

NATIONAL

Bake & Take Month

TM



Bake something special for someone special



www.wheatfoods.org

NATIONAL Bake & Take Month™

In 1972, **“Bake & Take Day”** was created by the Kansas Wheathearts (a state wheat promotion organization) to share baked goods with family members, friends, neighbors and those in need, generating goodwill in the community.

Bake & Take Day is celebrated annually on the fourth Saturday in March by baking a product made from wheat or wheat products and taking it to a neighbor, relative or friend.

Today, The Wheat Foods Council and ACH Food Companies (Fleischmann's Yeast) are joining forces and expanding the program to Bake & Take Month.

We commend the Wheathearts for their efforts and invite you to join us in celebrating Bake & Take Month each March in your community.

It's easy, fun and worthwhile. Just bake one of your favorite recipes and share it with someone you care about in your community. Enclosed are a few recipes we hope you'll enjoy.



The original Wheathearts in 1979.

Cinnamon Swirl Coffee Cake

QUICK, EASY AND OH SO WORTH IT



Nutrition: Each serving (1/9 of cake) provides approximately: 485 calories, 8 g protein, 76 g carbohydrate, 3 g fiber, 18 g fat (10 g saturated), 90 mg cholesterol, 111 mcg folate, 3 mg iron, 324 mg sodium

Cinnamon Swirl Coffee Cake

• **Prep Time:** 20 minutes • **Bake Time:** 30 minutes • **Serves:** 9

Batter

3 cups all-purpose flour
½ cup sugar
½ teaspoon salt
3 envelopes **Fleischmann's®**
RapidRise Yeast
1 cup milk (very warm 120°F - 130°F)
½ cup (1 stick) butter or margarine
2 eggs
Mazola PURE® pan spray

Cinnamon Mixture

3 tablespoons butter or margarine
¾ cup light or dark brown sugar
1½ teaspoons cinnamon

Icing

1 cup powdered sugar
1 - 2 tablespoons milk
1 tablespoon butter or
margarine (melted)
½ teaspoon vanilla extract



BATTER: Spray one 8"x 8" or 9"x 9" baking pan with pan spray. In large mixing bowl, combine flour, undissolved yeast, sugar and salt. Heat milk and butter until it is warm to touch (120°F-130°F). Add milk mixture and eggs to dry ingredients; stir thoroughly until all flour is mixed in using a rubber spatula. Pour batter into baking pan and set aside while preparing topping. Sprinkle cinnamon mixture over batter and using fingers, poke topping thoroughly into batter mixture. Allow mixture to rest uncovered at room temperature for 10 minutes. Place Coffee Cake in **COLD** oven. Turn oven to 350°F. Bake 25 to 30 minutes or until toothpick inserted in center comes out clean. Remove Coffee Cake from oven; cool 10 minutes and drizzle with icing. **CINNAMON MIXTURE:** Combine ingredients in a small mixing bowl or measuring cup; stir until uniform. **ICING:** Combine ingredients in a small mixing bowl or measuring cup; stir until uniform. Transfer icing to a resealable plastic bag. Seal the bag and cut a very small corner from the bottom; squeeze icing out to top.

Pineapple-Carrot Snack Cake

DREAMY, LIGHT AND GUILT-FREE

FAT FREE

Nutrition: Each 2 oz serving (1/12 cake) provides approximately: 152 calories, 2 g protein, 37 g carbohydrate, 1 g fiber, 0 g fat, 0 mg cholesterol, 18 mcg folate, 1 mg iron, 229 mg sodium

Pineapple-Carrot Snack Cake

•**Prep Time:** 20 minutes •**Bake Time:** 40 minutes •**Yields:** 12 servings

Ingredients

Mazola PURE® pan spray
1 cup all-purpose flour
1/4 cup **Argo®** Corn Starch
1 teaspoon baking powder
1/2 teaspoon baking soda
1/2 teaspoon salt
1 teaspoon cinnamon
1/2 teaspoon ground ginger

dash ground cloves
1 can (8 oz.) crushed pineapple, undrained
1 cup firmly packed brown sugar
2 large egg whites
1/3 cup Karo® Light or Dark Corn Syrup
1 cup finely shredded carrots
powdered sugar



FAT FREE

Preheat oven to 350°F. Spray 8-inch square baking pan with pan spray. In large bowl combine flour, corn starch, baking powder, baking soda, salt, cinnamon, ginger and cloves; set aside.

