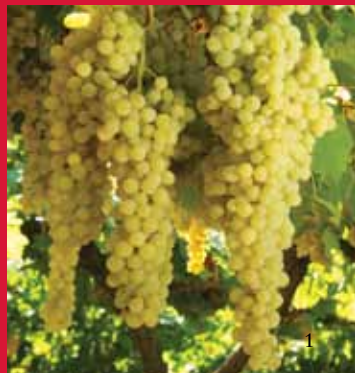




100th ANNIVERSARY COOKBOOK

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.



In 1912, Fresno area raisin growers established the California Associated Raisin Company, later known as Sun-Maid Growers of California.



In 1915, Sun-Maid executives discovered Lorraine Collett Petersen, whose smiling face, red sunbonnet, and tray of fresh grapes would become synonymous with the sun-dried goodness of California raisins.



In 1918, Sun-Maid opened a new facility near downtown Fresno, California, which was recognized at the time as the "finest factory building this side of Detroit."

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.



1915

1923

1956

1970



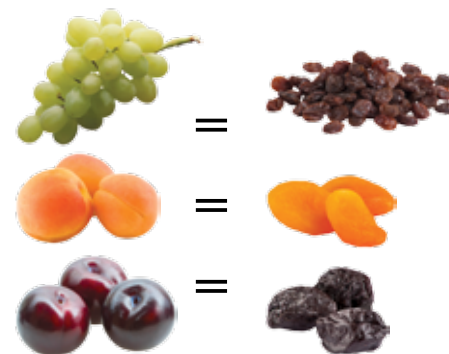
For Banana French Toast made with Sun-Maid Raisin Bread, see page 7.

Sun-Maid Raisin Bread was introduced in 1980. Today, Sun-Maid Raisin Bread is widely distributed throughout the United States and Canada.



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.



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.

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.



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



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.



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.



Banana French Toast



Raisin-Apple Granola

INGREDIENTS

- 1 cup packed brown sugar
- 6 tablespoons butter or margarine
- 1/3 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.

INGREDIENTS

- 8 slices *Sun-Maid Raisin Bread*
- 2 medium bananas cut in 1/4-inch slices
- 1 cup milk
- 4 ounces softened cream cheese
- 3 eggs
- 1/3 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.





Hot Cross Buns

INGREDIENTS

- ½ cup warm water (110-115°F)
- 2 packages (¼ ounce) active dry yeast
- ¾ 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.
- 7 Heat oven to 375°F. Bake for 25-30 minutes until golden brown. Cool on a wire rack.
- 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.

Sunshine Raisin Muffins

INGREDIENTS

- 1 cup *Sun-Maid Natural Raisins*
- ⅔ cup orange juice
- 2 teaspoons grated orange zest
- 2 cups all-purpose flour
- ¾ cup granulated sugar
- 1½ teaspoons baking powder
- ½ teaspoon baking soda
- 1 large egg, lightly beaten
- ⅓ cup butter, melted and cooled slightly

STREUSEL TOPPING

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

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

- 1 Combine flour and sugar in a small bowl.
- 2 Cut in butter with pastry blender or 2 knives until mixture is crumbly.

Makes 12 muffins.





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
- ¼ 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
- ¼ 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.





Cranberry Raisin Turkey Wraps

INGREDIENTS

- ½ cup water
- ½ cup packed brown sugar
- ⅓ cup granulated sugar
- ¼ cup cider vinegar
- 2 cups fresh or frozen cranberries
- ¾ cup *Sun-Maid Natural Raisins*
- ½ cup chopped onion
- 1 tablespoon fresh ginger, grated
- ½ teaspoon red pepper flakes
- 6 tablespoons cream cheese, softened
- 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

METHOD

- 1 Combine water, sugars and vinegar in a medium saucepan.
- 2 Cook over medium heat until sugars dissolve.
- 3 Add cranberries, raisins, onion, ginger and pepper flakes. Bring to a simmer and cook 5 to 10 minutes or until mixture thickens slightly.
- 4 Cool, then cover and refrigerate until chilled.
- 5 Combine cream cheese and cheddar cheese.
- 6 Spread about 3 tablespoons cheese mixture in a thin layer over each tortilla.
- 7 Arrange several slices of turkey evenly over cheese.
- 8 Top each with 2 to 3 tablespoons cranberry-raisin mixture, one tablespoon walnuts and one heaping teaspoon cilantro.
- 9 Roll up tortillas and wrap individually in aluminum foil.
- 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.

