100th ANNIVERSARY COOKBOOK
SERVING AMERICAN FAMILIES & THE WORLD SINCE 1912
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A CENTURY OF SUNSHINE
CELEBRATING 100 YEARS OF SUN-MAID RAISINS & DRIED FRUITS

FOUNDED IN 1912,
SUN-MAID GROWERS OF CALIFORNIA
is the world’s largest producer and processor of raisins and other premium quality dried fruits, distributing to 50 countries worldwide.

As a farmers’ cooperative, Sun-Maid is privately owned by 750 families who farm 50,000 acres centrally located in California. This unique growing area—featuring long dry summers optimal for grape production and natural sun-drying of grapes into raisins—has been the heart of the raisin industry since early settlers immigrated to California after the Gold Rush in the 1800s.

Since its establishment in 1912 and into the 21st century, Sun-Maid has represented quality, a willingness to change with technology, and a focus on the customer. Continually searching for new ways to bring raisins and dried fruits to the kitchens and tables of American families and the world, Sun-Maid has, over the course of a century, developed a diverse assortment of recipes. This recipe booklet features a selection of favorites from the past 100 years of Sun-Maid’s delicious and colorful history.
Family farmers utilize sustainable natural resources of sun, soil, and water to produce naturally sun-dried raisins. At the processing facility, specialized equipment washes the raisins before they are packed into a variety of packages.

RAISINS AND DRIED FRUITS

often play an important part of holiday traditions, and their special foods and feasts. Though the dishes vary greatly from across the globe—from flaky pastries to rich puddings and spiced breads—there are raisin and dried fruit recipes for every celebration and religion. Hot Cross Buns (page 8) are an Easter tradition, making Classic Oatmeal Raisin Cookies (page 19) is a quick and easy, family-friendly activity any time of year, Spicy Asian Slaw (page 11) spices up holiday meals with international ingredients, and Cinnamon Raisin Bread Pudding (page 23) is a old-fashioned holiday dessert.

Available year-round, economical, and easy to use, raisins and dried fruits are the world’s most versatile food ingredients! While their applications are limitless, some favorites include: baked into breads, cakes, cookies, muffins, and pies, cooked with vegetables and meats, added to rice and other side dishes, stirred into salads, and eaten out of hand.

The quintessential California girl, the Sun-Maid Girl is often used to convey the wholesome, healthful qualities of Sun-Maid raisins and dried fruits, which have long been valued for their freshness and quality.

International health researchers recognize traditional dried fruits as equivalent to fresh fruits and recommend they be considered side-by-side in dietary guidelines.

For Banana French Toast made with Sun-Maid Raisin Bread, see page 7.

By 1964, further modernization of processes led to the construction and move to a new facility in neighboring Kingsburg. Situated on 73 acres, the 640,000-square-foot plant was voted one of America’s top new plants by Factory Magazine.

From 1926 to 1932, renowned American artist Norman Rockwell created a number of paintings for use in Sun-Maid advertising.
**INGREDIENTS**

- 8 slices Sun-Maid Raisin Bread
- 2 medium bananas cut in ¼-inch slices
- 1 cup milk
- 4 ounces softened cream cheese
- 3 eggs
- ½ cup granulated sugar
- 3 tablespoons all-purpose flour
- 2 teaspoons vanilla extract
- Powdered sugar (optional)

**METHOD**

1. Heat oven to 350°F.
2. Place four slices of raisin bread in a single layer in a buttered 9-inch square baking dish. Top with bananas and four slices of raisin bread.
3. Blend milk, cream cheese, eggs, sugar, flour and vanilla in a blender or food processor until smooth.
4. Pour over raisin bread. Let stand 5 minutes or refrigerate overnight.
5. Bake 40 to 45 minutes (50 to 55 minutes if refrigerated) until set and top is toasted. Let stand 10 minutes.
6. Cut French toast into diagonal halves and remove with spatula. Dust servings with powdered sugar if desired.

Makes 4 servings.

