Desserts

Written by Becky O.

Whole Wheat Cake

½ cup shortening

1 ½ cup sugar

3 eggs

1 tsp vanilla

2 1/4 cup whole wheat flour

1 cup warm milk

1 tsp baking soda

1 tsp baking powder

Icing

1/4 cup brown sugar

4 tbsp whole wheat flour

1/4 cup butter

Nuts

Cream sugar and shortening. Add eggs and vanilla, beat until fluffy. Mix baking soda, baking powder and flour in separate bowl. Alternate adding milk and flour mixture. Mix well. Pour into greased and floured pan. Sprinkle nuts over batter. Mix sugar, butter and flour together and spread over batter. Bake at 375 for 45 minutes. Serve with fruit and whipped cream.

Applesauce Cake

4 cups flour

2 tsp baking soda

2 tsp baking powder

1 tsp cloves

1 tsp cinnamon

1 rounding tbsp cocoa

1 tsp salt

1 cup shortening

2 cups sugar

3 cups applesauce

1 cup nuts (optional)

1 cup raisins (optional)

1 tbsp vanilla

caramel frosting (below)

Cream sugar, cocoa and shortening until light and fluffy. Add applesauce. Add flour, spices, baking powder and baking soda. Beat well. Add vanilla, nuts and raisins. Mix again. Pour into greased and floured 12 x 17 cookie sheet. Bake at 375 for 25 minutes. Frost with Caramel Frosting when cooled.

Caramel Frosting
½ cup butter

1 cup brown sugar

1/4 cup cream

3 1/4 cup powdered sugar

1 tsp vanilla

Melt butter in a medium size sauce pan. Add brown sugar. Boil and stir together 1 minute. Cool slightly. Add cream, then beat until smooth. Beat in powdered sugar until spreading consistency. Add vanilla and spread on cake. This was my Grandmother Lillie's recipe. I can remember my mother making it when we were growing up, half of the cake was left plain for us kids and the remainder was full of nuts and raisins. Trauma often resulted after trying to snitch a piece when no one was looking, only to discover you got it from the wrong end. The cocoa is a little iffy as to whether or not it is "period", but the spices and the flavors are so wonderful together, and so reminiscent of the time that I just could not resist including it.