\frac{1}{2}$ stick Lenten margarine 1 scant cup sugar 1 cup chopped nuts
8 ounces sugar-coated chopped dates 2 $\frac{2}{3}$ cups rice krispies

Melt margarine in 2-qt pan. Add dates & sugar. Cook till it starts to bubble (5-6 minutes). Add nuts before removing from heat. Add rice krispies. Press into 9 x 13 inch baking pan. Cool till able to cut into squares. Roll in powdered sugar if desired.

Fresh Fruit with Strawberry Sauce

Serves: 4

1 cup frozen unsweetened whole strawberries, thawed
2 teaspoons sugar $\frac{1}{4}$ teaspoon grated orange rind
6 oranges, in sections 1 cup kiwi, peeled & cubed

Place the first 3 ingredients in a blender and process until smooth; set aside. To serve, spoon $\frac{1}{2}$ cup orange sections and $\frac{1}{4}$ cup kiwi into each of 4 small bowls; top each serving with 3 tablespoons sauce.

Gingerbread

3 $\frac{1}{2}$ cups all-purpose flour 3 cups whole-wheat flour
2 teaspoons ground ginger 1 teaspoon ground cinnamon
 $\frac{1}{2}$ teaspoon salt $\frac{1}{2}$ teaspoon ground nutmeg
1 $\frac{3}{4}$ cups molasses $\frac{3}{4}$ cup vegetable oil
vegetable cooking spray

Combine flours, ginger, cinnamon, salt, & nutmeg in a large bowl; add molasses and oil, stirring until well-blended (dough will be stiff). Knead dough 10 times. Coat a cookie mold with cooking spray. Press dough into mold, using about 4 ounces for an 8 inch cookie mold or 1 ounce for a 4 inch cookie mold. Trim excess dough, turn out cookies onto baking sheet coated with cooking spray; carefully remove mold. Bake at 350 degrees for 12 minutes. Carefully remove cookies from baking sheets and let cool on wire racks. Yield: 14 large or 56 small cookies.

Glazed Fresh-Apple Cookies

Recipe by: St. Innocent Cookbook

2 cups flour, sifted 1 teaspoon baking soda
 $\frac{1}{2}$ cup soft Lenten shortening 1 $\frac{1}{3}$ cups packed brown sugar

$\frac{1}{2}$ teaspoon salt	1 teaspoon cinnamon
1 teaspoon cloves	$\frac{1}{2}$ teaspoon nutmeg
1 cup apple, finely chopped	1 cup finely chopped nuts, optional
1 cup raisins	$\frac{1}{2}$ cup water or apple juice

Sift flour with soda. Mix shortening, brown sugar, salt, spices, and $\frac{1}{4}$ cup water/apple juice until well-blended. Stir in $\frac{1}{2}$ of flour mixture, then nuts, apple, and raisins. Blend in remaining $\frac{1}{4}$ cup liquid, then rest of flour mixture. Drop rounded tablespoons of batter on greased cookie sheets, 2 inches apart. Bake 11-14 minutes in a 400-degree oven. While still hot, spread with vanilla glaze.

Vanilla Glaze

1 tablespoon Crisco	$\frac{1}{4}$ teaspoon vanilla
$\frac{1}{8}$ teaspoon salt	2 $\frac{1}{2}$ tablespoons water or juice

Blend all ingredients in a small bowl. Spread on any warm cake or cookie.

Heath Bar Cookies Recipe by: Angela Skinner, from Fredericka Mathewes-Green

1 box saltine crackers	1 cup brown sugar
1 cup non-dairy margarine	1 $\frac{1}{2}$ cups semisweet chocolate chips

Preheat oven to 350. Line a baking sheet with foil and cover it wall-to-wall with saltine crackers. In a small saucepan, melt margarine and brown sugar together and boil 3 minutes (to soft-ball stage). Pour over saltines and spread with spatula. Place in oven and bake just 5 minutes. Sprinkle chocolate chips over the top of the hot crackers. Wait 1 minute. Spread evenly over the top with a spatula. Let cool. When at room temperature, top will still be gooey, so wait a little longer until it firms up, then peel off foil and break into squares.

Honey-Glazed Pineapple

Serves: 6

1 fresh pineapple, peeled & cored	2 tablespoons honey
1 tablespoon margarine	1 $\frac{1}{2}$ teaspoons minced fresh mint

Cut pineapple lengthwise into 12 spears. Arrange spears on a broiler pan, and set aside. Combine honey and margarine in a small saucepan; place over low heat, and cook until margarine melts. Brush honey mixture evenly over one side of spears. Broil 3 inches from heat 7 minutes. Turn spears over; brush evenly with remaining honey mixture. Broil an additional 7 minutes; sprinkle with minced mint. Cut each spear crosswise into 3 pieces. Garnish with mint sprigs, if desired

Lenten Nut Cake

Recipe by: Angela Skinner

2 cups sifted flour
1 teaspoon cinnamon
 $\frac{3}{4}$ cup orange juice
1 teaspoon vanilla

3 teaspoons baking powder
 $\frac{1}{2}$ cup sugar
1 cup chopped nuts

$\frac{1}{2}$ teaspoon salt
 $\frac{1}{2}$ cup vegetable oil
 $\frac{3}{4}$ cup golden raisins

Combine ingredients in order given (left-to-right, then down). Batter will be thick. Place evenly into 10" round greased and floured baking pan. Bake at 350 for about 30 minutes or until golden brown. Cool. Sprinkle with powdered sugar.

