

CAKES FOR CAUSES

OCTOBER 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 Cupcakes, OPS for Davis Monthan Air Base Deployment Return Home, Make Way for Books, Habitat for Humanity, Childhood Cancer Awareness, Ben's Bells (PHX), Our Place Clubhouse, CHAMPS Childhood Cancer, Beads of Courage, Mama's Hawaiian BBQ FUNdraiser, Will2Walk Foundation, Mad Science (SARSEF) and Tucson Bake Day and Kids Club.



Support us by ordering a beautiful Bakery Charms' cupcake charm necklace. They make sweet gifts!
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, October 17, 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 25th of October, from 1:30 to 3:00 PM. We will meet at the DAV (Disabled American Veterans), 3455 S Wilmot Rd, Tucson, Arizona 85730 .



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

Inside this issue:

Recipe Box	2
Photo Gallery	2
Non-Profit Highlight	3
Ask A Baker	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 5th of October with Izzy. Nancy Schlegel, President of Reid Park Zoo 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

PEANUT BUTTER COOKIES the CFC WAY!

INGREDIENTS:

3/4 cup margarine or butter (or you can do half and half), room temperature

1/2 cup light brown sugar

0.9 cup (just a smidge under 1 cup) powdered sugar*

3/4 cup peanut butter (smooth or crunchy)

1 large egg

1 teaspoon pure vanilla extract

2 cups all purpose flour

1/2 teaspoon baking soda

1/4 teaspoon salt

**(For every 1 cup of granulated sugar substitute 1 3/4 cup powdered sugar)*

DIRECTIONS:

Preheat oven to 350 degrees F (180 degrees C) and place rack in center of oven. Line two baking sheets with parchment paper.

In the bowl of your electric mixer (or with a hand mixer), beat the butter and sugars until light and fluffy (about 2 - 3 minutes). Beat in the peanut butter. Add the egg and vanilla extract and beat to combine. In a separate bowl whisk together the flour, baking soda, and salt. Add to the peanut butter mixture and beat until incorporated. (If the batter is too soft to form into balls, place in the refrigerator for about an hour or until firm.)

Roll the batter into 1 inch (2.5 cm) balls. Transfer the cookies to the prepared baking sheet, placing about 2 inches (5 cm) apart. Then, using the tines of the fork that has been dipped in water, make a crisscross pattern.

Bake the cookies for about 10 to 12 minutes, or until the cookies are lightly browned around the edges. Remove from oven and place on a wire rack to cool. Can be stored at room temperature, in an airtight container, for about a week. Freeze for longer storage.

Makes about 40 cookies.

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

PHOTO GALLERY!



MEET ONE OF OUR NON-PROFIT ORGANIZATIONS!

SOUTHERN ARIZONA RESEARCH, SCIENCE AND ENGINEERING FOUNDATION (SARSEF)



Previously known also as SciEnTeK-12, SARSEF is a 501(c)(3) on a mission to empower Southern Arizona's K-12 students to participate in science, technology, engineering and math through inquiry-based learning and research. They began as Arizona's first Science Technology, Engineering and Mathematics (STEM) program in 1955. Their primary program was the Southern Arizona Regional Science and Engineering Fair — which has since been renamed the Southern Arizona Research, Science and Engineering Fair. They are one of the few organizations in the United States that involves ALL elementary-school-age students — even kindergarteners — in science research projects, and allow them to compete for prizes.

ASK A BAKER!

Q: How do I make substitutions if I do not have an ingredient for a recipe?

A: Often an ingredient can be replaced if you do not have it, with another ingredient(s) you may have on hand. Check out a few possible substitutions you can use when baking.

Allspice – 1 teaspoon

1/2 teaspoon cinnamon plus 1/2 teaspoon ground cloves.

Baking Powder – 1 teaspoon

1/3 tsp. baking soda plus 1/2 tsp. cream of tartar **or**
1/4 teaspoon baking soda plus 1/2 cup yogurt or buttermilk
(decrease liquid in recipe by 1/2 cup)

Butter – 1 cup

1 cup of regular margarine **or**
1 cup of vegetable shortening (for baking) **or**
1 cup of oil (but only if *melted* butter is called for)

Buttermilk – 1 cup

1 tablespoon of lemon juice or vinegar plus enough regular milk to make 1 cup (let sit for 5 minutes)

Cream / Half and Half – 1 cup

7/8th of a cup of whole milk plus 1/2 tablespoon of butter **or**
3 tablespoons of oil, plus enough milk for 1 cup **or**
1 cup of evaporated milk

Cocoa – 1/4th cup

1 ounce (square) chocolate (decrease butter/oil in recipe by 1/2 a tablespoon)

Condensed Milk – 1 cup

Heat 1/3 cup of evaporated milk, 3/4 cup of sugar, and 2 tablespoons of butter until dissolved.

Cornstarch (for thickening) – 1 tablespoon

2 tablespoons of flour (must cook for at least 3 minutes longer to thicken)

Egg – 1 whole egg

1/4th cup of egg beaters **or**
2 tablespoons of mayonnaise (for baking batters only)

Flour (All-Purpose) – 1 cup

1/2 cup whole wheat flour plus 1/2 cup of all purpose flour (don't substitute more than 1/2 the flour)

Sugar (Powdered) – 1 cup

3/4 cup of granulated sugar

Sugar (White) – 1 cup

1 cup of firmly packed brown sugar **or**
1 3/4 cups confectioner's sugar (not for baking) **or**
3/4 cup maple syrup (reduce liquid in recipe by 3 tablespoons)

Whole Milk – 1 cup

1 cup buttermilk plus 1/2 teaspoon of baking soda (if baking, reduce baking powder by 2 teaspoons) **or**
1/4 cup nonfat dry milk, 7/8 cup of water, and 2 teaspoons of butter

Plain Yogurt – 1 cup

1 cup buttermilk **or**
1 cup cottage cheese (blended smooth) **or**
1 cup sour cream

Information provided by: http://www.yummly.com/dish/2011/08/emergency-ingredient-substitutions-for-baking/?utm_source=fb&utm_medium=pagepost&utm_content=yummly&utm_campaign=emergency-ingredient-substitutions-for-baking

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

