



Spring into
BakingTM

See inside for recipes





Chocolate Ganache Pie with Raspberries

Prep: 20 minutes + chilling | **Bake:** 20 minutes | **Makes:** 10 servings | **Freezing:** excellent without berries

No Roll Crust

1 ½ cups (325 mL) **Robin Hood**® All Purpose Flour
½ cup (75 mL) icing sugar
½ tsp (2 mL) salt
½ cup (125 mL) **Crisco**® All-Vegetable Shortening, cold and cubed

Chocolate Ganache Filling

1 cup (250 mL) dark chocolate, chopped (5 oz/150 g)
1 can (370 mL) **Eagle Brand**® Low Fat Sweetened Condensed Milk
2 tbsp (30 mL) butter, softened
2 cups (500 mL) fresh raspberries

1. No Roll Crust: Preheat oven to 375°F (190°C). Place flour, sugar and salt in food processor; add shortening and pulse until the mixture starts to clump together.

2. Transfer flour mixture to 9" (23 cm) pie plate; press evenly over the bottom and up the sides. Prick all over with a fork; chill in refrigerator for 30 minutes.

3. Bake for 18-20 minutes or until lightly golden. Shield crust with foil to prevent over browning during the last few minutes of baking if necessary. Cool completely, 30-40 minutes.

4. Chocolate Ganache Filling: In a heavy saucepan, heat chocolate and sweetened condensed milk over medium-low heat; stirring constantly, until melted and smooth, 3-5 minutes.

5. Stir in butter until melted and pour into prepared crust. Garnish with fresh raspberries. Chill in refrigerator until set, 4 hours to overnight.



Nutrients Per Serving: 1 slice (4.3 OZ) Cal 441 | Pro 7.7 g
Fat 24.4 g | Carbs 52.5 g | Fibre 4.1 g | Sodium 185 mg | Chol 11 mg



Spring Cupcakes

Prep: 1 hour (including decorating time) | **Bake:** 25 minutes | **Makes:** 24 cupcakes | **Freezing:** excellent

Cupcakes

2 ½ cups (575 mL) **Robin Hood®** All Purpose Flour
 2 cups (500 mL) granulated sugar
 5 tsp (25 mL) baking powder
 1 tsp (5 mL) salt
 1 can (370 mL) **Carnation®** Fat Free Evaporated Skim Milk
 ¾ cup (175 mL) butter, softened
 1 tbsp (15 mL) vanilla extract
 3 eggs

Fluffy White Frosting

¾ cup (150 mL) **Crisco®** All-Vegetable Shortening, softened
 2 tbsp (30 mL) **Carnation®** Fat Free Evaporated Skim Milk
 ¾ cup (150 mL) butter, softened
 2 tsp (10 mL) vanilla extract
 4 cups (1 L) icing sugar

1. Preheat oven to 350°F (180°C). Line two, 12-cup muffin pans with paper liners and lightly grease pan tops.

2. Cupcakes: Whisk flour, sugar, baking powder and salt until combined.

3. Measure out and reserve 2 tbsp (30 mL) of evaporated milk to use in frosting. Add remaining evaporated milk, butter, vanilla and eggs to flour mixture. Beat on medium or whisk until smooth.

4. Divide batter evenly between muffin cups, filling three-quarters full. Bake for 20-25 minutes or until a toothpick inserted into centre of cupcake comes out clean. Transfer cupcakes to wire rack; cool completely before frosting, 20-30 minutes.

5. Frosting: Beat shortening, reserved evaporated milk, butter and vanilla until fluffy. Add sugar, one cup at a time, beating until light and fluffy.

Tip: Add a few drops of food colouring to the icing for a rainbow of colours.



Nutrients Per Serving: 1 cupcake (3.3 OZ) Cal 368 | Pro 3.8 g
 Fat 18.3 g | Carbs 48.5 g | Fibre 0.3 g | Sodium 265 mg | Chol 53 mg



Apricot Oat Soda Bread

Prep: 10 minutes | **Bake:** 35 minutes | **Makes:** 12 servings | **Freezing:** not recommended

Bread

1 can	(370 mL) Carnation® Fat Free Evaporated Skim Milk
½ cup	(75 mL) lemon juice
1 ½ cups	(375 mL) large flake oats
½ cup	(75 mL) Crisco® Vegetable Oil
3 cups	(750 mL) Robin Hood® Nutri™ Flour Blend
3 tbsp	(45 mL) light brown sugar
1 ½ tsp	(7 mL) each; baking powder and baking soda
1 tsp	(5 mL) salt
1 cup	(250 mL) dried apricots, chopped