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**INGREDIENTS**

- 1 cup packed brown sugar
- 6 tablespoons butter or margarine
- ½ cup honey
- 4 cups uncooked oats
- 2 cups crisp rice cereal
- 4 teaspoons ground cinnamon
- 2 cups sliced blanched almonds
- 2 cups Sun-Maid Natural Raisins
- 1 cup Sun-Maid Dried Apples, diced

**METHOD**

1. Arrange oven racks in center and upper third of oven. Heat oven to 350°F. Line 2 jelly-roll pans with foil or silicone baking liners.
2. Heat sugar, butter and honey in a medium saucepan over medium-high heat about 5 minutes, until butter is melted and sugar is dissolved.
3. Meanwhile, combine oats, rice cereal, cinnamon and almonds in a large bowl.
4. Pour melted-butter mixture over oat mixture and toss to coat. Divide and spread mixture between prepared pans. Bake 20 to 25 minutes, stirring every 10 minutes, rotating sheets between racks until granola is toasted.
5. Cool granola on pans, 5 minutes, then transfer to a large bowl. Stir in raisins and apples and cool completely.

Makes 14 (1-cup) servings.

**MAKE-AHEAD TIP**

Granola can be made ahead. Store at room temperature in resealable plastic storage bags up to 2 weeks.
## Sunshine Raisin Muffins

**INGREDIENTS**

- 1 cup *Sun-Maid Natural Raisins*
- ½ cup orange juice
- 2 teaspoons grated orange zest
- 2 cups all-purpose flour
- ¼ cup granulated sugar
- 1½ teaspoons baking powder
- ½ teaspoon baking soda
- 1 large egg, lightly beaten
- ½ cup butter, melted and cooled slightly

**METHOD**

1. Heat oven to 350°F. Coat 12-cup muffin tin with nonstick spray.
2. Combine raisins, orange juice and zest in a small bowl; set aside.
3. Stir together flour, sugar, baking powder and baking soda in a medium mixing bowl.
4. Add egg, butter, raisins and orange juice; stir just until moistened. Fill muffin cups ⅔ full.
5. Sprinkle tops with streusel (recipe below) and bake 25 minutes or until toothpick comes out clean.

**STREUSEL**

- ¼ cup all-purpose flour
- ¼ cup granulated sugar
- 2 tablespoons butter

## Hot Cross Buns

**INGREDIENTS**

- ½ cup warm water (110-115°F)
- 2 packages (¼ ounce) active dry yeast
- ¼ cup milk
- ½ cup butter
- ½ cup granulated sugar
- ½ teaspoon salt
- 1 large egg
- 4 cups all-purpose flour, or 2 cups each all-purpose and whole wheat flour
- 1 teaspoon cinnamon
- ¼ teaspoon nutmeg
- 1 cup *Sun-Maid Natural Raisins*
- 1 egg yolk

**GLAZE**

- 1 cup powdered sugar
- 1 tablespoon milk
- ½ teaspoon vanilla

**METHOD**

1. Stir warm water and yeast in a large mixing bowl or stand mixer bowl.
2. Heat milk and butter in a saucepan or microwave until 120°F, or very warm but not hot to the touch. Butter does not need to completely melt. Stir in sugar and salt.
3. Add milk mixture, egg, 2 cups flour, cinnamon and nutmeg to yeast. Beat until smooth.
4. Gradually mix in remaining flour. Stir in raisins. Dough will be soft and slightly sticky. Cover and let rise in draft-free place for one hour until about doubled in bulk. Or, cover and refrigerate several hours or up to overnight.
5. Punch down dough and divide into 24 equal pieces. Roll into balls and place on greased or parchment lined baking sheet.
6. Mix egg yolk with 2 teaspoons water; brush on tops of dough balls. Let rise 30 minutes.
8. Stir glaze ingredients to make a smooth frosting-like consistency. Scoop into a zip-top plastic sandwich bag and snip one corner. Squeeze in a cross over cooled rolls.

_Makes 24 buns._
### Spicy Asian Slaw

**INGREDIENTS**

- 3 tablespoons rice vinegar
- 2 tablespoons soy sauce
- 1 tablespoon dark sesame oil
- ¼ teaspoon crushed red pepper flakes
- 4 cups (8 ounces) packaged coleslaw mix (shredded fresh cabbage and carrots)
- ½ cup Sun-Maid Natural Raisins
- ⅓ cup thinly sliced green onions
- ⅛ cup peanuts or chopped cashews (optional)

**METHOD**

1. Combine vinegar, soy sauce, sesame oil, and pepper flakes. Mix well.
2. Add coleslaw mix, raisins, and green onions. Toss well.
3. Chill at least 1 hour or up to 24 hours before serving. Sprinkle with peanuts, if desired.