In medium bowl with wire whisk or fork, stir pineapple and brown sugar 1 minute. Blend in egg whites and corn syrup. Gradually stir into flour mixture until smooth. Stir in carrots. Pour into prepared pan. Bake 40 minutes or until toothpick inserted in center comes out clean. Cool in pan on wire rack. Sprinkle with powdered sugar.

Lemon Vanilla Melt-Aways

SO SOFT AND LIGHT, THEY MELT IN YOUR MOUTH



Nutrition: Each cookie provides approximately: 143 calories, 1g protein, 20 g carbohydrates, 0 g fiber, 7 g fat (4 g saturated), 18 mg cholesterol, 8 mcg folate, 0 mg iron, 70 mg sodium.

Lemon Vanilla Melt-Aways



•Prep Time: 5 minutes •Chill Time: 20-25 minutes •Bake Time: 10-12 minutes •Yields: 2 dozen

Cookie Dough

1 cup flour
½ cup ARGOD® Corn Starch
¾ cup powdered sugar
¾ cup (1½ sticks) butter or margarine, softened
2 teaspoons lemon juice
1 teaspoon vanilla

Icing


2 cups powdered sugar
2 to 4 tablespoons milk
2 tablespoons butter or margarine, softened
3 to 4 drops per color food color (neon colors best for Spring if available)



COOKIES: In medium bowl combine flour, corn starch and powdered sugar; set aside. In large bowl with mixer at medium speed, beat butter until smooth. Add flour mixture, lemon and vanilla; beat until well blended. Dough should gather and form a ball. Add 1-2 tablespoons additional flour if needed. Refrigerate dough 15 minutes or until easy to handle. Preheat oven to 350°F. Shape dough into 1½-inch balls; elongate balls to form egg shape, if desired. Place 1½-inches apart on ungreased baking sheets; flatten slightly with floured fingers. Chill unbaked cookies 5 to 10 minutes prior to baking. Bake 10 to 12 minutes or until edges are lightly browned. Remove; cool completely on wire racks. Decorate with icing (see below); store in tightly covered container. **Recipe Note:** Dough can be made and frozen up to 1 month ahead. Remove dough from freezer and refrigerate to thaw 24 to 48 hours prior to baking. **Tip:** Egg shapes can also be achieved by covering a medium sized, deep bowl with oval shaped spoon with plastic film and pressing dough into it; then invert onto baking sheet. Chilled dough can also be rolled and cut with cookie cutters. **ICING:** Combine powdered sugar, butter and enough milk to achieve a smooth, spreadable consistency in a mixing bowl. Divide icing into small bowls; one for each color. Add food coloring; stir until uniformly blended. Icing can be spread onto cooled cookies using a small spatula or transfer icing to a resealable plastic bag. Seal the bag and cut a very small corner from the bottom; squeeze icing out to make patterns.

Honey Wheat Bread

WHOLE WHEAT FLOUR MAKES IT GREAT



Nutrition: Each 1 oz slice provides approximately: 70 calories, 3 g protein, 13 carbohydrates, 1 g fiber, 2.5 g fat (.5 saturated fat), 1 mg cholesterol, 44 mcg folate, 1 mg iron, 154 mg sodium.

