

# DALLAM AND HARTLEY FAMILY AND CONSUMER SCIENCE

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## SEPTEMBER



August has come and went. Now on to September, the fall weather, and the leaves changing colors. The first day of fall is September 23rd,

So that means that it is time to start decorating for fall!

Here are some tips for decorating your house.

- Pick up some wheat and make a centerpiece for your table

- Get some pumpkins and make a wreath for the front door.
- Dress up your entry with a fall arrangement.
- Pumpkins say fall like nothing else, so place pumpkins around the house.
- Bring in warm colored throws, pillows, and candles.

Have fun decorating for fall!!



## Three Easy Bites That won't weigh you down

We will be starting some programs on 3 East Bites.

Here is a little overview of what 3 Easy Bites is all about:

### Session 1: Start with Breakfast

- This lesson will teach you to plan to eat breakfast, including foods from at least 2 MyPlate food groups, and to include breakfast items on their weekly grocery list.

### Lesson 2: Snack Right

- This lesson will teach you which snack foods you should choose, to eat snacks away from the television, and to compare snack portions relative to the Nutrition Facts serving size.

### Lesson 3: Choose MyPlate

- This lesson will teach you how to plan your dinner, including fruits and/or vegetables with each meal, and to include fruits and vegetables on your weekly grocery list.

Look for more information about upcoming events on this program.



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## Blue Ribbon Sour Cream Coffee Cake

### Ingredients:

#### Cake Batter

- 3/4 cup light sour cream
- 1/4 cup unsweetened applesauce
- 2 tablespoons granulated sugar
- 1 large egg
- 1 large egg white
- 1/2 cup granulated no-calorie sweetener (ex. Splenda)
- 1 1/2 cups all-purpose flour
- 3/4 teaspoon baking soda
- 1 teaspoon baking powder
- 3 tablespoons margarine or butter
- 1 cup fresh blueberries (1/2 pint)

### Topping:

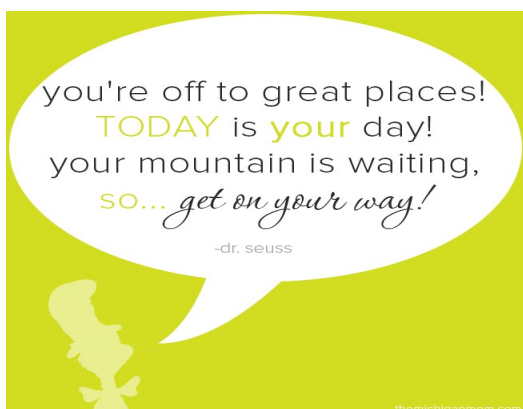
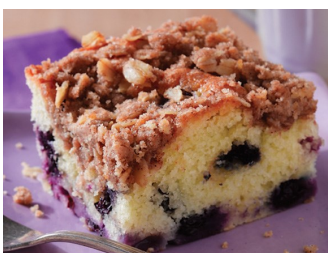
- 1/3 cup all purpose flour
- 2 tablespoons brown sugar
- 2 tablespoons granulated no-calorie sweetener
- 2 tablespoons margarine or butter, melted

### Directions:

- 1) Preheat oven to 350°F. Lightly coat an 8-inch square baking pan with nonstick baking spray.
- 2) For the cake batter, in a medium bowl whisk together the sour cream, applesauce, sugar, egg, egg white, and sweetener.
- 3) In a large bowl, combine the

flour, baking soda, and baking powder. Using your fingertips, a pastry blender, or two knives, cut the margarine into flour mixture until crumbly. Create a well in the center and pour in the sour cream mixture. Add blueberries and mix gently with a large spoon or spatula until blended. Spoon the batter into prepared baking pan.

- 4) For the topping, in a small bowl, combine all the ingredients with a fork until mixture is crumbly. Sprinkle the mixture evenly over the batter.
- 5) Bake for 25 minutes or until a toothpick inserted into the center comes out clean. Cool on a wire rack.



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\*\*If you have any topics that you would like to have published, please contact me or email me.