*Makes 4 servings.*

### Snappy Salsa

**INGREDIENTS**

- ½ cup diced red bell pepper
- ½ cup diced yellow bell pepper
- ½ cup diced green bell pepper
- 1 cup Sun-Maid Natural Raisins or Sun-Maid Apricots or Sun-Maid Peaches
- 1 cup diced fresh pineapple
- ½ cup diced red onion
- ½ cup jicama (optional)
- ¼ cup finely chopped cilantro or parsley
- ½ seeded and minced jalapeño
- 2-3 tablespoons lime juice
- 1 small clove garlic, minced
- ½ teaspoon chili powder
- ¼ teaspoon ground cumin
- ½ teaspoon salt

**METHOD**

1. Combine all ingredients in medium bowl.
2. Cover and refrigerate for at least 1 hour for flavor to develop.
3. Serve with chips (low fat), as a dip, or on Bruschetta (see below).

*Makes 3 cups.*

#### BRUSCHETTA

A favorite Italian appetizer and snack. Rub thin slices of baguette (small French bread) with one clove garlic. Grill or bake slices in 350°F oven until crisp, 5 to 10 minutes. Top each slice with 1 tablespoon goat cheese or other soft white cheese and 1 tablespoon Snappy Salsa.
### Picadillo Tacos

<table>
<thead>
<tr>
<th>INGREDIENTS</th>
<th>METHOD</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 pound ground beef or pork</td>
<td>1 In large skillet, brown meat, onion and garlic; drain fat if needed.</td>
</tr>
<tr>
<td>1 onion, chopped</td>
<td>2 Stir in tomatoes, raisins, cinnamon, cumin and cloves. Season with salt and pepper to taste.</td>
</tr>
</tbody>
</table>
| 1 clove garlic, minced | 3 Simmer uncovered 5 minutes, stirring occasionally.  
Makes 6 servings. |
| 1 can (16 ounces) stewed tomatoes | |
| 1 cup Sun-Maid Natural Raisins | |
| ¾ teaspoon cinnamon | |
| ¼ teaspoon ground cumin | |
| Dash cloves | |
| Salt and pepper | |

**PICADILLO**

Picadillo is an early California dish, most likely introduced by Spanish explorers. It is a delightful blend of meat, spices and fruit which can be rolled in heated flour tortillas, used as a taco filling, or in empanadas (small pastry turnovers).

### Cranberry Raisin Turkey Wraps

<table>
<thead>
<tr>
<th>INGREDIENTS</th>
<th>METHOD</th>
</tr>
</thead>
<tbody>
<tr>
<td>½ cup water</td>
<td>1 Combine water, sugars and vinegar in a medium saucepan.</td>
</tr>
<tr>
<td>½ cup packed brown sugar</td>
<td>2 Cook over medium heat until sugars dissolve.</td>
</tr>
<tr>
<td>¼ cup granulated sugar</td>
<td>3 Add cranberries, raisins, onion, ginger and pepper flakes. Bring to a simmer and cook 5 to 10 minutes or until mixture thickens slightly.</td>
</tr>
<tr>
<td>¼ cup cider vinegar</td>
<td>4 Cool, then cover and refrigerate until chilled.</td>
</tr>
<tr>
<td>2 cups fresh or frozen cranberries</td>
<td>5 Combine cream cheese and cheddar cheese.</td>
</tr>
<tr>
<td>¼ cup Sun-Maid Natural Raisins</td>
<td>6 Spread about 3 tablespoons cheese mixture in a thin layer over each tortilla.</td>
</tr>
<tr>
<td>½ cup chopped onion</td>
<td>7 Arrange several slices of turkey evenly over cheese.</td>
</tr>
<tr>
<td>1 tablespoon fresh ginger, grated</td>
<td>8 Top each with 2 to 3 tablespoons cranberry-raisin mixture, one tablespoon walnuts and one heaping teaspoon cilantro.</td>
</tr>
<tr>
<td>½ teaspoon red pepper flakes</td>
<td>9 Roll up tortillas and wrap individually in aluminum foil.</td>
</tr>
</tbody>
</table>
| 6 tablespoons cream cheese, softened | 10 Heat oven to 350°F. Arrange wraps on a baking sheet. Bake at 350°F just until warm, about 5 to 10 minutes.  
Makes 6 servings. |
| 1½ cups shredded sharp cheddar cheese | |
| 6 8-inch flour tortillas | |
| 1¼ pounds sliced deli turkey | |
| 6 tablespoons chopped walnuts | |
| ½ cup fresh cilantro, chopped | |
Zucchini Ribbons Pizza

