

# Cook's Question Corner

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## Apple Cinnamon Muffins

2 1/4 cups oat bran cereal  
 1/4 cup brown sugar  
 1 1/4 teaspoons cinnamon  
 1 tablespoon baking powder  
 1/4 cup chopped walnuts  
 1/4 cup raisins  
 1/2 cup skim milk  
 3/4 cup frozen apple juice concentrate  
 2 egg whites  
 2 tablespoons vegetable oil  
 1 medium apple, cored and chopped  
 Mix the dry ingredients in a large bowl. Mix the milk, apple juice concentrate, egg whites, and oil in a bowl or blender. Add to dry ingredients and mix. Add the chopped apple. Line muffin pans with paper baking cups and fill with batter. Bake at 425 degrees for 17 minutes. Makes 12 muffins.

## Pineapple Upside-Down Cake

2 1/4 cups oat bran  
 1/4 cup brown sugar  
 1 tablespoon baking powder  
 1/2 cup skim milk  
 2 8-ounce cans crushed pineapple  
 2 egg whites  
 2 tablespoons vegetable oil  
 Preheat oven to 425 degrees. Mix dry ingredients in a large bowl. Mix milk, 1 can pineapple with juice, egg whites, and oil in bowl. Combine ingredients and mix. Drain the second can of pineapple and add to mixture. Spray bottom of pan and line with pineapple rings and a marashino cherry in each. Bake for 19 minutes. Turn pan upside down when out of oven.  
 Contributor writes: These recipes are also low in fat. They are good for people with high cholesterol. We got the recipes out of a book called the Eight-Week Cholesterol Cure.

**ANSWER** — Nancy Mayer, Dalton, wanted recipes to make large quantities of homemade cake, cookie, and bread mixes that can be made ahead of time and kept on the shelf until ready to use. Thanks to Elaine Martin, Neward, Md., who sent the following recipes.

## Sweet Quick Bread Mix

6 cups all-purpose flour  
 1 tablespoon baking powder  
 1 tablespoon baking soda  
 1 1/2 teaspoons salt  
 1 1/2 cups granulated sugar  
 1 1/2 cups packed brown sugar  
 1 1/2 cups vegetable shortening  
 In a large bowl, stir flour, baking powder, baking soda, salt, granulated sugar and brown sugar with a large wire whisk until blended. Use a pastry blender, a heavy-duty mixer with a bowl cover or your fingers to blend in shortening until evenly distributed. Spoon into a 12-cup container with a tight-fitting lid. Seal container. Label with date and contents. Store in a cool dry place. Use within 10 to 12 weeks. Makes about 11 cups.

## Pumpkin Bread

Serve the Cinnamon Whipped Topping with any sweet quick bread.  
 3 3/4 cups Sweet Quick Bread Mix  
 1 cup mashed cooked pumpkin  
 2 eggs beaten  
 1/2 cup milk  
 1/2 teaspoon ground cinnamon  
 1/2 teaspoon ground nutmeg  
 1/2 teaspoon ground cloves  
 1/2 cup chopped nuts  
 1/2 cup raisins  
 Cinnamon Whipped Topping, see below  
 Cinnamon Whipped Topping:  
 1 cup whipping cream  
 1 teaspoon ground cinnamon  
 3 tablespoons powdered sugar  
 Preheat oven to 350°F (175°C). Grease one 9"x5" loaf pan or two 7"x3" loaf pans; set aside. In a medium bowl, combine Quick Sweet Bread Mix, pumpkin, eggs, milk, cinnamon, nutmeg and cloves, stirring to blend. Stir in nuts and raisins. Turn into prepared pan or pans. Bake 55 to 60 minutes in preheated oven until a wooden pick inserted in center comes out clean. Cool on a rack 5 minutes. Turn out of pan. Prepare topping. Cool right side up on rack. To serve, cut into 1/2-inch slices; spread each with Cinnamon Whipped Topping. Makes 1 or 2 loaves.  
 Cinnamon Whipped Topping:  
 In a medium bowl, whip cream until soft peaks form. Gently stir in cinnamon and powdered sugar. Refrigerate until served. Makes about 2 cups.

