

Totally Tuscan Cranberry Polenta Cakes + Outrageous Orange Honey Yogurt Glaze + Cranberry Orange Italian Bubbles



totally tuscan cranberry polenta cakes

preheat+wash+zest+squeeze

Preheat oven to 350 degrees F, Wash **1 orange** well! Then zest the orange part of the peel using a box grater until the whole orange is zested. Cut the orange in quarters and squeeze all of the juice out into a bowl. Set the juice aside for the Orange Honey Yogurt Glaze and Italian Bubbles (recipes below)!

measure+crack+whisk

Measure $\frac{3}{4}$ C **brown sugar** and pour into a mixing bowl. Crack **4 eggs** and add to bowl. Whisk sugar and eggs together until combined.

measure+add+mix

Measure $\frac{1}{3}$ C **olive oil**, $1 \frac{1}{2}$ C **flour**, $\frac{1}{2}$ C **fine yellow cornmeal**, **2 tsp baking powder**, $\frac{1}{2}$ tsp **salt**, and **1 tsp vanilla** and add to the egg and sugar bowl. Mix until fully combined and there are no visible bits of flour left.

add+fold+scoop+bake

Add **1 cup fresh or frozen cranberries** and **orange zest** and gently fold into the batter. Scoop about $\frac{1}{4}$ C batter into each well of a buttered muffin tin. Alternatively, you could bake the cake in a buttered bundt pan. Bake for 15-20 minutes, or until cake centers are cooked through! Let cool slightly, then frost with **Outrageous Orange Honey Yogurt Glaze** (recipe below!).

::recipes continued::

Family Fun Recipes

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outrageous orange honey yogurt glaze

measure+add+mix

Measure **½ C Greek yogurt** and **2 T fresh orange juice** to a mixing bowl. Then add **¼ tsp vanilla extract**, **2 T honey**, and **a pinch of salt**. Mix together to combine.

spread+enjoy

Using a spoon, add a dollop (about 2 tsp) of glaze to each cooled polenta cake and spread to cover the top and ENJOY!

EGG-FREE totally tuscan cranberry polenta cakes

preheat+wash+zest+squeeze

Preheat oven to 350 degrees F, Wash **4 oranges** well! Then zest 1 orange using a box grater until the whole orange is zested. Cut all of the oranges into quarters and squeeze all of the juices out into a bowl.

measure+add+whisk

Measure **¾ C brown sugar** and **1 tsp vanilla extract** and add to a mixing bowl. Measure **¾ C orange juice** and add that, too. Whisk until well combined.

measure+add+mix

Measure **¼ C olive oil**, **1 C flour**, **½ cup fine yellow cornmeal**, **1 T cornstarch**, **1 tsp baking powder**, and **½ tsp salt to the mixing bowl**. Mix until well combined.

add+fold+scoop+bake

Add **1 cup fresh or frozen cranberries** and **orange zest** and gently fold into the batter. Scoop about ¼ C batter into each well of a buttered muffin tin. Alternatively, you could bake the cake in a buttered bundt pan. Bake for 15-20 minutes, or until cake centers are cooked through! Let cool slightly, then frost with **Outrageous Orange Honey Yogurt Glaze** (recipe above!).

::recipes continued::

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cranberry orange italian bubbles

measure+add+blend

Measure **and add** $\frac{1}{4}$ cup fresh or frozen cranberries, 3 T brown sugar, and $\frac{2}{3}$ C water to a blender or food processor. Blend until pureed.

strain+pour+enjoy!

Pour cranberry mixture through a sieve to catch the seeds! Pour the strained mixture into a pitcher, add **2 C sparkling water**, and stir. Then pour into cups and enjoy!

::continued::



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shopping list!

Totally Tuscan Cranberry Polenta Cakes

- 1 orange
- 1 C fresh or frozen cranberries
- 4 large eggs
- $\frac{3}{4}$ C brown sugar
- $\frac{1}{2}$ C fine yellow cornmeal
- 2 tsp baking powder

- $\frac{1}{2}$ tsp salt
- 1 tsp vanilla extract

EGG-FREE Polenta Cakes

- 4-5 oranges
- $\frac{3}{4}$ C sugar
- 1 tsp vanilla
- $\frac{1}{4}$ C olive oil
- 1 C all-purpose flour
- $\frac{1}{2}$ C fine yellow cornmeal
- 1 T cornstarch
- 1 tsp baking powder
- $\frac{1}{2}$ tsp salt
- 1 C fresh or frozen cranberries

Outrageous Orange Yogurt Glaze

- $\frac{1}{2}$ C Greek yogurt
- 2 T fresh orange juice (from orange above)
- $\frac{1}{4}$ tsp vanilla extract
- 2 T honey
- Pinch of salt

Cranberry Orange Italian Bubbles

- $\frac{1}{4}$ C fresh or frozen cranberries
- 3 T brown sugar
- 2 C sparkling water

::continued::

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What exactly is Polenta?!

Polenta is a very old dish of Italian origin made from flour obtained from a number of cereals, the most commonly used today being corn. It can be boiled into a hot porridge or cooked, then cooled into a loaf that can be baked, grilled, or fried. It can also be stirred into batter to make cake!

How is corn polenta made? First, corn is dried and ground, then it is boiled in water or broth to create a warm, creamy mixture (kind of like porridge). When cooked this way, it has a mild, nutty corn flavor. Polenta is often jazzed up with butter, cheese, herbs, and vegetables.

The Surprise Ingredient: Cranberries!

- ★ Cranberries are a true superfruit! Indigenous to North America, eighty percent of cranberries grown worldwide are harvested in the United States and Canada today. Long before the days of medical research, Native Americans intuited the health benefits of cranberries, and used them as a blood purifier, laxative, and fever reducer. Besides for medicine, cranberries were used for cooking, to make dyes, and as bait to trap the snowshoe hare.
- ★ There aren't many fruits or vegetables native to North America! Other native fruits include blueberries and Concord grapes.
- ★ About 80 million pounds -- or 20 percent of the cranberries harvested per year -- are gobbled up during Thanksgiving week!
- ★ Cranberries can be added to smoothies, baked into puddings, cakes, and pies. They can be made into jam, relish, and sherbet.
- ★ Cranberries are also called "bounce-berries" because the small pockets of air make them bounce and float in the bogs when they are ready to harvest!
- ★ Cranberries are a source of Resveratrol, which is an antioxidant also found in the skins of red grapes and in pomegranates. Resveratrol protects the brain and is often given in supplemental form to patients with Alzheimer's disease, as it has been shown to reduce amyloid plaque pathology - amyloid plaques are a major contributor to Alzheimer's and other dementias.

Time for a laugh!

Why did the cranberries turn red?

Because they saw the turkey dressing!

What's the difference between a pirate and a cranberry farmer?

Pirate buries his treasure, but a cranberry farmer treasures his berries.

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