Honey Wheat Bread

•**Prep Time:** 55 minutes •**Proofing Time:** 90 minutes •**Bake Time:** 35 minutes •**Yields:** 1 loaf

Ingredients

3/4 cup warm water (100° - 110°F)
1 envelope **FLEISCHMANN'S**
Active Dry Yeast
3/4 cup warm milk (100° - 110°F)
2 tablespoons honey

2 tablespoons vegetable oil
1 teaspoon salt
2 cups bread flour*
2 cups whole wheat flour



Directions: Place 1/4 cup warm water in large warm bowl. Sprinkle yeast; stir until dissolved. Add remaining water, warm milk, honey, oil, salt, and 1½ cups bread flour; blend well. Stir in whole wheat flour and enough remaining bread flour to make soft dough. Knead on lightly floured surface until smooth and elastic, about 6 to 8 minutes. Place in greased bowl, turning to grease top. Cover; let rise in warm, draft-free place until doubled in size, about 30 to 45 minutes.


Punch dough down. Roll to 12 x 8-inch rectangle. Beginning at short end, roll up tightly as for jelly roll. Pinch seam and ends to seal. Place, seam side down, in greased 9 x 5-inch loaf pan. Cover; let rise in warm, draft-free place until doubled in size, about 45 to 60 minutes.

Bake at 375°F for 35 minutes or until done. Tent with foil last 10 minutes to prevent overbrowning. Remove from pan; let cool on wire rack.

*NOTE: Bread flour is the best flour to use when making bread, however all-purpose flour can be substituted. Increase the amount when using all-purpose to 2 to 2½ cups.

Maple Monkey Bread

SIMPLE AND DELICIOUS



Nutrition: Each 1.7 oz serving provides approximately: 155 calories, 3 g protein, 22.5 g carbohydrates, 1 g fiber, 6 g fat, 21 mg cholesterol, 39 mcg folate, 1 mg iron, 80 mg sodium.

Maple Monkey Bread

•**Prep Time:** 60 minutes •**Proofing Time:** 40-50 min. •**Bake Time:** 35 min. •**Yields:** 1 loaf (32 servings)

Ingredients

1 cup whole wheat flour
3-1/4 cups bread flour*
1/3 cup sugar
2 envelopes **FLEISCHMANN'S**
RapidRise Yeast
1 teaspoon salt

1/2 cup water
1/2 cup 2% milk
1/2 cup butter or margarine
2 large eggs
1 cup maple syrup
1 cup chopped walnuts



Directions: In large bowl, combine 1 cup whole wheat flour and 1 cup bread flour, sugar, undissolved yeast, and salt. Heat water, milk, and 5 tablespoons butter until very warm (120°F - 130°F); stir into flour mixture. Stir in eggs and enough remaining flour to make soft dough. Knead on lightly floured surface until smooth and elastic, about 6 to 8 minutes. Cover; let rest on floured surface 10 minutes. Divide dough into 32 pieces; roll into balls. Melt remaining 3 tablespoons butter; dip balls in butter. Layer 1/3 cup syrup, 1/2 cup walnuts, and 16 balls evenly in bottom of greased 10" tube pan with non-removable bottom. Repeat layers once. Top with remaining 1/3 cup syrup. **Cover; let rise in warm, draft-free place until doubled in size, about 30 to 40 minutes. Bake at 375°F for 35 minutes or until done, covering with foil during last 10 minutes to prevent excess browning. Let cool in pan on rack for 10 minutes. Invert onto serving plate.

****CoolRise Alternative Method:** Shape loaf as directed. Cover tightly with plastic wrap; refrigerate 2 to 24 hours. To bake, remove from refrigerator, uncover dough, and let stand 10 minutes at room temperature. Bake at 375°F for 40 minutes or until done. Let cool as directed.

*NOTE: Bread flour is the best flour to use when making bread, however all-purpose flour can be substituted. Increase the amount when using all-purpose to 3-1/2 to 4 cups.

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FLEISCHMANN'S YEAST IS PROUD TO SPONSOR
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Visit us at RecipeForTogetherness.com for more **Bake & Take** recipes that you and your family will love and love to give.



Home Baking Association: Providing educator resources, information and recipes for home bakers.
www.homebaking.org



Wheat Foods Council:
For more information on National Bake & Take Month, go to www.wheatfoods.org