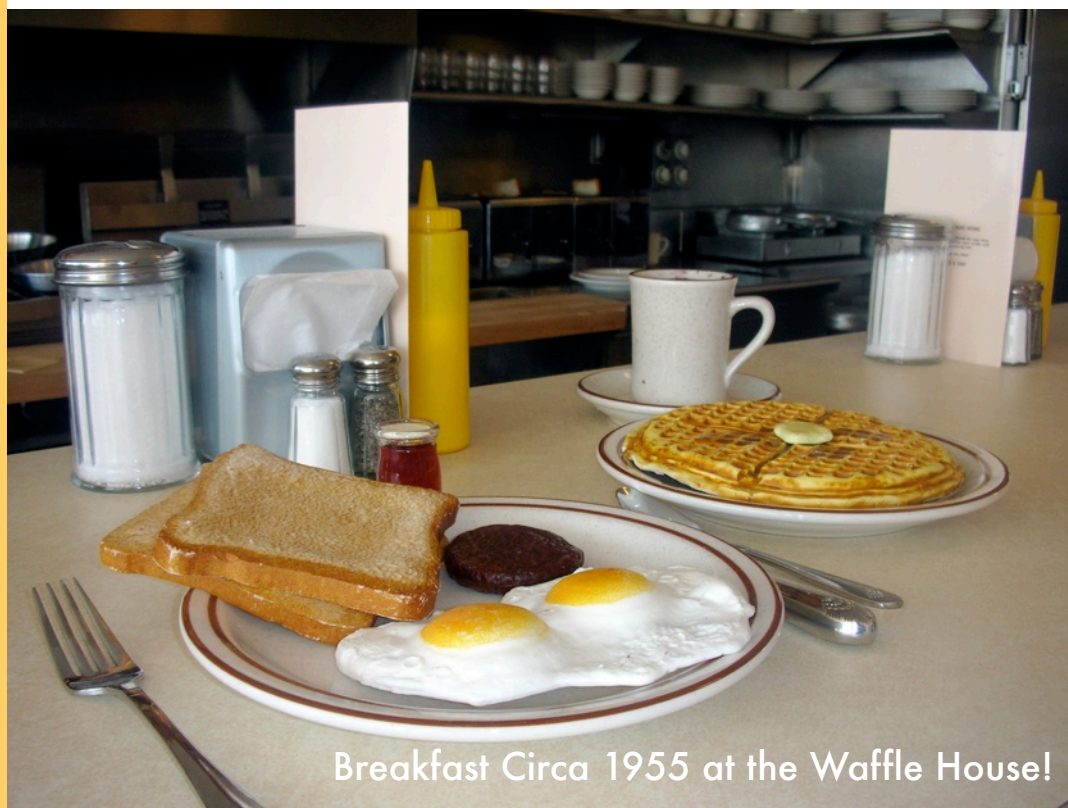


# The Friday 4

4  
FRESH  
IDEAS  
YOU  
CAN  
ENJOY  
IN  
4  
MINUTES  
OR LESS



Breakfast Circa 1955 at the Waffle House!

## 1 Quick Recipe: Mmmm, Moist and Rich Cake Topped with Yogurt and Strawberries

### Shake Up Breakfast This Week: Buttermilk Honey Breakfast Cake with Strawberries

1 Cup Flour  
 ½ Cup Whole Wheat Flour  
 1 Tsp Baking Powder  
 1 Tsp Baking Soda  
 ½ Tsp Ground Cinnamon  
 ½ Tsp Ground Ginger  
 ¼ Tsp Ground Cardamom  
 ¼ Tsp Ground Nutmeg  
 ½ Tsp Salt  
 2 Egg Whites + 1 Large Egg  
 2/3 Cup Light Buttermilk  
 ¾ Cup Honey, Divided  
 1/3 Cup Vegetable or Canola Oil  
 1 TB Molasses  
 24 Large Strawberries, Sliced  
 Vanilla Nonfat Yogurt

**Step One** Preheat the oven to 350F. Spray a 9" square pan with nonstick spray.

**Step Two** Whisk the flours, baking powder, baking soda, spices and salt together in a large bowl.

**Step Three** In another bowl; whisk the eggs, buttermilk, ½ cup of the honey, oil and molasses together.

**Step Four** Make a well in the dry mixture and stir in the egg mixture, just until smooth. Pour the batter into the prepared pan and bake for 30 minutes, or until a toothpick inserted in the middle of the cake comes out with just a few crumbs.

**Step Five** While the cake is cooking, toss the strawberries together with

the remaining ¼ cup honey. When the cake is cool, cut in 12 squares and serve topped with the vanilla yogurt and macerated strawberries.

### 2 Kitchen Smidgen

Make sure to spray your measuring cup with nonstick spray when measuring sticky ingredients like honey - it will slide right out with little mess and easy clean up!

### 3 Get Creative

When a recipe calls for an ingredient, followed by the word "divided", it means that you will be using the ingredient in the recipe more than one time. For instance, in this recipe we used ½ cup of the honey in Step Three, and the remainder in Step Five.

### 4 WINE of the Week

Arthur Metz Cremant d'Alsace  
 Alsace, France

Total Wine around \$15.00

Wine with breakfast definitely calls for a bright sparkler! It was only about 100 years ago that the "champagne method" of making wine was applied to the grapes of Alsace, creating Crémant d'Alsace. Made with mostly Pinot Blanc or Pinot Noir grapes, the resulting fizzy is light and crisp with hints of peaches and apricots. A great alternative to a traditional French champagne, and much less expensive as well.