Topping

2 tbsp	(30 mL) large flake oats
1 tsp	(5 mL) Robin Hood Nutri Flour Blend

1. Preheat oven to 375°F (190°C). Line a baking sheet with parchment paper.
2. Bread: In a medium bowl, mix evaporated milk and lemon juice. Mix in oats and oil; let stand for 5 minutes. In a separate large bowl, blend flour, sugar, baking powder, baking soda and salt until well combined. Make a well in dry ingredients.
3. Add wet ingredients and apricots to dry ingredients and stir. Knead gently using floured hands until no dry patches remain (dough will be sticky).
4. Transfer dough to baking sheet and pat into a 1" (2.5 cm) thick oval. Score with a large "X" (about ¼ "/5 mm deep) using a sharp knife.
5. Topping: Gently press additional oats into crust; dust with flour. Bake for 35-40 minutes or until golden and a toothpick inserted into the centre comes out clean. Transfer to a rack and cool before slicing.

Tip: Substitute any of your favourite dried fruit like cranberries or raisins to personalize your bread.



Nutrients Per Serving: 1 slice (4.5 OZ) Cal 287 | Pro 9.8 g
Fat 7.6 g | Carbs 46.8 g | Fibre 5 g | Sodium 431 mg | Chol 1 mg



Honey and Spice Sticky Rolls

Prep: 1 ½ hours (including rising and resting) | **Bake:** 25 minutes | **Makes:** 12 buns | **Freezing:** not recommended

Dough

3 ¼ cups (800 mL) **Robin Hood**® Best for Bread Flour
 1 tbsp (15 mL) quick rise yeast
 1 ½ tsp (7 mL) salt
 ¾ cup (150 mL) water
 ¼ cup (50 mL) honey
 2 tbsp (30 mL) **Crisco**® Vegetable Oil
 1 egg, beaten

Honey Syrup

¾ cup (175 mL) honey
 ¼ cup (50 mL) butter, melted
 2 tsp (10 mL) each; ground cinnamon and ginger
 pinch each; ground cloves and nutmeg
 ¾ cup (175 mL) almonds, sliced and toasted

1. Dough: In a food processor, pulse flour, yeast and salt to combine. Meanwhile, heat water, honey and oil over medium heat for 2-3 minutes.
2. With motor running, drizzle in water mixture and egg; pulse for 30 seconds or until dough forms a ball. Transfer to a lightly oiled bowl and turn to coat. Cover and let rise in a warm place for 30 minutes.
3. Honey Syrup: Blend honey, butter, cinnamon, ginger, cloves and nutmeg. Pour half of the mixture into a greased, 9" x 13" (3 L) baking dish.
4. Roll out dough on a lightly floured surface into a 12" x 18" (30 cm x 45 cm) rectangle. Spread remaining half of honey mixture over the dough (leaving a 1 ½"/2.5 cm border); sprinkle evenly with the almonds.
5. Roll dough, into a log; trim edges. Slice into 12 equal-sized portions and arrange rolls, cut side up, in prepared baking dish. Cover and let rest for 30 minutes.
6. Preheat oven to 375°F (180°C). Bake for 25 minutes or until golden. Cool for 5 minutes before turning onto a rimmed baking sheet.



Canadian Wheat Makes it Good

Nutrients Per Serving: 1 sticky roll (3.4 OZ) Cal 309 | Pro 7 g
 Fat 9.9 g | Carbs 51 g | Fibre 1.9 g | Sodium 312 mg | Chol 26 mg



Canadian Wheat Makes it Good



Coconut Crunch Muffins

Nothing draws a family together like the aroma of warm, fresh, home baking. When you use Robin Hood® Flour you are adding the unsurpassed goodness of 100% Canadian Wheat. After all, we want your family to have nothing but our best.

For this recipe and more, visit robinhood.ca

Robin Hood® Nutri™ Flour Blend

can be substituted, cup for cup for All Purpose Flour!

- *Tastes like white flour*
- *As soft as white flour with all the fibre of whole wheat flour*
- *A blend of our finest unbleached flour and ground wheat bran*



Nutri™ Flour Blend contains 3 grams of fibre per serving.