**INGREDIENTS**

<table>
<thead>
<tr>
<th>Quantity</th>
<th>Item</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>tablespoon olive oil</td>
</tr>
<tr>
<td>1</td>
<td>large garlic clove, minced</td>
</tr>
<tr>
<td>1</td>
<td>teaspoon grated lemon zest</td>
</tr>
<tr>
<td>1</td>
<td>small zucchini (about 1x7 inches)</td>
</tr>
<tr>
<td>1</td>
<td>11-inch prepared pizza crust (or two 8-inch crusts)</td>
</tr>
<tr>
<td>½</td>
<td>cup (4 ounces) crumbled feta cheese or soft goat cheese</td>
</tr>
<tr>
<td>½</td>
<td>cup Sun-Maid Golden Raisins or Sun-Maid Natural Raisins</td>
</tr>
<tr>
<td>¼</td>
<td>cup shredded Parmesan cheese</td>
</tr>
<tr>
<td>1</td>
<td>tablespoon pine nuts</td>
</tr>
</tbody>
</table>

**METHOD**

1. Heat oven to 375°F.
2. Combine olive oil, garlic and lemon zest in a medium bowl and set aside.
3. Slide a vegetable peeler firmly along the length of the zucchini to make thin “ribbons.”
4. Mix zucchini ribbons thoroughly with olive oil mixture.
5. Crumble feta or spread goat cheese evenly over pizza crust. Sprinkle raisins over cheese.
6. Arrange zucchini evenly on top, lightly folding and mounding zucchini ribbons. Sprinkle with Parmesan and pine nuts.
7. Bake on oven rack or a baking sheet for 15 to 18 minutes until cheese is melted and crust is lightly crisped.

Makes 4 servings.
Sunshine Spinach Salad

**INGREDIENTS**
- 4 cups spinach, trimmed, torn in pieces and chilled
- 3 oranges, peeled and sliced
- 1 avocado, peeled and sliced
- 1 small red onion, thinly sliced
- 1 cup Sun-Maid Natural Raisins
- ½ cup slivered almonds, toasted
- 1 tablespoon sesame seeds, toasted
- Salt and pepper

**METHOD**
1. Combine all salad ingredients except salt and pepper.
2. Combine all dressing ingredients; blend well.
3. Pour dressing over salad; add salt and pepper to taste.
4. Gently toss and serve.

Makes 4 servings.

Greek Style Orzo Salad

**INGREDIENTS**
- 8 ounces dry orzo (about 1¼ cups), cooked and cooled
- 1 cup cherry tomatoes, halved
- 1 cup thinly sliced cucumber
- ½ cup Sun-Maid Natural Raisins
- ½ cup pitted Kalamata olives, quartered
- ¼ cup thinly sliced red onion
- 4 ounces feta cheese, crumbled
- ¼ cup toasted pine nuts
- 3 tablespoons chopped fresh mint
- 1 lemon
- ¼ cup olive oil
- 2 tablespoons red wine vinegar
- ¼ teaspoon each salt and pepper

**METHOD**
1. Combine pasta and next 8 ingredients (tomatoes through mint) in a large bowl.
2. Grate zest of the lemon over ingredients in bowl. Squeeze lemon juice to measure 2 tablespoons.
3. Whisk together lemon juice, olive oil, vinegar, salt and pepper. Pour over salad and stir gently to combine. Let stand 30 minutes for flavors to blend.
4. Serve over spinach leaves for a vegetarian entree, or top with grilled chicken or sausage.

Note: Leftover salad keeps well refrigerated for up to 2 days.

