



Recipes
from the
Golden Gate
Test Kitchen





The Baker's Friend



MIRAGE MARGARINE IS A PERFECT 1:1 REPLACEMENT FOR BUTTER IN ALL OF YOUR BAKING, FOR DELICIOUS, HEART HEALTHY TREATS!

GLUTEN AND CHOLESTEROL FREE, BAKING WITH MIRAGE MARGARINE MAKES IT EASY TO SPOIL YOUR FAMILY, RESPONSIBLY.



Your Healthy Start



CRYSTAL MARGARINE IS A SOURCE OF OMEGA-3 FATTY ACIDS AND VITAMIN D, ALL WITH 0 TRANS FAT AND ALSO VEGAN.

THIS HELPS YOU AND YOUR FAMILY TO GET A HEALTHY START TO THE DAY, EVERY DAY!

Recipes from the Golden Gate Test Kitchen

HERE IN THE GOLDEN GATE TEST KITCHEN, WE'RE CONSTANTLY BAKING, COOKING, AND CREATING NEW RECIPES FOR YOU TO ENJOY AT HOME!

WE'VE PUT TOGETHER A FEW OF OUR FAVOURITE RECIPES THAT WE THINK YOU AND YOUR FAMILY WILL ENJOY!

PUMPKIN CUPCAKES
BLUEBERRY LEMON CURD
CAPPUCINO SOUFFLÉ

BERRY & YOGURT GRANOLA CUPS
CHOCOLATE BAKED DONUTS
APPLE PUMPKIN BAKED OATMEAL



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miragemargarine.com/social crystalmargarine.com/social





Pumpkin Cupcakes



For those of us that love pumpkin pie, we just can't get enough of it! We've turned pumpkin pie into cupcakes, topped with rich cream cheese frosting that travels well and will have all your friends wanting a bite!

Makes: 12 large cupcakes **Prep Time:** 15 minutes **Cook Time:** 25 minutes

For the Cake

- 250g / 2 cups all-purpose flour
- 200g / 1 cup granulated sugar
- 4g / 2 tsp pumpkin pie spice
- 3g / 1 ½ tsp baking powder
- 2g / 1 tsp baking soda
- 1g / ½ tsp salt
- 2 eggs
- 245g / 1 cup canned pumpkin
- 125ml / ½ cup buttermilk
- 56g / ¼ cup **Mirage Margarine**, melted

For the Cream Cheese Frosting

- 113g / ½ cup cream cheese, at room temperature
- 113g / ½ cup **Mirage Margarine**
- 5ml / 1 tsp (5 mL) vanilla
- 400g / 3 cups icing sugar

Chef Notes

- Skip buying butter milk, just measure out the same amount of regular milk, add in a tablespoon of vinegar or lemon juice, then stir.

1. Preheat the oven to 375°F (190°C).
2. In large bowl, whisk together the flour, sugar, pumpkin pie spice, baking powder, and baking soda.
3. In separate bowl, whisk eggs, blend in pumpkin, buttermilk and melted Mirage Margarine.
4. Pour the wet ingredients into the dry ingredients, and stir just until combined.
5. Spoon the batter into large paper-lined muffin cups, just over ¾ full.
6. Bake in the oven until a toothpick inserted in the centre comes out clean, which should take approximately 25 minutes.
7. Remove from the oven and let cool on rack.
8. While the cupcakes are baking prepare the frosting. In bowl, beat the cream cheese, Mirage Margarine and vanilla until light and fluffy.
9. Add in the icing sugar and beat until smooth and fluffy.
10. Once the cakes are cool, transfer the frosting to a piping bag, fitted with your favourite tip.
11. Pipe a healthy portion of frosting on top of each cupcake, then sprinkle with a little extra pumpkin pie spice to garnish.



Blueberry Lemon Curd

You couldn't make a better pairing than lemon and blueberry! The tart flavour of lemon balances the sweetness of this fresh summer berry perfectly in this twist on a classic lemon curd recipe, with a deep, dark purple curd that you'll just want to eat up with a spoon.

Makes: approximately 2 cups **Prep Time:** 5 minutes **Cook Time:** 15 minutes

- 450g / 3 cups fresh blueberries
- 100g / ½ cup sugar
- 60ml / ¼ cup fresh lemon juice
- 15g / 2 tablespoons cornstarch
- 2 egg yolks
- 30g / 2 tablespoons **Mirage Margarine**

1. Combine the blueberries, sugar and juice in a saucepan over medium-high heat. Bring the mixture to a boil to a boil, then reduce the heat to a simmer for 6 minutes.
2. Place the mixture into a blender and puree until smooth. Then pass the blueberry lemon juice through a strainer to remove any skins.
3. In a small bowl whisk together the cornstarch and egg yolks, until smooth.
4. Stir the yolk mixture into berry mixture, return to the pot and bring to a simmer over medium-low heat.
5. Cook for 1 minute, stirring constantly with a wooden spoon.
6. Remove from the heat and transfer to a clean bowl, to start the cooling process.
7. After about 5 minutes, add the Mirage Margarine and whisk until dissolved completely into the berry mixture.
8. Transfer the mixture to a glass jar, cover and refrigerate for at least 4 hours before enjoying on scones, muffins or tarts. Keep in the fridge for up to a month.