Picadillo Tacos

INGREDIENTS

- 1 pound ground beef or pork
- 1 onion, chopped
- 1 clove garlic, minced
- 1 can (16 ounces) stewed tomatoes
- 1 cup *Sun-Maid Natural Raisins*
- ¾ teaspoon cinnamon
- ¼ teaspoon ground cumin
- Dash cloves
- Salt and pepper

METHOD

- 1 In large skillet, brown meat, onion and garlic; drain fat if needed.
- 2 Stir in tomatoes, raisins, cinnamon, cumin and cloves. Season with salt and pepper to taste.
- 3 Simmer uncovered 5 minutes, stirring occasionally.

Makes 6 servings.

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).





Raisins, crisp zucchini, cheese and crunchy pine nuts add an intriguing mix of tastes and textures to this innovative pizza.

Zucchini Ribbons Pizza

INGREDIENTS

- 1 tablespoon olive oil
- 1 large garlic clove, minced
- 1 teaspoon grated lemon zest
- 1 small zucchini (about 1x7 inches)
- 1 11-inch prepared pizza crust (or two 8-inch crusts)
- ½ cup (4 ounces) crumbled feta cheese or soft goat cheese
- ⅓ cup *Sun-Maid Golden Raisins* or *Sun-Maid Natural Raisins*
- ¼ cup shredded Parmesan cheese
- 1 tablespoon pine nuts

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



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
- Baby spinach leaves

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.

INGREDIENTS

SALAD

- 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

DRESSING

- ¼ cup vegetable oil
- ¼ cup wine vinegar
- 1 tablespoon granulated sugar
- 1 teaspoon grated orange peel
- ½ teaspoon tarragon leaves
- Dash nutmeg

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.





Monte Cristo Sandwich

INGREDIENTS

- 8 slices *Sun-Maid Raisin Bread*
- 4 teaspoons honey Dijon mustard
- 4 ounces (8 slices) deli sliced swiss cheese
- 4 ounces (8 slices) deli sliced ham
- 2 eggs
- 2 tablespoons flour
- 1 tablespoon melted butter
- ¼ teaspoon salt
- ¼ teaspoon black pepper
- 2 tablespoons milk

METHOD

- 1 Heat oven to 425°F. Lightly butter a baking sheet.
- 2 Spread ½ teaspoon mustard on each slice of raisin bread.
- 3 Layer between the two slices of bread: 1 slice cheese, 2 slices ham, and another slice of cheese. Repeat to make four sandwiches.
- 4 Whisk eggs, flour, butter, salt and pepper in a shallow dish until smooth. Blend in milk.
- 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.
- 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.

Makes 4 sandwiches.

Classic Raisin Oatmeal Cookies

INGREDIENTS

- ¾ cup softened butter or margarine
- 1 cup packed brown sugar
- ½ cup granulated sugar
- ¼ cup milk
- 1 large egg
- 1 teaspoon vanilla extract
- 1 cup all-purpose flour
- 1 teaspoon ground cinnamon
- ½ teaspoon baking soda
- ¼ teaspoon salt
- 3 cups quick or old-fashioned oats
- 1 cup *Sun-Maid Natural Raisins*
- 1 cup coarsely chopped nuts (optional)

METHOD

- 1 Heat oven to 350°F.
 - 2 Beat butter, brown sugar, granulated sugar, milk, egg and vanilla until light and fluffy.
 - 3 Combine flour, cinnamon, baking soda and salt.
 - 4 Add to butter mixture and mix well.
 - 5 Stir in oats, raisins and nuts, if using. Drop by tablespoonfuls onto greased cookie sheets.
 - 6 Bake 12 to 15 minutes. Remove from cookie sheets.
 - 7 Cool on wire racks.
- Makes 3 dozen cookies.*





Quick Apricot Macaroons

INGREDIENTS

- 2 cups sweetened flaked coconut
- 1 cup *Sun-Maid Apricots*, chopped
- $\frac{2}{3}$ cup sweetened condensed milk
- $\frac{1}{8}$ 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.

