

Sweetie-licious

Bakery Café and Bake Shoppe

Good Food, Good Deeds, Good Lives!



Our Fall 2015 Newsletter

I am not sure there is a better season than the fall, as it is so much more than leaves turning color, hayrides, and pumpkin pies; although those are all wonderful too! For each year, the autumn breeze blows in familiar winds of change; to the land, to the water, but most especially, to our hearts; as gratitude flows peacefully in.

With a silent grace, that many never notice, the Spirit of the season tucks subtle notes of thankfulness deep within us, quietly filling our souls with humility and our hearts with thanksgiving. Some may believe that folks are merely happy because of what the season brings with it, such as; football, shopping and a few of our most endearing holidays.

But oh, no, no, autumn's legacy is much deeper than the activities themselves! It is the people it brings together - families, new friends, and old acquaintances, paired with the appreciation of counting and sharing our blessings with others... how lovely is that?

With much gratitude and love to all of you-

Eat pie, love life! xoxo Linda



"We can only be said to be alive in those moments when our hearts are conscious of our treasures."

-Thornton Wilder

Celebrate the season by making a delicious pie from our cookbook, *Sweetie-licious Pies: Eat Pie, Love Life!*



Linda shares 52 recipes of her signature creations and the stories that inspired each one. Honored as a 2014 Michigan Notable Book, this beautiful hardcover edition is loaded with colorful vintage style photos taken at Linda's farmhouse and shop, and step-by-step instructions on how to recreate these award-winning desserts at home.

To get your copy, go to: www.sweetie-licious.com or stop by one of our three locations.

For more recipes and seasonal ideas, check out our Sunday Dinners post, at sweetie-licious.com.

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Sweetie News...

Apple Spice Bundt Cake

This super moist cake combines two of my favorite ingredients - apples and pecans. It's perfect as a coffee cake for brunch or as a great fall dessert (topped with hot caramel). It's also perfect to take along to a tail-gate party as it can feed a large crowd.

2 eggs, room temperature, slightly beaten
2 ¾ C. flour
1 ½ tsp. cinnamon
¾ tsp. baking soda
¼ rounded tsp. salt
½ tsp. nutmeg
2 ½ C. Michigan tart apples, peeled & chopped
1 C. sugar
1/3 C. brown sugar
1 C. canola oil
2 tsp. vanilla
1 C. pecans, chopped and toasted

Grease and flour a bundt pan and set aside. In one bowl, combine flour, cinnamon, baking soda, salt and nutmeg. In a separate mixing bowl, stir together sugar, brown sugar, oil, eggs, and vanilla. Beat with an electric mixer on medium speed for two minutes. Add the flour mixture and beat on low speed until just combined. Fold in apples and pecans (batter will be thick). Spoon into bundt pan.

Bake at 350 for about 1 hour, or until a toothpick inserted near the center comes out clean. Cool cake in pan on a wire rack for 15 min. Carefully remove from pan. Cool cake on wire rack. Store in the refrigerator (or in a cooler) until ready to serve. Dust with powdered sugar just before serving.

- **Sweetie-licious owner Linda Hundt** is thrilled to be part of the Mackinac Island Women's Wellness Weekend, **October 16-18**. This retreat provides a perfect opportunity for women to take time for relaxation and self-reflection, all while enjoying the beauty of fall on the island! Linda will serve as the **keynote speaker for Friday night's reception at Mission Point Inn**, speaking about her journey through depression to success.
- Sweetie-licious invites you to a **Pink Party at our DeWitt shop** in honor of those living with cancer or in recovery. Enjoy cake, punch and ice cream in our favorite color on **Wednesday, October 21 from 6 - 8pm!** Special pink treats will be sold throughout the week in both Grand Rapids stores.
- We were honored to be chosen as the **exclusive pie vendor to Williams-Sonoma** for the second year in a row! The holiday season launches **October 26** with a selection of sixteen delicious pies, several created just for Williams-Sonoma including gluten-free as flavorful as the original. Sweetie-licious pies delivered to any doorstep across the country - how lucky!! Order yours today at www.williams-sonoma.com.
- **Sweetie-licious is all grown up!!** We will mark several anniversaries with a celebration on **Thursday, November 5** at all three locations. We are over the moon to be celebrating **TEN YEARS** in our Dewitt shop, two years in Grand Rapids and one year in East Grand Rapids! Of course, our sincere gratitude extends to you, our customers and fans, who have lovingly encouraged and supported us on this beautiful journey. Thank you!

***Did you know?** Pumpkin can do a lot more than just tickle your taste buds or make your porch look festive for the season. This seasonal member of the squash family actually packs a potent range of health benefits.*

Pumpkin can actually help you lose weight! The USDA classifies pumpkin as a fiber-rich food. One cup of canned pumpkin has seven grams of fiber - as much as two slices of whole-grain bread! That means pumpkin helps you feel fuller longer, thereby keeping you from snacking or overdoing it at the dinner table.



About Linda Hundt...

Ever since she got her first turquoise Easy Bake Oven, Linda Hundt has known that baking delicious memories for others was her mission in life. Now a nineteen-time national pie-baking champion and retro-inspired bakery owner, she has been featured on the **Food Network**, the **Steve Harvey** show and other television programs, as well as in newspapers and magazines throughout the country, including **The Wall Street Journal**, **The New York Times**, **Parade** and **Country Living**. She and Sweetie-licious Bakery Cafe have won numerous baking, restaurant and business awards, including the 2011 Crisco 100-Year-Anniversary Innovation Best of Show winner and the Food Network Amazing Pie Challenge. Her cookbook, **Sweetie-licious Pies: Eat Pie, Love Life**, was named as one of 2014 Michigan Notable Books. Linda is thrilled Sweetie-licious is the exclusive pie provider for Williams-Sonoma, Inc, and her pies are available nationwide through the Williams-Sonoma website and catalog. Linda, who resides in a century-old farmhouse with her husband and has two lovely grown daughters, is a sought-after keynote speaker who focuses on entrepreneurship, inspiration and pie baking.

