

Healthy Living Challenges - September

Officer: Greyson Braden

As a reminder, this year, we are looking at two aspects: eating healthy and moving our bodies.

Both the recipes and the physical challenges below are optional, but we would love to see as many people as possible participate. When you complete either activity, please take a picture of yourself with the item and email it to Ms. April. The names of those members that participate will be entered into a drawing that will be conducted at the next club meeting. If you do both activities, your name will be entered twice. I ask that you send your photos no later than one week before the meeting so that I have enough time to look them over and write your names out for the drawing. Each month will be based on a theme. The members who add special things to the design of the baked item that matches the monthly theme will be entered into a special end-of-the-year raffle.

September Challenges - Photos due Monday, October 13th

Theme: **Halloween**

Physical Challenge: **Complete a Corn Maze**

Recipes: **Pumpkin Breads**

Recipe Option 1 - Beginning Baker

Delicious Pumpkin Bread ([Beginner mode](#))

This easy, quick bread recipe with walnuts (or raisins!) comes together in just minutes with either boiled, steamed, or roasted fresh pumpkin. If you don't have cooked pumpkin, just use canned instead. Submitted by Vicki Monte

Prep Time: 10 mins

Cook Time: 1 hr

Total Time: 1 hr 10 mins

Servings: 24

Yield: 3 7x3-inch loaves

Ingredients

3 ¼ cups all-purpose flour

3 cups white sugar

2 teaspoons baking soda

1 ½ teaspoons salt

1 teaspoon ground nutmeg

1 teaspoon ground cinnamon

2 cups mashed fresh pumpkin (from boiled or roasted pumpkin)

1 cup vegetable oil

¾ cup water

4 large eggs

½ cup chopped walnuts (Optional)

Directions

Preheat the oven to 350 degrees F (175 degrees C). Grease and flour three 7x3-inch loaf pans.

Stir flour, sugar, baking soda, salt, nutmeg, and cinnamon together in a large mixing bowl until well blended. Add mashed pumpkin, oil, water, and eggs; beat with an electric mixer until well combined. Fold in walnuts. Divide batter evenly among the prepared pans. Bake in the preheated oven until a toothpick inserted in the center of each loaf comes out clean, about 1 hour. Remove from the oven and set pans on a wire rack. Let cool completely before slicing.

Recipe Tip

You can use pumpkin purée instead of cooked fresh pumpkin and raisins instead of walnuts if desired.

Recipe Option 2 - Culinary Creator (Advanced)

Pumpkin Shaped Challah ([Hard mode](#))

Challah is a delightful, fluffy white bread that is usually braided or twisted into a loaf. It doesn't contain any dairy products like milk or butter; rather, it is enriched with golden-hued eggs and vegetable oil. This challah is extra spongy since it's made with vibrant orange pumpkin puree!

YIELDS: 8 - 12 serving(s)

PREP TIME: 25 mins

TOTAL TIME: 3 hrs 45 mins

Ingredients

- 1/2 cup warm water (105°F to 115°F)
 - 1/4 cup maple syrup, divided
 - 1 (1/4-oz.) packet active dry yeast
 - 1 cup pumpkin puree
 - 1/3 cup olive oil, plus more for greasing
 - 2 large eggs, divided and at room temperature
 - 1 large egg yolk, room temperature
 - 5 1/2 cups all-purpose flour
 - 2 tsp. kosher salt
 - 1 cinnamon stick
-

Directions

1

In the bowl of a stand mixer fitted with a dough hook, stir together the warm water, 1 tablespoon of maple syrup, and the yeast. Let the yeast bloom until foamy, about 5 minutes. Add the pumpkin, 1/3 cup of oil, 1 egg, egg yolk, and the remaining 3 tablespoons of maple syrup. Beat on medium-low speed until combined, about 30 seconds.

2

Add the flour and salt; mix with a rubber spatula until a shaggy dough forms. Return the bowl to the mixer; beat on medium-low speed until the dough is smooth and tacky, about 5 minutes.

3

Transfer the dough to a lightly oiled surface and knead until elastic and supple, 3 to 4 minutes.

4

Transfer the dough to a large bowl lightly greased with oil. Cover the bowl with plastic wrap and let the dough rise at warm room temperature until the dough is doubled in size, 1 1/2 to 2 hours.

5

Turn the dough out onto a lightly floured surface. Use your hands to gently pat the dough into a 5-inch round, careful not to deflate too many air bubbles. Fold all the edges of the round into the center of the dough to form a ball, with the outside coated in flour from the work surface. Using a bench scraper or a spatula, flip the dough so that it is seam-side down. Use your hands to gently pull the dough towards you into a taut round.

6

Cut 4 pieces of baker's twine into long pieces (about 25 inches each). On a parchment-lined baking sheet, place 4 pieces of twine in a star-shaped criss-cross pattern. Place the round of dough seam-side down into the center of the twine. Tie each string around the dough, allowing some give in the tightness of the knot so that the dough has room to rise. Cut any long pieces of string. Cover the dough with plastic wrap and allow to rise until puffed, 45 minutes to 1 hour.

7

Meanwhile, preheat the oven to 350°F.

8

Brush the surface of the dough with the remaining beaten egg. Score the sides of the dough with a sharp knife or razor blade, if you like.

9

Bake the loaf for 30 minutes. Loosely cover the loaf with foil to prevent excess browning, and bake until golden brown and the internal temperature is 200°F, 10 to 15 minutes more.

10

Slide the loaf and the parchment paper onto a wire rack. Allow the loaf to cool completely, about 1 1/2 hours.

Carefully remove the baker's twine. Place a cinnamon stick in the center of the loaf to represent the stem. Slice and serve.