

Bumpkin Cake (BUtternut squash or PUMPKIN)

This all ages favourite can be made with any type of squash, really. The main ingredients can be sourced from local organic farms. A trip to the pumpkin farm or farmers' market could be for more than a Jack O Lantern!

Preparation Time: 25 min.

Number of Servings: 32

Serving size: 1 ½" x 1 ½"

Ingredients

2 cups organic butternut squash or pumpkin (pureed)

1 c Fair Trade organic sugar

½ c organic applesauce

¼ c organic light cooking oil (Ontario sunflower)

4 organic eggs

½ tsp. salt

Beat until well blended.

In a separate bowl combine

1 c organic all purpose flour

1c organic whole-wheat flour

2 tsp. baking powder

1 tsp. baking soda

1 tsp organic ground cinnamon

½ tsp organic ground ginger

* organic spices are readily available from natural food stores.

Add the wet to the dry ingredients. Stir until well blended.

Pour into a greased and floured 9x13 cake pan. Bake in a preheated 350 F oven for 40-45 min or until well browned and firm to the touch.

Freezes really well.

*1 ½ x the recipe works well as a sheet cake when baked on a cookie sheet with deep sides. Makes 60 squares.

**Tip for cooking pumpkins and hollow squashes- Remove stem and poke holes with a fork. Bake in a covered roast pan with 1/2 " of water until very tender. Butternut squash should be cut in ½ lengthwise, before baking cut side down. Cool. Remove the seeds. Scrape out the flesh and puree. Pack in 2-cup portions. Keeps 1 year in the freezer.

Supplies:

Large mixing bowl

Small mixing bowl

1-cup liquid measure

1-cup dry measure

Measuring spoons

Wire whisk

Wooden spoon

Medium size metal spoon or scoop for flour, cocoa and sugar

Rubber spatula

Oven mitts