Makes 6 servings.
### Classic Raisin Oatmeal Cookies

<table>
<thead>
<tr>
<th>INGREDIENTS</th>
<th>METHOD</th>
</tr>
</thead>
<tbody>
<tr>
<td>¾ cup softened butter or margarine</td>
<td>1. Heat oven to 350°F.</td>
</tr>
<tr>
<td>1 cup packed brown sugar</td>
<td>2. Beat butter, brown sugar, granulated sugar, milk, egg and vanilla until light and fluffy.</td>
</tr>
<tr>
<td>½ cup granulated sugar</td>
<td>3. Combine flour, cinnamon, baking soda and salt.</td>
</tr>
<tr>
<td>¼ cup milk</td>
<td>4. Add to butter mixture and mix well.</td>
</tr>
<tr>
<td>1 large egg</td>
<td>5. Stir in oats, raisins and nuts, if using. Drop by tablespoonfuls onto greased cookie sheets.</td>
</tr>
<tr>
<td>1 teaspoon vanilla extract</td>
<td>6. Bake 12 to 15 minutes. Remove from cookie sheets.</td>
</tr>
<tr>
<td>1 cup all-purpose flour</td>
<td>7. Cool on wire racks.</td>
</tr>
<tr>
<td>1 teaspoon ground cinnamon</td>
<td></td>
</tr>
<tr>
<td>½ teaspoon baking soda</td>
<td></td>
</tr>
<tr>
<td>¼ teaspoon salt</td>
<td></td>
</tr>
<tr>
<td>3 cups quick or old-fashioned oats</td>
<td></td>
</tr>
<tr>
<td>1 cup Sun-Maid Natural Raisins</td>
<td></td>
</tr>
<tr>
<td>1 cup coarsely chopped nuts (optional)</td>
<td></td>
</tr>
</tbody>
</table>

Makes 3 dozen cookies.

### Monte Cristo Sandwich

<table>
<thead>
<tr>
<th>INGREDIENTS</th>
<th>METHOD</th>
</tr>
</thead>
<tbody>
<tr>
<td>4 teaspoons honey Dijon mustard</td>
<td>2. Spread ½ teaspoon mustard on each slice of raisin bread.</td>
</tr>
<tr>
<td>4 ounces (8 slices) deli sliced swiss cheese</td>
<td>3. Layer between the two slices of bread: 1 slice cheese, 2 slices ham, and another slice of cheese. Repeat to make four sandwiches.</td>
</tr>
<tr>
<td>4 ounces (8 slices) deli sliced ham</td>
<td>4. Whisk eggs, flour, butter, salt and pepper in a shallow dish until smooth. Blend in milk.</td>
</tr>
<tr>
<td>2 eggs</td>
<td>5. Dip both sides of sandwiches into egg mixture until bread is lightly soaked. Place on baking sheet; drizzle any remaining egg mixture over top of sandwiches.</td>
</tr>
<tr>
<td>2 tablespoons flour</td>
<td>6. Bake 8 to 10 minutes until bottom is golden brown. Turn with wide spatula and continue baking 8 to 10 minutes or until second side is golden brown. Serve warm.</td>
</tr>
<tr>
<td>1 tablespoon melted butter</td>
<td></td>
</tr>
<tr>
<td>½ teaspoon salt</td>
<td></td>
</tr>
<tr>
<td>¼ teaspoon black pepper</td>
<td></td>
</tr>
<tr>
<td>2 tablespoons milk</td>
<td></td>
</tr>
</tbody>
</table>

Makes 4 sandwiches.
Peanutty Raisin Drops

INGREDIENTS

- ½ cup butter or margarine, softened
- ¼ cup peanut butter
- ¼ cup granulated sugar
- ¼ cup firmly packed brown sugar
- 1 egg
- 1½ cups all-purpose flour
- ¼ teaspoon baking soda
- ¼ teaspoon baking powder
- ¼ teaspoon salt
- 1 cup Sun-Maid Natural Raisins

METHOD

1. Heat oven to 350°F.
2. Combine butter, peanut butter, granulated sugar, brown sugar and egg; beat until well blended.
3. In a separate bowl, combine flour, baking soda, baking powder and salt.
4. Add to butter mixture; mix well.
5. Stir in raisins.
6. Drop by tablespoonfuls onto ungreased cookie sheets.
7. Bake in upper third of oven for 12 to 15 minutes.
8. Remove from cookie sheets; cool on wire racks.

Makes 3 dozen cookies.

