

CAKES FOR CAUSES

AUGUST 2015

WHAT HAPPENED LAST MONTH!

Our bakers were very busy last month providing sweet treats to non-profits in the Tucson and Phoenix communities. Some of the non-profits served last month and some of the sponsored teaching classes included: Tucson Morning Blend, Gospel Rescue Mission Birthday, Shyann Kindness Project, Wreaths Across America, PCOA – Older American’s Act 50th - where we made 3 sheet cakes for celebrations at the centers and 800 cookies for each resident who receives a Meals on Wheels meal, CRS Tucson, CRS Phoenix, Icing on the Cake Club and Kids Club.



Support us by ordering a beautiful Bakery Charms’ cupcake charm necklace. Only available here: http://www.cakesforcauses.org/cfc_necklace

ICING ON THE CAKE CLUB!

IOTCC is for all levels of bakers, cakery and sugar artists, ages 13 and up! We have some “Back to the Basic” classes along with some more intermediate classes. IOTCC meets the third week of the month, mostly on Saturday afternoons, but there are a few Thursday evenings thrown in for fun!

Our next Meeting will be on Saturday, September 19, from 2:00 PM—4:00 PM.

For more information, please visit our website at: <http://www.cakesforcauses.org/icing-on-the-cake-club/>

CAKES FOR CAUSES KID’S CLUB!

It’s great to get kids started young! Classes are usually the last Sunday of the month. We accept children from 3-12 years old. Please visit us at <http://cakesforcauses.org/cakes-for-causes-kids-program/> to register your child, niece, nephew, grandchildren or friend! We are excited to teach them. There is a different activity every month. The next Kid’s Club meeting will be on August 30th, from 1:30 to 3:00 PM. We will meet at the Tucson Symphony Center, N. 6th Street.



If there are seats available the Thursday before class, we open registration up to the young at heart!

Inside this issue:

Recipe Box	2
Did You Know?	3
Non-Profit Highlight	3
Volunteer Spotlight	3

CATCH US ON THE MORNING BLEND!

Every first Monday of the month, we have the honor of being a guest on the Morning Blend show on KGUN 9 at 11:00 AM. Catch us this month on the 3rd of August with Jess. Gemma Thomas, Executive Program Specialist Children’s Clinics will be our guest.

SOCIAL CORNER!

Visit Our Website At:

www.cakeforcauses.org

Join the Fun With Us At:

www.facebook.com/cakesforcauses

Help Us Raise Money By Shopping At

smile.amazon.com

RECIPE BOX

CHOCOLATE FROSTED DONUTS

<http://sallysbakingaddiction.com/2014/04/25/chocolate-frosted-donuts/>

INGREDIENTS—DONUTS:

- 1 cup (125g) all-purpose flour ([careful not to overmeasure](#))
- 1 teaspoon baking powder
- 1/4 teaspoon baking soda
- 1/4 teaspoon ground nutmeg (gives them that "bakery donut" taste)
- 1 large egg
- 1/3 cup (65g) packed light brown sugar
- 1/4 cup (60ml) milk¹
- 1/4 cup (60g) Greek yogurt²
- 2 Tablespoons (30g) unsalted butter, melted
- 1 and 1/2 teaspoons vanilla extract

INGREDIENTS—CHOCOLATE GLAZE

- 1/2 cup (90g) semi-sweet chocolate chips
- 2 Tablespoons (30g) unsalted butter
- 2 teaspoons light corn syrup
- 2 teaspoons water
- rainbow sprinkles

DIRECTIONS:

