

Healthful Holiday Baking Tips



Cranberry Upside-Down Cake is a delicious, healthy treat.

(NAPSA)—This holiday season, you can make quick and easy substitutions, such as using canola oil in place of butter, in traditional baking recipes and help cut saturated fat from your diet.

Use $\frac{3}{4}$ cup canola oil for each cup of butter or shortening called for in your favorite family recipes without changing the delicious flavor. You're getting a healthier fat and less of it overall. And canola oil is free of cholesterol and trans fat. Here are more substitutions:

Solid Fat	Canola Oil
1 Cup	$\frac{3}{4}$ Cup
$\frac{3}{4}$ Cup	$\frac{2}{3}$ Cup
$\frac{1}{2}$ Cup	$\frac{1}{3}$ Cup
$\frac{1}{3}$ Cup	$\frac{1}{4}$ Cup
$\frac{1}{4}$ Cup	3 Tbsp.



Or, for a new holiday treat, try this festive heart-healthy cake. Serve as a breakfast cake, dessert or afternoon snack.

Cranberry Upside-Down Cake

- $1\frac{1}{2}$ cups whole grain pastry flour**
- 1½ teaspoons baking powder**
- 1 teaspoon baking soda**
- $\frac{1}{2}$ teaspoon ground cinnamon**
- $\frac{1}{4}$ teaspoon salt**
- $\frac{3}{4}$ cup packed brown sugar**

- $\frac{1}{2}$ cup canola margarine**
- $1\frac{1}{4}$ cups cranberries**
- $\frac{1}{2}$ cup pecans**
- $\frac{1}{3}$ cup canola oil**
- $\frac{3}{4}$ cup sugar**
- 2 eggs**
- 1 teaspoon vanilla extract**
- 1 cup low-fat sour cream**

Preheat oven to 350°F. Wrap outside of 9-inch springform pan with aluminum foil to prevent leaking. Sift flour, baking powder, baking soda, cinnamon and salt; set aside. In saucepan over medium heat, combine brown sugar and margarine. Bring to a boil; pour into the bottom of pan. Sprinkle with cranberries and pecans. In large bowl, blend oil and sugar with electric mixer on medium speed until light and fluffy. Beat in eggs one at a time; stir in vanilla. Beat in flour mixture alternately with sour cream. Pour into prepared pan. Bake for 35 to 40 minutes until golden brown. Cool 5 minutes. Turn upside down onto serving dish; remove pan. Yield: 8 servings

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