

Back in the Swing Everyday Living Cookbook – Sample Recipe

Banana, Cinnamon, and Walnut Bundt Cake

Servings: 12

Prep Time: 25 minutes

Cook Time: 37 – 40 minutes

Ready In: 1 hour, 5 minutes



INGREDIENTS

Bundt Cake:

- 1 3/4 cups all-purpose flour, plus more for pan
- 3/4 cup white whole wheat flour
- 1 1/4 teaspoons baking soda
- 1 1/4 teaspoons baking powder
- 1/2 teaspoon salt
- 3 large egg whites
- 1 cup buttermilk (Tip: If you don't have buttermilk, substitute 2 teaspoons lemon juice in 1 cup milk. Stir well. Let sit for 5 minutes before using.)
- 1/3 cup honey, agave nectar, or sorghum
- 1 cup mashed bananas (about 3 large)
- 1 teaspoon vanilla extract

Filling:

- 1/4 cup dark brown sugar, packed
- 1/4 cup granulated sugar
- 1 tablespoon ground cinnamon
- 1/4 teaspoon freshly grated nutmeg
- 1/4 cup chopped walnuts or pecans
- 1 recipe prepared Blueberry Lavender Sauce

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- Cinnamon
 - Nutmeg
 - Walnuts
 - Blueberries
 - Lavender
 - Lemon
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Nutritional Information per serving

Calories	179
Total Fat	2g
Saturated. Fat	0.3g
Carbohydrates	26g
Protein	5g
Dietary Fiber	3g
Sodium	137mg

DIRECTIONS

1. Preheat oven to 350 F. Grease and flour a Bundt or tube pan and tap out excess flour over the sink. Set aside.
2. In a large bowl, combine the flours, baking soda, baking powder, and salt.
3. In a smaller bowl, beat the egg whites until fluffy with a mixer. Then beat in the honey, buttermilk, bananas, and vanilla. With a spatula or large metal spoon, fold the dry ingredients into the banana mixture until you can't see any more flour.
4. For the filling, combine the sugars and spices in a small bowl.
5. Spoon half the batter into the prepared pan, and sprinkle with the filling. Spoon the remaining batter on top of the filling and smooth with a spatula. Sprinkle the top with walnuts.
6. Bake for 37 to 40 minutes or until a toothpick entered near the center comes out clean. Cool on a wire rack. Invert onto a cake plate.

Suggestion: Serve with Blueberry Lavender Sauce.

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Blueberry-Lavender Sauce

Makes: about 2 cups

Prep Time: 5 minutes

Cook Time: 10 minutes

Ready In: 15 minutes

INGREDIENTS

- 2 cups fresh or frozen blueberries
- 1/2 teaspoon organic dried lavender buds
- 1/4 cup agave syrup
- 2 teaspoons fresh lemon juice

DIRECTIONS

1. Combine the blueberries, lavender, and agave syrup in a saucepan over medium-high heat.
2. Cook, stirring, for 5 minutes or until the blueberries have softened and given up their juice.
3. Remove from the heat. Add the lemon juice, cover, and let steep for 15 minutes. Serve warm or cold.



-
- *Blueberries*
 - *Lavender*
 - *Lemon*
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Nutritional Information

per serving

Calories	107
Total Fat	0g
Saturated. Fat	0g
Carbohydrates	28g
Protein	0.5g
Dietary Fiber	2g
Sodium	2mg

Back in the Swing Everyday Living Cookbook – Sample Recipe

Celebration Chocolate Cake

Servings: 14

Prep Time: 15 minutes

Cook Time: 35 minutes

Ready In: 1 hour



INGREDIENTS

Cake

- 1 cup buttermilk (If you don't have buttermilk, substitute 2 tsp. lemon juice in 1 cup milk. Stir and let sit 5 minutes before using.)
- 1 cup water
- 1/3 cup vegetable oil
- 1/3 cup unsweetened applesauce
- 1 1/2 cups sugar
- 2 large eggs
- 1 teaspoon baking soda
- 2 cups all-purpose flour
- 3/4 cup unsweetened cocoa powder