## Zucchini Bread

To prevent tunnels in your bread, stir only until all the ingredients are moistened.  
 3 3/4 cups Sweet Quick Bread Mix  
 2 eggs, beaten  
 2 cups grated unpeeled zucchini squash  
 3 tablespoons orange juice  
 1 teaspoon grated orange peel  
 1/2 cup chopped nuts  
 Preheat oven to 325°F (165°C). Grease one 9"x5" loaf pan or two 7"x3" loaf pans; set aside. In a medium bowl, combine all ingredients, stirring to blend. Turn into prepared pan or pans. Bake 60 to 75 minutes in preheated oven until a wooden pick inserted in center comes out clean. Cool on a rack 5 minutes. Turn out of pan. Cool right-side up on rack. Makes 1 or 2 loaves.

## Carrot-Orange Loaf

3 3/4 cups Sweet Quick Bread Mix  
 2 eggs, beaten  
 1 cup grated carrots  
 1/2 cup orange juice  
 1 teaspoon grated orange peel  
 1 teaspoon ground nutmeg  
 1 teaspoon ground cinnamon  
 1/2 cup chopped nuts  
 1/2 cup raisins  
 Preheat oven to 325°F (165°C). Grease one 9"x5" loaf pan or two 7"x3" loaf pans; set aside. In a medium bowl, combine all ingredients, stirring to blend. Turn into prepared pan or pans. Bake 60 to 70 minutes in preheated oven until a wooden pick inserted in center comes out clean. Cook on a rack 5 minutes. Turn out of pan. Cool right-side up on rack. Makes 1 or 2 loaves.  
 Variation  
 Substitute 1 (7 1/2 ounce) jar junior baby-food carrots for grated carrots and orange juice.

**Date Nut**  
 For a different shape, bake at 325°F (165°C) for about 1 hour  
 1 cup boiling water  
 1 cup chopped dates  
 2 eggs, beaten  
 3 3/4 cups Sweet Quick Bread Mix  
 1 teaspoon vanilla extract  
 1/2 cup chopped nuts  
 Preheat oven to 350°F (175°C) or two 7"x3" loaf pans; set aside. water over dates. Let stand 5 minutes. combine eggs, sweet quick bread mix, vanilla and nuts. Bring to blend. Stir in date mixture. Turn into prepared pan or pans. Bake 60 to 65 minutes. wooden pick inserted in center. Cool on a rack 5 minutes. Turn out of pan on rack. Makes 1 or 2 loaves.

## Banana-Nut

Mash very ripe bananas with juice, then freeze and use later.  
 3 3/4 cups Sweet Quick Bread Mix  
 2 eggs, beaten  
 1 tablespoon lemon juice  
 2 medium bananas mashed (a 1/2 cup chopped nuts)  
 Preheat oven to 325°F (165°C) or two 7"x3" loaf pans; set aside. combine all ingredients, stirring to blend. Turn into prepared pan or pans. Bake 50 to 60 minutes. wooden pick inserted in center. Cool on a rack 5 minutes. Turn out of pan on rack. Makes 1 or 2 loaves.

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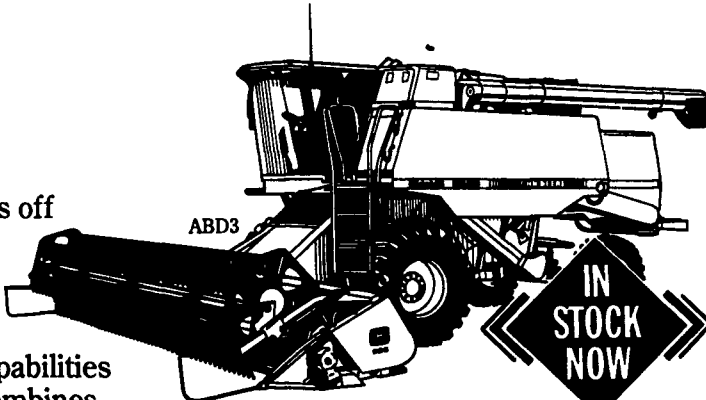
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