

The Friday 4

4
FRESH
IDEAS
YOU
CAN
ENJOY
IN
4
MINUTES
OR LESS



1 Quick Recipe: Desserts as Far as You Can See!

Better for You Treats:

Orange Cheesecake Bites

1 Orange, Washed Well
12 Whole Dates, Pitted
1 (8 oz) Pkg Light Cream Cheese, softened
1 (5 oz) Goat Cheese Log
15 Whole Graham Crackers, Crushed

Step One Place the whole orange, dates and cheeses in a food processor. Puree until smooth. Scrape the mixture into a zippy bag and refrigerate for 4 hours or until firm

Step Two Remove from the fridge and using a teaspoon, roll the balls in the graham cracker crumbs.

Chocolate Chunk Cupcakes

2/3 Cup All Purpose Flour

1/3 Cup Whole Wheat Flour
1/3 Cup Unsweetened Cocoa
1 Tsp Baking Soda
Pinch of Sea Salt
Pinch of Cayenne
2/3 Cup Sugar
4 TB Unsalted Butter, softened
2 Large Eggs
1 Tsp Vanilla
1/2 Low Fat Buttermilk
2 oz Bittersweet Cocoa, chopped
Powdered Sugar

Step One Preheat the oven to 350F. Combine the flour, cocoa, baking soda, and salt and cayenne in a bowl.
Step Two In a standing mixer, beat the sugar and butter together until light, (about 3 minutes). Add the eggs and vanilla, beating well. Add the flour mixture and buttermilk alternately to

the sugar mixture, beginning and ending with flour mixture. Fold in the chocolate. Spoon the batter into 24 mini muffin cups lined with cup liners. Bake at 350F for 13 minutes or until or until a toothpick inserted in center comes out clean. Sprinkle with powdered sugar just before serving.

2 Kitchen Smidgen

The graham cracker was named after a Presbyterian Minister, Rev. Sylvester Graham, (who would not have approved of the chocolate marshmallow goodness of s'mores). He was an advocate of a diet made up of fresh fruits and veggies, whole wheat and high fiber foods and dairy products in moderation.

3 Get Creative

No oranges in the frig? Try using peaches, mangos or apricots for a twist in the cheesecake bites.

4 WINE of the Week

Pacific Rim Framboise

Mount Vernon, Washington
Costco about \$10.00

Intense bright raspberry flavors and bright red fruit aromas make this framboise a perfect pair for light desserts. Berries are good for the brain, so try it as is, or add a TB to a glass of sparkling wine for a real treat!