Quick Apricot Macaroons

INGREDIENTS

- 2 cups sweetened flaked coconut
- 1 cup Sun-Maid Apricots, chopped
- ⅓ cup sweetened condensed milk
- ¼ teaspoon salt

METHOD

1. Heat oven to 350°F.
2. Stir together coconut, apricots, condensed milk and salt.
3. Drop by tablespoonfuls onto a greased or parchment lined baking sheet.
4. Bake until edges are golden, 12 to 15 minutes.
5. Cool on baking sheet 2 minutes, then transfer to a wire rack to cool completely.

Makes 20 to 22 macaroons.
**Cinnamon Raisin Bread Pudding**

**INGREDIENTS**
- 3 large eggs
- ½ cup granulated sugar
- 1 teaspoon vanilla extract
- ¼ teaspoon salt
- ¼ teaspoon nutmeg
- 2½ cups milk or half & half
- ½ cup Sun-Maid Natural Raisins
- 2 tablespoons melted butter or margarine (optional)
- 6 slices Sun-Maid Raisin Bread cut into cubes
- ½ cup caramel ice cream topping

**METHOD**
1. Heat oven to 350°F.
2. Combine eggs, sugar, vanilla, salt and nutmeg. Mix well.
3. Add milk, raisins and butter (if using). Stir well.
4. Stir in bread cubes. Let stand 5 minutes or refrigerate overnight.
5. Spoon mixture into 8 greased (4 ounce) or 5 (8 ounce) custard cups or ramekins.
6. Place cups in a shallow baking pan. Add hot tap water to baking pan until halfway up sides of custard cups.
7. Bake for about 35 minutes or until puffed and golden brown. (Add 5-10 minutes if refrigerated).
8. Serve warm or at room temperature drizzled with caramel topping.

Makes 5 or 8 servings.

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**Sugar Plum Bars**

**INGREDIENTS**
- 1½ cups Sun-Maid Pitted Prunes (8 ounces or about 28 prunes), finely chopped
- ⅔ cup water
- ¾ cup granulated sugar
- 1 teaspoon grated lemon zest
- 1 tablespoon lemon juice
- ½ teaspoon cinnamon
- 2½ cups old-fashioned oats or quick oats
- ⅔ cup packed brown sugar
- 1 cup all-purpose flour
- ½ teaspoon baking soda
- ½ cup butter, melted

**METHOD**
1. Heat oven to 350°F.
2. Combine chopped prunes and water in a medium saucepan. Bring to a boil; reduce heat and simmer about 5 minutes stirring several times until water is absorbed and prunes are soft. Remove from heat and stir in granulated sugar, zest, juice and cinnamon.
3. Mix oats, brown sugar, flour and baking soda in a large bowl. Stir in butter until mixture is evenly blended. Reserve 1½ cups oats mixture; press remaining mixture evenly on bottom of an ungreased 9x13-inch baking pan.
4. Spread cooked prunes over oats layer to within ⅛-inch from edge of pan. Crumble remaining oats mixture evenly on top and press gently into prunes. Prune mixture will not be completely covered.

Makes 24 bars.
# Raisin Apple Strudel

<table>
<thead>
<tr>
<th>INGREDIENTS</th>
<th>METHOD</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 medium Granny Smith or Golden Delicious apples</td>
<td>1. Heat oven to 375°F.</td>
</tr>
<tr>
<td>1 ½ teaspoons lemon juice</td>
<td>2. Slice apples ¼-inch thick; toss with lemon juice.</td>
</tr>
<tr>
<td>¼ cup Sun-Maid Natural Raisins</td>
<td>3. Add raisins, sugar and cinnamon to apples; toss lightly to combine.</td>
</tr>
<tr>
<td>3 tablespoons granulated sugar</td>
<td>4. Unfold pastry sheet and place on floured work surface. Dust top with additional flour and roll to 11x13-inches.</td>
</tr>
<tr>
<td>¼ teaspoon cinnamon</td>
<td>5. Mound apples lengthwise on center third of pastry. Fold one side of pastry up and over to cover apples; firmly fold remaining pastry over top. Tuck ends under. Transfer to a baking sheet.</td>
</tr>
<tr>
<td>1 sheet (8.5 ounces) frozen puff pastry, thawed</td>
<td>6. Brush with melted butter and sprinkle with cinnamon topping. Cut 4 diagonal slits across top.</td>
</tr>
<tr>
<td>Flour for rolling pastry</td>
<td>7. Bake for 30-35 minutes or until pastry is golden brown and juices are bubbly. Serve warm or cool.</td>
</tr>
<tr>
<td>1 tablespoon melted butter</td>
<td>Recipe can be doubled using 1 package (17 1/8 oz) puff pastry.</td>
</tr>
</tbody>
</table>