Peanutty Raisin Drops

INGREDIENTS

- $\frac{1}{2}$ cup butter or margarine, softened
- $\frac{1}{2}$ cup peanut butter
- $\frac{1}{2}$ cup granulated sugar
- $\frac{1}{2}$ cup firmly packed brown sugar
- 1 egg
- $1\frac{2}{3}$ cups all-purpose flour
- $\frac{3}{4}$ teaspoon baking soda
- $\frac{1}{2}$ teaspoon baking powder
- $\frac{1}{4}$ 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.





Sugar Plum Bars

INGREDIENTS

- 1½ cups *Sun-Maid Pitted Prunes* (8 ounces or about 28 prunes), finely chopped
- ¾ cup water
- ¼ cup granulated sugar
- 1 teaspoon grated lemon zest
- 1 tablespoon lemon juice
- ½ teaspoon cinnamon
- 2½ cups old-fashioned oats or quick oats
- ¾ cup packed brown sugar
- 1 cup all-purpose flour
- ½ teaspoon baking soda
- ⅔ 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 1¼ 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 ¼-inch from edge of pan. Crumble remaining oats mixture evenly on top and press gently into prunes. Prune mixture will not be completely covered.
- 5 Bake 25 to 30 minutes until golden brown. Cool. Cut into bars.

Makes 24 bars.

Cinnamon Raisin Bread Pudding

INGREDIENTS

- 3 large eggs
- ½ cup granulated sugar
- 1 teaspoon vanilla extract
- ¼ teaspoon salt
- ⅓ 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.
- 3 Add milk, raisins and butter (if using). Mix 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.



Raisin Apple Strudel



Light Citrus Cheesecake

INGREDIENTS

METHOD

CRUST

- 1 cup *Sun-Maid Golden Raisins*
- 1 cup walnuts

FILLING

- $\frac{3}{4}$ cup orange juice
- 1 envelope unflavored gelatin
- $\frac{3}{4}$ cup granulated sugar
- 2 (8-ounce) packages fat-free cream cheese, softened
- 1 (6-ounce) container low-fat lemon or orange-flavored yogurt
- 1 teaspoon grated lemon or orange peel
- $\frac{1}{2}$ cup *Sun-Maid Golden Raisins*
Finely shredded or zested lemon or orange peel for garnish

- 1 Heat oven to 375°F. Spray 9-inch springform pan with cooking spray.
- 2 Process 1 cup golden raisins and walnuts in food processor until finely chopped, about 30 seconds.
- 3 Press in bottom and $\frac{1}{2}$ inch up sides of springform pan. Bake 8 minutes or until nuts are toasted and crust is set. Cool completely.
- 4 Combine $\frac{1}{4}$ cup of the orange juice and the gelatin in 1-quart saucepan. Let stand 5 minutes or until soft.
- 5 Heat gelatin mixture over low heat just until gelatin is dissolved.
- 6 Stir in remaining orange juice and sugar. Heat just until mixture is warm and sugar is dissolved.
- 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 $\frac{1}{2}$ cup golden raisins.
- 8 Pour mixture into crust. Garnish with citrus peel. Refrigerate at least 2 hours or until set.

Makes 12 servings.

