

Nancy's Nifty Nook

BRADFORD'S ORIGINAL BULK FOOD & HEALTH SUPPLEMENT STORE



OCTOBER is SUPPLEMENT SALE MONTH

**SAVINGS from 10-35%
on selected items from**

NATURAL FACTORS

FLORA

SISU

BELL'S LIFESTYLE

ST. FRANCIS HERB CO.

LORNA VANDERHAEGHE

ASSURED NUTRITION

&

IN OUR GROCERY LINE

All Tea's-20% OFF

ETHICAL BEAN COFFEE-20% OFF

GREAVES JAMS,

JELLIES &

CHUTNEYS-25% OFF

HAPPY THANKSGIVING!

We will be closed on Thanksgiving Monday
Enjoy the holiday weekend with friends & family and be thankful
that we live in such a beautiful country...take a drive & see the
wonderful colours that we have in our countryside.

PUMPKIN BUNDT CAKE

Blend together and set aside:

3 cups all-purpose flour (regular all-purpose
or 2 cups gluten free mix and 1 cup sorghum
flour)

2 tsp baking soda

2 tsp baking powder (3 tsp. if it is gluten free)

3 tsp cinnamon

1-2 tsp ground ginger

1 tsp salt



Beat together in a bowl:

4 eggs beaten

1 1/3 cup white sugar

Add: 1 1/4 cups canola OR other oil

2 cups cooked, mashed pumpkin

Stir in the above flour mixture.

Fold in:

1/2 cup chopped toasted pecans or walnuts

2 cups chocolate-chips OR chopped candied ginger

NOTE: I did 1 cup carrots instead of nuts and 1 cup chocolate
chunks and 1 cup chopped candied ginger.

Put in a greased floured bundt pan.

Bake in preheated oven at 350F for 50-60 minutes.

Cool in pan for 10 minutes.

Turn out on rack to cool completely.

We sampled this at Carrot Fest weekend and had rave reviews.
A nice Fall Dessert.