

**PENNY SAVER NEWS**

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Holiday Baking with Less Temptation

For many people the holidays just aren't HOLIDAYS without all the special baking. There are cranberry bread and pumpkin cake, rum raisin cheesecake and a dozen variations on fruit cakes. Even if *you* would be delighted to skip all the work, would the rest of the family be heart-broken to not get a loaf of your famous Christmas bread? How can you reduce the temptation and still keep the kids happy?

Use smaller pans. Use your famous recipe, just bake it in several smaller pans instead of one large one. That way there is less to tempt people, and each slice will be smaller too. Plus, you have to bake less!

Check the number of cups in the pan size the recipe calls for. Then look for two or three smaller ones on the following list that combined equal it. For example: A recipe for a 16 Cup tube pan could be baked in two 8 C 9x5" loaf pans, four 4C 8x4" loaf pans, or even eight 5 ½ x 3" mini-loaf pans. Or, one 8C 9x5" plus two 4C 8x4" pans would work (8+4+4=16).

If you're not sure what size your pans are, fill one with water. Then pour it out into measuring cups. Compare the number of cups you get to the volume of the pans listed. That will give you an idea of the size. Or measure the pan across the top at the widest part and look for the measurement on the list.

Try to use a similarly shaped pan to what the recipe was developed for. A recipe intended for a 9x13 inch flat pan will probably not do well in a tube pan. A recipe made for a tube pan will be okay in a loaf pan, but the texture will probably be different if you try to bake it in a layer pan. You will be much happier with the results if the pans are similar shapes.

Adjust the baking time to fit the smaller pans. Smaller pans need less time, muffin cups even less. Check the table below. Be sure to test for doneness before you expect it to be done. Dense fruit cakes take longer than quick breads.

Finally, make fewer kinds. Pick just one or two special favorites or brand new recipes. Or, make one cake and one pie, not 3 of each. Research shows that the more variety we have in front of us, the more we're likely to eat. If you eat 1 each of 2 kinds of cookies, that's a lot less than 1 each of 5 or 6 kinds. Once you've sampled one of each, you know what they taste like, so there's less reason to eat another.

<b>Pan type and size</b>	<b>Volume</b>		
Loaf pans		8" x 1 ½ " round	4 cups
5 ½" x 3" x 2 ½ "	2 cups	7" x 2" round	5¼ cups
6" x 4 ½ " x 3"	3 cups	8" x 2" round	6 cups
8" x 4" x 2 ½ "	4 cups	9" x 2" round	8 cups
8 ½ " x 4 1/4" x 3 "	5 cups	8" x 1 ½ " square	6 cups
9" x 5" x 3"	8 cups	8" x 2" square	8 cups
Tube pans		9" x 1 ½ " square	8 cups
7 1/2 " x 3" Bundt	6 cups	9" x 2 " square	10 cups
9" x 3" Bundt	9 cups	10" x 2" square	11 cups
8" x 3" tube	9 cups	11" x 7" x 2" rectangle	9 cups
9" x 3" tube	10 cups	13" x 9" x 2" rectangle	15 cups
9" x 4" Kugelhopf	11 cups	<b>Baking Times</b>	
10 x 3 ½ " Bundt	12 cups	9x5x3 loaf loaf pan	1 to 1 1/4 hr
10" x 4 " tube	16 cups	8x4x2" loaf pan	50-60 min
Layer/cake pans		4 ½ x 2 ½ x1 ½ " loaf pan	30-35 min
6" x 2" round	3¾ cups	2 ½ inch muffing cups	15-20 min
		1 ¾ inch mini muffin cups	7-12 min

If you really want to make pie, here's a sneaky way to lower the calories and increase the protein in a pumpkin pie. If you don't tell the family, they won't know you're making them healthier. You can use your usual spices if you want. And remember, all pumpkin pies need to be kept refrigerated.

### Sneaky Pumpkin Pie

3 eggs	1 Tbsp rum or vanilla flavoring
1 ½ tsp pumpkin pie spice	1 ½ C low fat cottage cheese
2 C cooked pumpkin	2 Tbsp brown sugar
3 Tbsp low cal sweetener	½ tsp salt
1 8-inch graham cracker pie crust	

Preheat oven to 275° F. Blend cottage cheese, eggs, flavoring and spice in food processor until very smooth. Stir in other ingredients and blend well. Pour gently into pie crust. Bake for 60 minutes, until center is almost set. Refrigerate before serving. Serves 6 - 8.

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