

HAPPY  
**HALLOWEEN**

A graphic for Halloween featuring the words 'HAPPY HALLOWEEN' in a stylized, dripping font. Above the word 'HAPPY' are two black bats. Below the word 'HALLOWEEN' are five black spiders hanging from thin lines. The background is white with faint, repeating watermarks of the word 'HALLOWEEN' and spider icons.

If you want to get away from the horrors of Covid for a short break, join us tomorrow (Thursday 29<sup>th</sup> October) at 11.00 for our Pumpkin themed coffee morning. We are holding a competition for the best decorated pumpkin or pumpkin themed alternative (if you haven't got a pumpkin use a swede or draw a funny picture)

Its just for fun and the winner will receive a mystery prize

While you are stuck home with the firebreak perhaps you might also want to try one of our pumpkin recipes-if you have a favourite of your own please share it and we will post in online

Join us on zoom by clicking this link

<https://us02web.zoom.us/j/85675778762>

If you haven't downloaded zoom it only takes minutes



### **Simple Pumpkin Soup**

1 large onion,  
Garlic clove,  
1pt Veg or chicken stock  
Ginger (grated)  
Few drops Tabasco sauce (or chilli flakes)  
1 large pumpkin chopped into cubed  
Salt & pepper  
(Optional cup of milk or cream).  
Cream for serving.

### **Method**

Gently fry onions, garlic and ginger. Add pumpkin & stock until liquid covers the pumpkin, season.

Gently simmer until pumpkin is cooked. Add milk/cream and blend. Serve with a swirl of cream.

*Can be frozen*

## Easy Pumpkin Cupcakes from Scratch

Makes 12 cupcakes



### YOU WILL NEED

#### SPICE MIX

- 1 1/2 teaspoons ground cinnamon
- 3/4 teaspoon ground ginger
- 1/2 teaspoon ground cloves
- 1/2 teaspoon ground nutmeg

#### CUPCAKES

- 1 1/2 cups (195 grams) all purpose flour
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/4 teaspoon sea salt
- 8 tablespoons (115 grams or 1 stick) unsalted butter at room temperature
- 1 cup (200 grams) lightly packed brown sugar
- 2 large eggs
- 1 1/2 teaspoons vanilla extract
- 1 cup packed pure pumpkin puree

#### CREAM CHEESE FROSTING

- 6 ounces (170 grams) cream cheese at room temperature
- 8 tablespoons (115 grams or 1 stick) unsalted butter at room temperature
- 2 cups (130 grams) powdered sugar
- 1/2 teaspoon vanilla extract
- 1/4 teaspoon almond extract
- 1 tablespoon milk or orange juice to thin frosting

### METHOD

#### MAKE BATTER

Heat oven to 160 degrees. Line 12 regular size muffin cups with paper or foil cupcake liners.

In a small bowl, stir the cinnamon, cloves, ground ginger and nutmeg together.

Sift the flour, baking powder, baking soda, salt and 2 teaspoons of the spice mix into a medium bowl. Whisk

until blended. (Leftover spice mix will be used later to decorate the frosted cupcakes.)

In a large bowl, use a hand blender on medium speed to beat the butter and brown sugar together until light and fluffy, about 3 minutes. Scrape the side and bottom of the bowl then add the eggs, one at a time, on medium-low speed until incorporated.

Turn the mixer to low and beat in the vanilla and half of the pumpkin puree. With the mixer still on low, beat in half of the flour mixture until incorporated. Scrape the sides and bottom of the bowl then beat in the rest of the pumpkin puree and finally the remaining flour mixture.

#### BAKE CUPCAKES

Fill each muffin cup 3/4 full – the batter should be just enough for 12 cupcakes.

Bake cupcakes until a toothpick or cake tester comes out clean when inserted into the middle of a cupcake, 20 to 25 minutes. Cool the cupcakes completely before frosting.

#### FROST CUPCAKES

In a large bowl, use a hand blender to beat cream cheese and the butter until fluffy. Add a third of the powdered sugar, turn the hand blender to low and beat until incorporated. Repeat with another third of powdered sugar, scrap the bowl down then repeat with the final third.

Add the vanilla extract, almond extract and the milk then use the hand blender on low until frosting is whipped and fluffy, adding more milk to thin out. Frost cooled cupcakes then sprinkle a little of the spice mix from earlier on top of each cupcake.

For more information including grants for carers, updates on services and an opportunity to share your views on challenges that we all face in the coming months (along with some uplifting stories) follow us on facebook and visit our website

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