Lenten Oatmeal Drop Cookies

Recipe by: Ellen & Sam D'Fantis

2 heaping cups rolled oats
 $\frac{1}{2}$ cup packed brown sugar
1 cup applesauce
 $\frac{1}{4}$ teaspoon vanilla
powdered sugar

$\frac{3}{4}$ cup all-purpose flour
 $\frac{1}{2}$ teaspoon round cinnamon
3 tablespoons maple syrup
1 teaspoon baking powder

Heat oven to 350. Lightly grease a cookie sheet (spray works best). Put dry ingredients in a bowl, mix well. Mix applesauce, syrup, and vanilla in a small pot. Warm on stove (do not boil). Make hole in center of dry ingredients and pour warm applesauce mix in; blend together well with wooden spoon; mixture will be thick and sticky. Using a tablespoon, scoop up some dough and drop on baking sheet, space $\frac{1}{2}$ " apart. Bake 12-15 minutes or until lightly browned on top (don't overcook). Let cool on pan. Sprinkle powdered sugar over, if desired, and serve.

Lenten Paximadia

Recipe by: Angela Skinner

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

1 $\frac{1}{2}$ cups vegetable oil

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

6 teaspoons baking powder
 $\frac{1}{2}$ teaspoon ground cloves

1 teaspoon baking soda
 $\frac{1}{2}$ cup orange juice

1 teaspoon vanilla
5-6 cups flour

Beat oil, shortening, and sugar together. Then add all other ingredients. Mold on cookie sheets to resemble meat loaf about 3 inches apart. They spread when baked. Bake at 350 for 30 minutes. Let cool for 5 minutes—you must do this or they break. Cut and turn on sides and return to oven for about 5 minute more or until nicely browned.

Maple-Glazed Apple Tart

Serves: 8

1 teaspoon dry yeast

1 tablespoon maple syrup

$\frac{1}{2}$ cup warm water

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

1 teaspoon salt

1 tablespoon walnut or vegetable oil

vegetable cooking spray

1 pound granny smith apples, peeled, cored, & thinly sliced

$\frac{1}{4}$ cup chopped walnuts

$\frac{1}{2}$ cup maple syrup

Dissolve yeast and 1 tablespoon of syrup in warm water in a small bowl and let stand 10 minutes. Combine flour and salt in food processor. With processor on, slowly add yeast mixture and $2\frac{1}{2}$ teaspoons oil through food chute; process until dough leaves sides of bowl and forms a ball. Turn dough out onto a lightly floured surface and knead lightly 4 times. Place dough in a large bowl coated with cooking spray, turning to coat top. Cover and let rise in a warm place (85 degrees), 45 minutes or until doubled in bulk. Punch dough down; turn out onto a lightly floured surface. Roll dough into a 12" circle; place on a baking sheet coated with cooking spray. Brush dough with remaining oil; let dough rise 30 minutes or until puffy. Arrange apple slices, overlapping, in a circular pattern over dough. Bake at 425 degrees for 10 minutes. Sprinkle walnuts over apple slices and bake an additional 10 minutes. Remove from oven; set aside. Place $\frac{1}{2}$ cup of syrup in a small, heavy saucepan, and cook over medium-high heat until the syrup reaches thread stage (230 degrees). Remove from the heat and let the syrup cool slightly (about 1 minute). Drizzle over apples, serve warm.

Oatmeal Fudgies

3 cups Mother's oats

1 teaspoon vanilla

1 cup nuts, chopped

2 cups sugar

Recipe by Ellen & Sam D'Fantis

$\frac{1}{2}$ cup peanut butter

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

$\frac{1}{2}$ cup Lenten oleo

3 tablespoons cocoa

Mix the oats, vanilla, peanut butter, and nuts. Cook the sugar, oleo, water, and cocoa in a saucepan. Boil and cook 1 minute. Remove from heat and add to dry ingredients. Drop onto waxed paper with teaspoon. Makes 4 dozen.