INGREDIENTS

METHOD

- 2 medium Granny Smith or Golden Delicious apples
- $1\frac{1}{2}$ teaspoons lemon juice
- $\frac{3}{4}$ cup *Sun-Maid Natural Raisins*
- 3 tablespoons granulated sugar
- $\frac{1}{4}$ teaspoon cinnamon
- 1 sheet (8.5 ounces) frozen puff pastry, thawed
- Flour for rolling pastry
- 1 tablespoon melted butter

CINNAMON TOPPING

- 2 teaspoons granulated sugar mixed with $\frac{1}{4}$ teaspoon cinnamon.

- 1 Heat oven to 375°F.
- 2 Slice apples $\frac{1}{8}$ -inch thick; toss with lemon juice.
- 3 Add raisins, sugar and cinnamon to apples; toss lightly to combine.
- 4 Unfold pastry sheet and place on floured work surface. Dust top with additional flour and roll to 11x13-inches.
- 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.
- 6 Brush with melted butter and sprinkle with cinnamon topping. Cut 4 diagonal slits across top.
- 7 Bake for 30-35 minutes or until pastry is golden brown and juices are bubbly. Serve warm or cool.

Recipe can be doubled using 1 package (17 $\frac{1}{2}$ oz) puff pastry.

Makes 4 servings.



Tropical Carrot Cake



INGREDIENTS

- 4 large eggs
- 1¾ cups granulated sugar
- ½ cup pure olive oil or vegetable oil
- 1 teaspoon vanilla extract
- 2½ cups all-purpose flour
- 1 teaspoon ground cinnamon
- 1 teaspoon baking soda
- ½ teaspoon salt
- 2½ cups finely grated carrots (about 8 ounces)
- 1½ cups *Sun-Maid Golden Raisins* or *Sun-Maid Natural Raisins*
- 1 cup sweetened shredded coconut
- 1 cup chopped macadamia nuts or walnuts
- ¼ cup finely chopped crystallized ginger, or 1½ tsp ground ginger
- 1 can (8 ounces) crushed pineapple in juice, well drained

METHOD

- 1 Heat oven to 350°F. Grease and coat with flour a 10-inch tube pan or 12-cup fluted tube pan.
- 2 Combine eggs, sugar, oil and vanilla in large mixing bowl.
- 3 Beat with electric mixer until light and fluffy.
- 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.
- 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.
- 6 Beat frosting ingredients until smooth. Spread on top and sides of cake. Sprinkle with ginger and coconut if desired.

Makes 12 servings.

CREAM CHEESE FROSTING

- 8 ounces cream cheese, softened
 - 2 tablespoons butter, softened
 - 1 cup powdered sugar
 - 1 teaspoon vanilla extract
- Chopped crystallized ginger and coconut for garnish

U.S. TO METRIC CONVERSION TABLE

WEIGHTS

1 ounce	30 g
4 ounces	120 g
8 ounces	225 g
16 ounces = 1 pound	450 g

OVEN TEMPERATURES

300°F	150° C
325°F	160° C
350°F	180° C
375°F	190° C
400°F	200° C
450°F	230° C

BAKING PAN SIZES

SQUARE	
8 x 8 x 2 inches	= 20 x 20 x 5 cm (2 L)
9 x 9 x 2 inches	= 23 x 23 x 5 cm (2.5 L)
RECTANGULAR	
13 x 9 x 2 inches	= 33 x 23 x 5 cm (3.5 L)
LOAF	
9 x 5 x 3 inches	= 23 x 13 x 7 cm (2 L)
ROUND	
8 x 1½ inches	= 20 x 4 cm (1.2 L)
9 x 1½ inches	= 23 x 4 cm (1.5 L)

VOLUME MEASUREMENTS

¼ teaspoon	1 mL
½ teaspoon	2 mL
1 teaspoon	5 mL
1 tablespoon = 3 teaspoons	15 mL
2 tablespoons = 1 fluid ounce	30 mL
¼ cup	60 mL
⅓ cup	75 mL
½ cup = 4 fluid ounces	125 mL
1 cup = 8 fluid ounces	250 mL
2 cups = 1 pint = 16 fluid ounces	500 mL
4 cups = 1 quart	1 L



For more delicious recipe ideas, visit us at www.sunmaid.com
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