

The Friday 4

4
FRESH
IDEAS
YOU
CAN
ENJOY
IN
4
MINUTES
OR LESS



1 Quick Recipe: Creamy, Rich and Tropical Better-for-You Cupcakes Everyone will Love!

Easy, Quick and Delicious Treat: Banana Cinnamon Cupcakes with Honey Frosting

1 Cup All Purpose Flour
½ Cup Whole Wheat Pastry Flour
¾ Cup Dark Brown Sugar
1 Tsp Baking Powder
½ Tsp Baking Soda
¼ Tsp Salt

6 TB Unsalted Butter, melted
4 Very Ripe Bananas, Mashed
1 Tsp Ground Cinnamon
2 Large Eggs
½ Tsp Vanilla

Step One Preheat oven to 350F. Line a mini 24 cup muffin pan with paper liners. In a medium bowl, whisk together flours, sugar, baking powder, baking soda, and salt.

Step Two In a large bowl, mix together the butter, mashed bananas, eggs, and vanilla. Stir into the flour mixture (do not over mix). Dividing evenly, spoon the batter into muffin cups.

Step Three Bake until a toothpick inserted in center of a cupcake comes out clean, about 25 minutes. Remove the cupcakes from the pan; cool completely on a wire rack.

Spread tops with Honey Frosting.

Honey Frosting

1 Cup Powdered Sugar
6 oz Light Cream Cheese, Room Temp
1 TB Honey + 1 TB Lime Juice
In a medium bowl, using an electric mixer, beat the ingredients until smooth.

2 Kitchen Smidgen

We eat bananas all the time – but did you know that they are slightly radioactive and frequently set off radiation monitors installed at US ports to detect illegal shipments of radiologic materials? Who Cares! We love them because they are delicious AND contain lots of good-for-us potassium, vitamin B₆ and vitamin C.

3 Get Creative

Don't throw away your too ripe bananas. There are a myriad of uses for them! Put them in the freezer until you are ready to make a smoothie, add them to a cake batter or bake a batch of banana bread or these delicious cupcakes. Just because the peel is black doesn't mean the fruit isn't good.

4 WINE of the Week

Fiore D'Arancio Orange Muscat

California
Total Wine around \$12.00

The Muscat grape makes the perfect match for this tropical tasting treat. This California charmer is a "late harvest" wine - that means the grapes are allowed to hang on the vine until the juice is highly concentrated. You'll detect flavors of apricots, peaches and of course oranges when you taste it, along with aromas of honey and citrus. Serve it chilled in small glasses for maximum enjoyment.