1. Preheat the oven to 350°F (177°C). Spray a donut pan with non-stick spray. Set aside.
2. **Make the donuts:** Whisk the flour, baking powder, baking soda, and nutmeg together in a medium bowl. Set aside.
3. Whisk the egg, brown sugar, milk, and yogurt together until smooth. Add the melted butter and vanilla, whisking until fully combined. Pour the wet ingredients into the dry ingredients and stir until just combined. Do not overmix. The batter will be very thick.
4. Spoon the batter into the donut cavities—I highly recommend using a large zipped-top bag for ease, as pictured and explained in detail above. Cut a corner off the bottom of the bag and pipe the batter into each donut cup, filling 2/3–3/4 of the way full.
5. Bake for 9–10 minutes or until the edges are lightly browned. Remove from the pan and bake the remaining donut batter. Allow the donuts to slightly cool before glazing.
6. **Make the chocolate glaze:** Place the chocolate chips, butter, corn syrup, and water in a medium bowl. Melt in 20 second increments in the microwave, stirring after each time, until completely melted and smooth. Dip the tops of the donuts into the chocolate glaze and then cover with sprinkles. I simply poured the sprinkles into a deep bowl and dipped the tops of the donuts into it. You'll likely have leftover ganache. It's great on ice cream!
7. Donuts taste best eaten the same day, though they may be covered tightly and stored at room temperature for 2 days.

Make ahead tip: You can freeze the unfrosted donuts for up to 2 months. Thaw overnight in the refrigerator, warm up to your liking in the microwave, and top with glaze.

ADDITIONAL TIPS:

You can make this recipe into 8-10 muffins using a muffin pan. Bake at the same temperature for 18-20 minutes or until lightly browned.

- 1) Skim milk, 1%, 2%, whole, almond milk, soy milk, or coconut milk is OK.
- 2) Nonfat, low fat, vanilla, plain, Greek or regular yogurt is OK. Sour cream works too!

If you have a recipe you would like to share, questions or tips, please [email](#) them to us!

MEET ONE OF OUR NON-PROFIT ORGANIZATIONS!

PIMA COUNCIL ON AGING

This month, we'd like to tell you about Pima Council on Aging. They are a non-profit organization that has been around since 1967. All too often it seems like the older we get the more forgotten we become. PCOA believes that's just not the case. As it states on their website, PCOA's mission is to "promote dignity and respect for aging, and to advocate for independence in the lives of Pima County's older adults and their families..."

VOLUNTEER SPOTLIGHT!

CECILIA (Cece) RUIZ

This month we are spotlighting one of our amazing bakers from our Tucson chapter. We want to thank Cece for working so hard and putting her all into Cakes for Causes. We asked her a few questions so that we can get to know her!

What's your full name? Cecilia Ruiz

What is your position with CfC and how long have you been volunteering? Cece is a certified home baker and she has been with CfC for three awesome years!

What is your favorite quote? "Life isn't about finding yourself. Life is about creating yourself." -George Bernard Shaw

This quote means so much to her because "we seem to have the perception that our life is determined before we live it..." and it's counter-productive because "if we aren't creating ourselves, someone or something else will."

Sounds like a smart cookie! (pun intended!)

What is your favorite CfC event so far? "My favorite CFC event has to be Operation Proud To Serve (OPS)."

We love to thank all of our servicemen for their dedication to our country!

What would you say your greatest accomplishment is? Although Cece seems to be a master at all things sugar, she admits that her greatest accomplishment is her son and to be able to "raise my son with the same values and morals that were instilled in me as a child and always keeping my faith in GOD who makes all things possible."

And finally, what are 3 words you would use to describe Cakes for Causes? "Joy, Sugar, love"

We sure do love her and everything she does for Cakes for Causes. Thank you again, Cece, for all the time and effort you have given us. We couldn't do it without your help!

A SPECIAL THANK YOU TO ALL OUR SPONSORS!

Very special thanks for the support from the following organizations:

- ** American Home Shows ** Disabled American Veterans Cactus Chapter
** East Valley Cake Decorating Supplies ** Hilton Garden Inn - Tucson ** MidTown Bar and Grill
** shopOrganic ** Tucson Electric Power ** Tucson Masonic Lodge #4 ** Tucson Symphony Orchestra