Filling:

- 1 (8-ounce) package Neufchatel or low-fat cream cheese, softened
- 1/3 cup canned pumpkin (not pie filling)
- 1/4 cup honey, agave nectar, or sorghum
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon freshly ground nutmeg

Glaze:

- 1/2 cup half and half
- 3/4 cup semisweet chocolate chips

For the Topping:

- Seedless red grapes, whole blackberries, shelled pistachios, and curls of fresh orange peel

DIRECTIONS

1. Preheat the oven to 350°F. Grease and flour 2 (9-inch) round cake pans and tap out excess flour over the sink. Set aside.
2. For the cake, whisk the buttermilk, water, oil, applesauce, sugar, eggs, baking soda, and salt together in a very large bowl until well blended. Whisk in the flour and cocoa powder until smooth. Divide the batter between the prepared pans.
3. Bake for 32 to 35 minutes or until the top springs back when lightly touched. Let cool in the pans for 10 minutes, then invert onto wire racks to cool.
4. For the filling, whisk the Neufchatel cheese, pumpkin, agave nectar, and spices in a medium bowl until well blended. Place one cake layer on a plate. Spread with the filling, and top with the second layer.
5. For the glaze, heat the half and half in a saucepan over medium-high heat until it starts to bubble. Remove from the heat and add the chocolate chips. Let sit for 1 minute, then whisk until glossy, smooth, and dark. Let cool for 20 minutes or until slightly thickened. Pour half of the glaze over the cake; pour the remaining glaze into a small bowl to pass at the table. Place a casually arranged topping of grapes, berries, nuts, and orange peel on top of the glazed cake.

To make this recipe vegan:

- In place of buttermilk, place 2 teaspoons apple cider vinegar in a 1 cup measuring cup, then top up with almond milk. Gently stir and add to the batter.
- In place of Neufchatel cheese, use a lower fat, vegan cream cheese.
- In place of half and half, use almond milk sweetened with a little sugar.

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- Dark Chocolate
 - Apple
 - Pumpkin
 - Nutmeg
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Nutritional Information per serving

Calories	336
Total Fat	14g
Saturated. Fat	6g
Carbohydrates	51g
Protein	6g
Dietary Fiber	3g
Sodium	88mg

Carrot Cake Cupcakes with Pineapple Cream Cheese Frosting

Servings: 16 cupcakes

Prep Time: 25 minutes

Cook Time: 20 minutes

Ready In: 45 minutes



INGREDIENTS

Cupcakes:

- 1 1/3 cups old-fashioned rolled oats
- 1 cup all-purpose flour
- 2 teaspoons baking powder
- 1/4 teaspoon baking soda
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon salt
- 3/4 cup applesauce (unsweetened)
- 1/2 cup skim milk
- 1/3 cup wildflower or clover honey
- 1/4 cup refrigerated egg white product or egg whites.
- 1 tablespoon grapeseed or canola oil
- 1 1/2 cups finely shredded carrots
- 1/2 cup golden raisins

Pineapple Cream Cheese Frosting:

- 1 (8-ounce) packaged Neufchatel or low-fat cream cheese, softened
- 1 (8 to 8.5-ounce) can crushed pineapple with juice
- 1/2 cup confectioners' sugar or more as necessary

DIRECTIONS

1. Preheat the oven to 400°F. Line 16 muffins cups with paper liners and set aside.
2. For the cupcakes, place the rolled oats in a food processor or blender and process until the mixture resembles coarse flour. Transfer the oat flour to a medium bowl and stir in the all-purpose flour, baking powder, baking soda, cinnamon, and salt. In a separate bowl, stir the applesauce, milk, honey, and egg white product together until well blended. Stir the applesauce mixture into the oat flour mixture until just moistened. Stir in the carrots and raisins. Spoon the batter into the prepared muffin cups so that they're 2/3 full.
3. Bake for 18 to 20 minutes or until a toothpick inserted in the center comes out clean. Let cool on a wire rack for 5 minutes.
4. For the frosting, place the Neufchatel cheese and crushed pineapple in a bowl and mix with a hand mixer until fluffy. Beat in the confectioners' sugar until the frosting has a spreadable consistency. Frost the cupcakes.