Peach Crisp

Serves: 2

1 cup peeled sliced fresh peaches	2 teaspoons sugar	vegetable cooking spray
2 tablespoons quick-cooking oats	2 tablespoons flour	1 tablespoon brown sugar
2 teaspoons chopped almonds	1 tablespoon stick margarine, cut in small pieces	
$\frac{3}{4}$ teaspoon almond extract		

Combine peaches and sugar in a small bowl, and toss well. Divide mixture evenly between 2 (10 ounce) custard cups coated with cooking spray. Combine oats and next 3 ingredients; stir well. Cut in margarine with a pastry blender until mixture resembles coarse meal; stir in almond extract. Sprinkle evenly over peach mixture. Bake at 375 degrees for 30 minutes or until tops are lightly browned and bubbly.

Peanut-Jelly Bars

Recipe by: Angela Skinner

$\frac{3}{4}$ cup Lenten margarine	1 cup packed brown sugar	1 $\frac{1}{2}$ cups flour
1 teaspoon salt	$\frac{1}{2}$ teaspoon baking soda	1 $\frac{1}{2}$ cups oats (regular or quick)
$\frac{1}{2}$ cup chopped nuts	10 ounces grape jelly	

Cream margarine and sugar until light and fluffy. Combine flour, salt, and soda—add to margarine mixture and mix well. Stir in oats and nuts. Press half of crumb mixture onto bottom of greased 9X13 pan. Spread with jelly, leaving $\frac{1}{2}$ " border all around. Cover with remaining crumb mixture and press down lightly. Bake at 350 degrees for 25 minutes. Cool completely before cutting into bars.

Pineapple Bars

Recipe by Ellen & Sam D'Fantis

$\frac{3}{4}$ cup Lenten shortening, softened	1 cup brown sugar
1 $\frac{3}{4}$ cups sifted flour	$\frac{1}{2}$ teaspoon salt
1 $\frac{3}{4}$ cups sifted flour	$\frac{1}{2}$ teaspoon salt
$\frac{1}{2}$ teaspoon baking soda	1 $\frac{1}{2}$ cups rolled oats

Filling:

1 large can crushed pineapple

1 cup sugar

3 tablespoons cornstarch or tapioca

2 teaspoons lemon juice

Mix shortening with sugar; add dry ingredients, then oats. Press half mixture into greased 9X13" pan. Boil filling ingredients just until mixture thickens. Cool thoroughly. Spread filling on crust. Pat on remaining crumbs. Bake at 400 for 20-30 minutes. Cut into bars

Poor Man's Cake

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

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

2 teaspoons baking powder

2 tablespoons vinegar

2 cups sugar

$\frac{1}{2}$ teaspoon cinnamon

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

2 cups cold water

Recipe by: Cindy Klinar

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

2 teaspoons baking soda

2 teaspoons vanilla

Bake at 350, 30-35 minutes.

Pumpkin Pie "Cream"

16 ounces canned pumpkin (not pumpkin pie)

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

$\frac{1}{2}$ teaspoon ground ginger

8 ounces original Cool Whip

Recipe by Angela Skinner

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

1 teaspoon cinnamon

$\frac{1}{4}$ teaspoon ground cloves

Mix all ingredients together in order given. Chill.

Raisin Pie

2 cups raisins

2 tablespoons flour

2 cups flour

2 cups boiling water

3 tablespoons lemon juice

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

Recipe by Vi Borota

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

$\frac{1}{2}$ cup nuts, optional

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

Make pie crust: mix flour and salt together. Cut shortening in with pastry blender until mixture resembles meal. Sprinkle with cold water, a tablespoon at a time. Mix lightly with fork until the flour is moistened. Divide dough in half; roll one half to fit 9" pie pan. Make filling: cook raisins in boiling water until tender, about 5 minutes.

Mix flour and sugar together and stir into raisins. Cook on low heat, stirring constantly. Boil 1 minute. Remove from heat. Stir in lemon juice and nuts. Pour into pastry shell. Roll out remaining half of dough and cover; fluting edges to seal in juices. Prick with fork. Bake at 425 degrees for 30-40 minutes.

Sweet Broiled Pineapple

2 strips lime rind	2 tablespoons brown sugar
2 tablespoons flaked sweet coconut	6 spears fresh pineapple

Position knife blade in food processor bowl. With processor running, drop rind through food chute. Process until rind is minced. With processor running, add sugar and coconut through food chute; process until coconut is minced. Spoon mixture into a shallow dish. Dredge one side of each pineapple spear in the coconut mixture. Arrange spears, coated side up, on a foil-lined baking sheet. Broil 3 inches from heat 3 minutes or until golden. Serve warm.

Wacky Lenten Cake

3 cups flour	2 cups sugar	2 teaspoons soda
1 teaspoon salt	6 tablespoons cocoa	10 tablespoons oil
2 teaspoons vinegar	2 teaspoons vanilla	2 cups cold water

Recipe by: Ellen & Sam D'Fantis

Sift all dry ingredients into a large bowl, then add remaining ingredients. Mix well, but do not beat. Bake at 350 degrees for 45-55 minutes in a greased 9X13" pan. Cool, sprinkle with powdered sugar when cooled. If using a large cookie sheet, bake approximately 30 minutes.