## Light Citrus Cheesecake

<table>
<thead>
<tr>
<th>INGREDIENTS</th>
<th>METHOD</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>CRUST</strong></td>
<td>1. Heat oven to 375°F. Spray 9-inch springform pan with cooking spray.</td>
</tr>
<tr>
<td>1 cup Sun-Maid Golden Raisins</td>
<td>2. Process 1 cup golden raisins and walnuts in food processor until finely chopped, about 30 seconds.</td>
</tr>
<tr>
<td>1 cup walnuts</td>
<td>3. Press in bottom and ½ inch up sides of springform pan. Bake 8 minutes or until nuts are toasted and crust is set. Cool completely.</td>
</tr>
<tr>
<td><strong>FILLING</strong></td>
<td>4. Combine ¼ cup of the orange juice and the gelatin in 1-quart saucepan. Let stand 5 minutes or until soft.</td>
</tr>
<tr>
<td>¼ cup orange juice</td>
<td>5. Heat gelatin mixture over low heat just until gelatin is dissolved.</td>
</tr>
<tr>
<td>1 envelope unflavored gelatin</td>
<td>6. Stir in remaining orange juice and sugar. Heat just until mixture is warm and sugar is dissolved.</td>
</tr>
<tr>
<td>¾ cup granulated sugar</td>
<td>7. Beat cream cheese in large bowl with electric mixer on medium until light and fluffy. Gradually beat in warm orange juice mixture until well mixed. Beat in yogurt and 1 teaspoon orange peel. Stir in ½ cup golden raisins.</td>
</tr>
<tr>
<td>2 (8-ounce) packages fat-free cream cheese, softened</td>
<td>8. Pour mixture into crust. Garnish with citrus peel. Refrigerate at least 2 hours or until set.</td>
</tr>
<tr>
<td>1 (6-ounce) container low-fat lemon or orange-flavored yogurt</td>
<td><em>Makes 4 servings.</em></td>
</tr>
<tr>
<td>1 teaspoon grated lemon or orange peel</td>
<td>9. Mix finely shredded or zested lemon or orange peel for garnish.</td>
</tr>
<tr>
<td>½ cup Sun-Maid Golden Raisins</td>
<td>10. Press ½ cup of the orange juice and the gelatin mixture over low heat just until gelatin is dissolved.</td>
</tr>
</tbody>
</table>

*Makes 12 servings.*
INGREDIENTS

<table>
<thead>
<tr>
<th></th>
<th>METHOD</th>
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</thead>
<tbody>
<tr>
<td><strong>Tropical Carrot Cake</strong></td>
<td></td>
</tr>
<tr>
<td>4 large eggs</td>
<td>1 Heat oven to 350°F. Grease and coat with flour a 10-inch tube pan or 12-cup fluted tube pan.</td>
</tr>
<tr>
<td>1¾ cups granulated sugar</td>
<td>2 Combine eggs, sugar, oil and vanilla in large mixing bowl.</td>
</tr>
<tr>
<td>½ cup pure olive oil or vegetable oil</td>
<td>3 Beat with electric mixer until light and fluffy.</td>
</tr>
<tr>
<td>1 teaspoon vanilla extract</td>
<td>4 Combine flour, cinnamon, baking soda and salt in separate bowl. Gradually add to oil mixture; mix well. Stir in carrots, raisins, coconut, nuts, ginger and pineapple. Pour batter into greased pan.</td>
</tr>
<tr>
<td>2⅔ cups all-purpose flour</td>
<td>5 Bake for 1 hour or until toothpick inserted in center comes out clean. Cool 10 minutes. Remove from pan and cool on wire rack.</td>
</tr>
<tr>
<td>1 teaspoon ground cinnamon</td>
<td>6 Beat frosting ingredients until smooth. Spread on top and sides of cake. Sprinkle with ginger and coconut if desired.</td>
</tr>
<tr>
<td>1 teaspoon baking soda</td>
<td>Makes 12 servings.</td>
</tr>
<tr>
<td>½ teaspoon salt</td>
<td></td>
</tr>
<tr>
<td>2⅔ cups finely grated carrots (about 8 ounces)</td>
<td></td>
</tr>
<tr>
<td>1⅛ cups Sun-Maid Golden Raisins or Sun-Maid Natural Raisins</td>
<td></td>
</tr>
<tr>
<td>1 cup sweetened shredded coconut</td>
<td></td>
</tr>
<tr>
<td>1 cup chopped macadamia nuts or walnuts</td>
<td></td>
</tr>
<tr>
<td>¼ cup finely chopped crystallized ginger, or 1½ tsp ground ginger</td>
<td></td>
</tr>
<tr>
<td>1 can (8 ounces) crushed pineapple in juice, well drained</td>
<td></td>
</tr>
</tbody>
</table>