Chef Notes

- Using glass jars to store food items that have a higher acidity like lemon, means they won't take on flavours of the container, or anything else that used to live in the container.



Cappuccino Soufflé

Made in just 20 minutes, these warm, gluten-free cappuccino soufflés are bursting with rich coffee and chocolate flavours! Either serve it dusted with some icing sugar, or a big scoop of your favourite ice cream and you've got an easy dessert that will leave your family impressed.

Makes: four 8 ounce ramekins **Prep Time:** 5 minutes **Cook Time:** 15 minutes

- 113g / 1/4 cup **Mirage Margarine**, plus extra for greasing
 - 10g / 2 tablespoon unsweetened cocoa
 - 170g / 6 ounces semisweet or bittersweet chocolate
 - 7 g / 2 teaspoons instant coffee powder
 - 4 egg yolks
 - 4 egg whites
 - 50g / 1/4 cup sugar
1. Preheat your oven to 375°F (190°C).
 2. Grease four 8-ounce ramekins with Mirage Margarine.
 3. Coat the ramekins with the cocoa, tapping out any excess that doesn't stick.
 4. Run your finger along the top, inside edge of the ramekin, removing any margarine and cocoa that is along the top. This clean edge is what will give your souffle the perfect, clean lifted edge.
 5. Melt the chocolate and Mirage Margarine together in the microwave, stirring every 20 seconds until smooth.
 6. Add the instant coffee to the chocolate mixture and stir until combined.
 7. Whisk the yolks into the chocolate mixture one at a time until smooth. Cover and set aside.
 8. In a clean bowl, wiped with a splash of vinegar, beat the egg whites with the sugar, until stiff, shiny peaks form.
 9. Gently fold the egg-white mixture into the chocolate, in 3 parts.
 10. Spoon the batter into the ramekins.
 11. Bake until puffed and set, which should take about 15 minutes.
 12. Serve immediately dusted with a little icing sugar if you wish.

Chef Notes

- The key to success, is to have all your ingredients measured out and equipment ready to go. This will allow you to get this dessert from the oven to the table in no time.



Berry & Yogurt Granola Cups



Rich in protein, fibre, and good fats, it's hard not to love granola. We wanted to play around with different ways to make granola, and these little granola cups are perfect for holding fruit and yogurt! As an alternative to boring old bowls of cereal in the morning, make them on a sunday night to start your week off right!

Makes: 12 granola cups **Prep Time:** 5 minutes **Cook Time:** 20 minutes

- 230g / 1 ½ cup rolled oats
- 60g / ½ cup sweetened shredded coconut
- 23g / ¼ cup sliced hazelnuts or almonds
- 40g / 3 tablespoons brown sugar
- 60g / 3 tablespoons maple syrup
- 40g 3 tablespoons **Crystal Margarine**, melted, plus extra for greasing
- 500g / 2 cups greek style yogurt, any flavour
- 300g / 2 cups fresh berries, washed and dried

1. Preheat your oven to 350°F (180°C).
2. In a large mixing bowl, combine all the ingredients, tossing them until evenly coated.
3. Prepare a 12 cup muffin tin, by lightly coating the cups with a thin layer of Crystal Margarine.
4. Divide the mixture into a the prepared muffin tin. Press the mixture into the shape of the muffin tin, making sure that it comes up the side creating a bowl shape.
5. Bake for 10 minutes, until the granola is golden brown across the whole cup. If you find your edges are turning dark too quickly, reduce your heat to 325°F (170°F).
6. Remove the cups from the oven and allow them to cool for 10 minutes, before you gently remove them from the pan with a sharp knife. If you find they are still sticking a little to the pan, try placing them into the oven for 2 to 3 minutes, just to help loosen the cups.
7. Once you're ready to serve fill the cups with a healthy portion of yogurt and top with fresh berries.

Chef Notes

- Having troubles getting the granola cups out?
Just pop the tray back into a warm oven for 2-3 minutes and the cups will release nice and quick.



Chocolate Baked Donuts



Donuts for breakfast? Not such a bad idea when you make them from home and have control over what you're putting in them! These quick and easy donuts are a simple sweet morning treat that you can feel good about sharing with the kids since they're baked, and not fried.

