



**September 7, 2016**

## **Nut-Free Treats for Back to School**

It's true that most children would be pleased by any sweet treat in their lunch box, whether it's a packaged cookie, a granola bar, maybe even a fruit cup! Still, nothing beats a homemade goodie baked from the heart. Here are some of our nut-free, high-fibre favourites for kids (or kids at heart!) of any age.

Sweet, earthy pumpkin and warm cinnamon, ginger and cloves combine together in our Chocolate Chip Pumpkin Loaf, the quintessential fall treat. Chocolate chips add extra sweetness, so that the loaf doesn't seem too healthy! These loaves will probably be gobbled down quickly, but can last in your freezer for several months. Alternatively you can bake them into muffins, just decrease the cooking time to about 20 minutes. Makes about a dozen.

Our Carrot, Apple and Zucchini Muffins are chock full of fresh and dried vegetables and fruit. The muffin itself is flavoured with cinnamon and ginger, making it reminiscent of carrot cake. The dried apricots can be replaced with any dried fruit that you have on hand, like raisins or dried cranberries.

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### **CHOCOLATE CHIP PUMPKIN LOAF**

#### **Ingredients:**

2 1/4 cups (550 mL) whole wheat flour  
2 tsp (10 mL) cinnamon  
1 tsp (5 mL) baking powder  
1 tsp (5 mL) ground ginger  
1/2 tsp (2 mL) ground cloves  
1/2 tsp (2 mL) baking soda  
1 can (14 oz/398 mL) pure pumpkin  
1 cup (250 mL) packed golden brown sugar  
1/2 cup (125 mL) canola oil  
4 large eggs  
1 cup (250 mL) semi-sweet chocolate chips

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### **Method:**

1. Preheat oven to 350°F (180°C).
2. Combine flour, cinnamon, baking powder, ginger, cloves and baking soda in a bowl.
3. Whisk together pumpkin, brown sugar, oil and eggs in a bowl until blended.
4. Add pumpkin mixture to flour mixture and stir just until combined. Stir in chocolate chips.
5. Spoon batter into two greased 8 1/2 x 4 1/2 inch (21 x 11 cm) loaf pans.
6. Bake for 60 minutes or until a cake tester inserted in centres comes out clean.
7. Cool loaves in pans on racks for 10 minutes.
8. Invert loaves onto racks and cool completely. *May be frozen. Makes 2.*

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## **CARROT, APPLE AND ZUCCHINI MUFFINS**

### **Ingredients:**

- 2 cups (500 mL) whole wheat flour
- 4 tsp (20 mL) baking powder
- 2 tsp (10 mL) cinnamon
- 1/2 tsp (2 mL) baking soda
- 1/2 tsp (2 mL) ground ginger
- 1/2 tsp (2 mL) nutmeg
- 1/2 tsp (2 mL) salt
- 3/4 cup (175 mL) unsweetened shredded coconut
- 1/2 cup (125 mL) chopped dried apricots
- 2/3 cup (150 mL) packed golden brown sugar
- 1/2 cup (125 mL) canola oil
- 3 large eggs
- 1 tsp (5 mL) vanilla
- 2 cups (500 mL) shredded carrots
- 1 cup (250 mL) shredded apple
- 1 cup (250 mL) shredded zucchini
- 1 1/2 tsp (7 mL) grated orange peel

### **Method:**

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1. Preheat oven to 375°F (190°C).
2. Combine flour, baking powder, cinnamon, baking soda, ginger, nutmeg and salt in a bowl. Stir in coconut and apricots; set aside.
3. Whisk together brown sugar, oil, eggs and vanilla in a bowl until blended. Fold in carrots, apple, zucchini and orange peel.
4. Add carrot mixture to flour mixture and stir just until combined.
5. Spoon batter into paper-lined or greased muffin cups, filling cups three-quarters full.
6. Bake for 20 – 22 minutes or until a cake tester inserted in centres comes out clean.
7. Cool muffins in pans for 5 minutes.
8. Remove from pans and cool on racks. *May be frozen. Makes 18.*