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- Cinnamon
 - Apple
 - Grapeseed oil
 - Carrots
 - Raisins (grapes)
 - Pineapple

Nutritional Information per serving

Calories	160
Total Fat	4.5g
Saturated. Fat	2g
Carbohydrates	26.5g
Protein	4g
Dietary Fiber	1.5g
Sodium	102mg

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Roasted Red Pepper Hummus with Warm Pita Bread and Endive

Servings: 8

Prep Time: 5 minutes

Cook Time: 5 minutes

Ready In: 10 minutes

INGREDIENTS

- 1 (15-ounce) can garbanzo beans, drained and rinsed (about 2 cups)
- 2 cloves garlic, minced or pressed
- 1/3 cup fresh lemon juice
- 1/8 teaspoon ground cumin
- 1/3 cup tahini (sesame paste in a can) or smooth peanut butter
- 1/3 cup roasted red peppers from a jar, drained
- Salt and pepper
- 1/4 cup chopped fresh Italian parsley
- 8 small pita breads
- Olive or grape seed oil for brushing
- 4 small heads Belgian endive, trimmed and separated into leaves

DIRECTIONS

1. For the hummus, combine the garbanzo beans, garlic, lemon juice, cumin, and tahini in a blender or food processor. Process until smooth. Add the roasted red peppers and pulse, on and off, until the peppers are chopped fine. Add salt and pepper. Transfer to a bowl and garnish with chopped parsley. (Can be made 1 day in advance. Cover and chill until ready to serve. Bring to room temperature before serving.)
2. For the pita bread, brush the pita all over with oil, and broil or heat in a skillet on both sides until blistered and hot. When cool enough to handle, cut each pita into 8 triangles with kitchen shears or a sharp knife. Serve the hummus in bowl, surrounded by pita triangles and endive leaves.

Serve the hummus in bowl, surrounded by pita triangles and endive leaves.



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- *Garlic*
 - *Lemon*
 - *Sesame (tahini)*
 - *Red Bell Peppers*
 - *Olive or Grape Seed Oil*
 - *Parsley*
 - *Endive*

Nutritional Information

per serving

Calories	250
Total Fat	8g
Saturated. Fat	1g
Carbohydrates	38g
Protein	11g
Dietary Fiber	11g
Sodium	278mg

Back in the Swing Everyday Living Cookbook – Sample Recipe

Get Your Guacamole Going!

Servings: 6

Prep Time: 15 minutes

Refrigeration Time: 30 minutes

Ready In: 45 minutes



INGREDIENTS

- 1 medium ripe avocado, peeled and pitted
- The juice of a lemon
- 1 clove garlic, minced
- 1 cup tomato, diced
- 1/4 cup cilantro, chopped
- 1/4 cup red onion, diced
- 1/4 teaspoon ground cumin
- 3 small jalapeno or Serrano chiles, stemmed, seeded, and minced
- Salt and pepper
- 1 recipe prepared Baked Tortilla Chips

DIRECTIONS

1. Mash the avocado in a large bowl. Add the lemon juice and mix with a fork. Add garlic, tomato, cilantro, onion, cumin, and chiles. Mix well and season with salt and pepper. Refrigerate for 30 minutes and serve with Baked Tortilla Chips.

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- *Lemon*
 - *Garlic*
 - *Tomato*
 - *Onion*
 - *Chile Peppers*

Nutritional Information

Based on 16 Baked Tortillas Chips per person (2 corn tortillas) and ½ teaspoon oil and 1/6 of guacamole

Calories	51
Total Fat	7g
Saturated. Fat	0.5g
Carbohydrates	5g
Protein	1g
Dietary Fiber	2g
Sodium	4mg