Makes: 12 donuts **Prep Time:** 10 minutes **Cook Time:** 20 minutes

For the Batter

- 95g / $\frac{3}{4}$ cup unbleached all-purpose flour
- 5g / 1 tablespoon cocoa
- 3g / 1 tsp. baking powder
- 1g / $\frac{1}{4}$ tsp. baking soda
- 1g / $\frac{1}{4}$ tsp. salt
- 1 egg
- 66g / $\frac{1}{2}$ cup sugar
- 30g / 2 tablespoons **Crystal Margarine**, melted
- 125ml / $\frac{1}{2}$ cup buttermilk
- 1 orange zested

For the Frosting

- 35g / 2 $\frac{1}{2}$ tablespoons
- 30ml / 2 tablespoons of milk
- 10g / 2 tablespoons of cocoa powder
- 150g / 1 $\frac{1}{4}$ cup icing sugar

Chef Notes

- By allowing the batter to rest for 10 minutes, the doughnuts will rise more evenly giving you a nicely rounded doughnut.

1. Grease a 12 count donut pan with Crystal Margarine.
2. For the batter, in a bowl, combine the dry ingredients.
3. In another bowl, whisk together the wet ingredients until the mixture is frothy. Add the melted Crystal Margarine and orange zest and combine.
4. Combine the two bowls and mix until the dough is smooth. Let rest for 10 minutes.
5. Use a pastry bag fitted with a plain tip to portion the batter.
6. Bake at 350°F (180°C) for 10 minutes or until a toothpick inserted in the centre of the dough comes out clean.
7. Un-mould and allow to cool completely.
8. While the donuts are cooling, prepare the frosting. In a microwave safe bowl, combine the milk and Crystal margarine, and melt in the microwave.
9. In a separate bowl, sift together the icing sugar and the cocoa.
10. Mix the warm milk and margarine with the icing sugar, whisk together until smooth.
11. Dip the top half of the donut into the frosting, give it a quarter turn and lift straight up out of the frosting.
12. Let the decorated donut sit for 10 minutes for the frosting to set.



Apple Pumpkin Baked Oatmeal



This baked oatmeal features warm pumpkin and spice flavours with a fruity kick thanks to the crisp apples. This warm healthy start to the day is perfect for cooler mornings!

Makes: 12 granola cups **Prep Time:** 10 minutes **Cook Time:** 30 minutes

- 200 g / 2 cups Rolled oats
 - 130g / 1 cup sunflower seeds, shelled
 - 100g / ½ cup brown sugar
 - 4g / 1 tsp Baking powder
 - 8g / 2 teaspoons of pumpkin spice
 - 2 apples, skin on and diced
 - 2 Eggs
 - 1 orange, zested
 - 60g / ¼ cup **Crystal Margarine**, melted
 - 500ml / 2 cups milk
 - 120g / ½ cup pumpkin puree
 - 45g / ¼ cup candied ginger
 - 25g / 2 tablespoons turbinado sugar
1. Preheat oven to 375°F (190°C).
 2. Grease a 9" cake pan or large casserole dish and set aside.
 3. In a bowl, combine the oats, candied ginger, sunflower seeds, diced apples and baking powder.
 4. In a separate bowl, whisk together the eggs, brown sugar, orange zest, pumpkin puree, milk and melted Crystal margarine.
 5. Mix the wet and dry ingredients together until the dry ingredients are evenly coated.
 6. Pour the mixture into the prepared dish, cover with foil and bake for 20 minutes.
 7. Remove the foil, sprinkle on the turbinado sugar and bake for another 15 to 20 minutes, or until the top is golden and the oatmeal has set.
 8. Serve warm topped with perhaps some low fat greek yogurt or milk.

Chef Notes

- Put the baked oatmeal together the night before, cover with foil and refrigerate. In the morning, pull it out and throw it into the oven during the preheat and bake as normal. You may need to add 5 to 10 minutes.



WHERE TO BUY



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INDEPENDENT GROCER,
VALUMART, FORTINOS, NO FRILLS,
SUPERSTORE, WHOLESALE CLUB,
SOBEYS, FOODLAND, FOODTOWN,
GIANT TIGER

QUEBEC

LOBLAWS, PROVIGO/PROVIGO
LE MARCHÉ, MAXI/MAXI & CIE,
SOBEYS IGA, SUPER C, TIGRE
GÉANT

NEW BRUNSWICK, PEI,
NOVA SCOTIA, NEWFOUNDLAND
& LABRADOR

SUPERSTORE, SOBEYS, COLEMAN,
WHOLESALE CLUB, GIANT TIGER

B.C. ALBERTA, SASKATCHEWAN,
MANITOBA

REAL CANADIAN SUPER STORE,
NO FRILLS, EXTRA FOODS



ONTARIO

SOBEYS, FOODLAND, METRO,
COSTCO, GIANT TIGER

QUEBEC

LOBLAWS, PROVIGO/PROVIGO LE
MARCHÉ SOBEYS IGA, METRO,
SUPER C, COSTCO, TIGRE GÉANT

NEW BRUNSWICK, PEI,
NOVA SCOTIA, NEWFOUNDLAND
& LABRADOR

SOBEYS, COLEMANS, COSTCO,
GIANT TIGER

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