CREAM CHEESE FROSTING

<table>
<thead>
<tr>
<th></th>
<th>METHOD</th>
</tr>
</thead>
<tbody>
<tr>
<td>8 ounces cream cheese, softened</td>
<td></td>
</tr>
<tr>
<td>2 tablespoons butter, softened</td>
<td></td>
</tr>
<tr>
<td>1 cup powdered sugar</td>
<td></td>
</tr>
<tr>
<td>1 teaspoon vanilla extract</td>
<td></td>
</tr>
<tr>
<td>Chopped crystallized ginger and coconut for garnish</td>
<td></td>
</tr>
</tbody>
</table>

U.S. TO METRIC CONVERSION TABLE

<table>
<thead>
<tr>
<th>WEIGHTS</th>
<th></th>
<th>OVEN TEMPERATURES</th>
<th>BAKING PAN SIZES</th>
<th>VOLUME MEASUREMENTS</th>
</tr>
</thead>
<tbody>
<tr>
<td>ounce</td>
<td></td>
<td>30 g</td>
<td></td>
<td>1 mL</td>
</tr>
<tr>
<td>1</td>
<td></td>
<td>325°F</td>
<td>160°C</td>
<td>1/8 teaspoon</td>
</tr>
<tr>
<td>325°F</td>
<td>160°C</td>
<td>350°F</td>
<td>180°C</td>
<td>1/2 teaspoon</td>
</tr>
<tr>
<td>350°F</td>
<td>180°C</td>
<td>375°F</td>
<td>190°C</td>
<td>1 teaspoon</td>
</tr>
<tr>
<td>375°F</td>
<td>190°C</td>
<td>400°F</td>
<td>200°C</td>
<td>1 tablespoon = 3 teaspoons</td>
</tr>
<tr>
<td>400°F</td>
<td>200°C</td>
<td>450°F</td>
<td>230°C</td>
<td>15 mL</td>
</tr>
<tr>
<td>450°F</td>
<td>230°C</td>
<td>8 x 8 x 2 inches</td>
<td>= 20 x 20 x 5 cm (2 L)</td>
<td>1 cup</td>
</tr>
<tr>
<td></td>
<td></td>
<td>9 x 9 x 2 inches</td>
<td>= 23 x 23 x 5 cm (2.5 L)</td>
<td>1 1/4 cup</td>
</tr>
<tr>
<td></td>
<td></td>
<td>13 x 9 x 2 inches</td>
<td>= 33 x 23 x 5 cm (3.5 L)</td>
<td>2 tablespoons = 1 fluid ounce</td>
</tr>
<tr>
<td></td>
<td></td>
<td>LOAF</td>
<td></td>
<td>30 mL</td>
</tr>
<tr>
<td></td>
<td></td>
<td>9 x 5 x 3 inches</td>
<td>= 23 x 13 x 7 cm (2 L)</td>
<td>1/4 cup</td>
</tr>
<tr>
<td></td>
<td></td>
<td>ROUND</td>
<td></td>
<td>60 mL</td>
</tr>
<tr>
<td></td>
<td></td>
<td>8 x 11/2 inches</td>
<td>= 20 x 4 cm (1.2 L)</td>
<td>1/8 cup</td>
</tr>
<tr>
<td></td>
<td></td>
<td>9 x 11/2 inches</td>
<td>= 23 x 4 cm (1.5 L)</td>
<td>75 mL</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>1/2 cup = 4 fluid ounces</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>125 mL</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>1 cup = 8 fluid ounces</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>250 mL</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>2 cups = 1 pint = 16 fluid ounces</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>500 mL</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>4 cups = 1 quart</td>
</tr>
</tbody>
</table>