



First Birthday Cake Ideas

Many parents wish to continue the healthy eating habits of their babies when it comes to the all-important First Birthday Cake. One idea is to make a small "healthy" cake just for baby and then make a sweeter cake for the "big kids". This accomplishes two things; 1) baby gets her own cake to smooch, smash, mangle and bite into without Mom and Dad having to worry about serving a perfect cake to guests and 2) the "big kids" get to indulge their sweet tooth.

You will notice that these recipes do contain granulated or brown sugar in some quantity. A little bit of sugar should pose no harm to your baby on her First Birthday. Keep in mind that if a recipe calls for 1 cup of sugar, your baby will NOT be consuming 1 cup of sugar. The most important thing is to try and keep sugar and sugary items out of baby's daily menu!! Eggs and Dairy additions should be fine for your baby at this age providing you have determined that allergies to either of the aforementioned ingredients do not exist.

We have compiled a few recipes that have been given the thumbs up from babies and parents. These recipes may be divided and made into smaller cakes as well as muffins if you decide to make a cake just for baby.

HAPPY 1ST BIRTHDAY
TO YOU!

First Birthday Cake Ideas

Baby's First Birthday Cake (Carrot Cake adapted from What to Expect)
(Makes 1 double-layer 9-inch square cake)

2 1/2 cups thinly sliced carrots - 2 1/2 cups apple juice concentrate (may use slightly less) - 1 1/2 cups raisins
2 cups whole-wheat flour (may use Graham or all-purpose unbleached as well)

1/2 cup vegetable oil - 2 whole eggs - 4 egg whites
1 tablespoon vanilla extract - 3/4 cup unsweetened applesauce
1/2 cup toasted wheat germ - 2 Tbsp low sodium baking powder
1 Tbsp ground cinnamon - 1 Tsp ground Ginger

Prep: Preheat oven to 350 F. Line two 9 inch square cake pans with waxed paper and spray the paper with vegetable spray/shortening.

Baby's First Birthday Cake cont'd

1. Combine the carrots with 1 cup plus 2 tablespoons of the juice concentrate in a medium size saucepan.
2. Bring to a boil, then lower the heat and simmer, covered, until carrots are tender, 15 to 20 mins. Purée in a blender or food processor until smooth – add pinch of brown sugar and dash of cinnamon as you purée then add the raisins and process until finely chopped. Let mixture cool.
3. Combine the flour, wheat germ, baking powder, and cinnamon in a large mixing bowl. Add 1 1/4 cups juice concentrate, the oil, eggs, egg whites, and vanilla; beat just until well mixed. Fold in the carrot puree and applesauce. Pour the batter into the prepared cake pans.
4. Bake until a knife inserted in the center comes out clean, 35 to 40 mins. Cool briefly in the pans, then turn out onto wire racks to cool completely. When cool, frost with Cream Cheese Frosting.

First Birthday Cake Ideas

APPLE SWIRL CAKE

2 c Apples - 3 tb Sugar - 1 ts Cinnamon - 2 c Sugar
1 c Cooking oil - 4 Eggs - 1/4 c Orange juice - 2 ts Vanilla
3 c Sifted flour - 1 tb Baking powder - 1/2 ts Salt

Peel, core, and chop apples into small pieces. Mix together with 3 tablespoons sugar and cinnamon. Set aside.

In large bowl, combine sugar and cooking oil; beat. Add eggs, orange juice, and vanilla.

Sift together flour, baking powder, and salt; add to creamed mixture. Beat until smooth.

Pour one third batter into greased and floured 12 cup bundt pan alternating with one half apple mixture. Repeat. End with layer of batter on top. Bake at 325 degrees F for 60 minutes or until cake tests done.

Cool in pan 10 to 15 minutes; turn out on wire rack or serving plate to complete cooling. Sprinkle with confectioners sugar or lightly frost with cream cheese frosting.

Heavenly Ice Cream Cake

1 angel food cake (8 inches in diameter)
1/2 gallon vanilla ice cream or frozen yogurt, slightly softened (do not soften if using Frozen Yogurt as frozen yogurt is not as hard or solid as ice cream)
2 qt. fresh strawberries* (blueberries, peaches etc..)
Sugar to taste

Cut the cake in half; tear one half into small pieces and set aside.
Cut the other half into 12 to 14 thin slices; arrange in the bottom of a 13 x 9 x 2 baking pan, lined with wax paper. Overlap slices as needed.
Spread softened ice cream over cake pressing down to smooth. Gently press the small cake pieces into the ice cream. Cover and freeze.
Just before serving, slice strawberries and sweeten to taste.
Cut dessert into squares and top with strawberries.

*Strawberries - Please note that the current recommendation for introducing strawberries is after a baby has reached 12 months of age. Many infants are introduced to strawberries earlier than 12 months old; most often when they have been eating Stage 2 commercial baby foods.

The book *Managing Allergy and Intolerance in the Allergic Infant* (published for Health Care Professionals and The General Public) indicates introducing strawberries between 12 months and 24 months of age for the allergic/allergy prone infant. If you have any concerns regarding the introduction of strawberries (or other potentially allergenic foods) please consult your pediatrician!

First Birthday Cake Ideas

Applesauce Healthy Cake Recipe

(from the <http://www.prostatecanceralternatives.com>)

1/2 cup Earth Balance soy buttery spread, softened
1/3 cup brown sugar
8 Splendas, a sugar substitute
3 egg whites, lightly beaten
1 1/2 cups applesauce
1 Tsp cinnamon
1/8 Tsp ground cloves
1/2 Tsp salt
1 Tsp pure vanilla extract
1 1/2 cups unbleached white flour
1/2 cup whole rye flour
2 Tsp baking soda
1/2 cup sliced dates (optional)
1/2 cup chopped walnuts (optional) plate. 1/2 cup raisins (optional)

Applesauce Healthy Cake Recipe (cont'd)

1. Preheat oven to 350. In a large bowl, beat together the buttery spread, brown sugar and sugar substitute until smooth.
 2. Add egg whites, applesauce, cinnamon, cloves, salt and vanilla, then mix well. Add both of the flour and baking soda. Stir until blended, then add the dates, walnuts, and/or raisins, if desired.
 3. Spray the Bundt pan with Pam or the like. Pour the batter into a Bundt pan. Bake at 350 degrees for 45 minutes, until a toothpick inserted in the center comes out clean.
- Let the cake cool slightly, then turn it out upside down onto a serving platter. Sprinkle with confectioner's sugar if desired.

First Birthday Cake Frosting Recipes

Whipped Cream Frosting

Makes 1 frosting for a 2 layer cake

- 1 (8 ounce) package cream cheese, softened
- 1 cup white sugar
- 1/8 teaspoon salt
- 1 teaspoon vanilla extract
- 1 1/2 cups heavy cream

Directions

1 In a large bowl, beat cream cheese, sugar salt and vanilla until smooth. In a small bowl, whip the heavy cream until stiff peaks form. Fold into the cream cheese mixture.

BANANA GLAZE

- 1/2 med. banana
- 1 tsp. lemon juice
- 1/2 c. chopped nuts
- 2 or more c. powdered sugar

Mash banana well add lemon juice and nuts. Gradually add powdered sugar until you obtain right spreading consistency. Ice cake after completely cool.

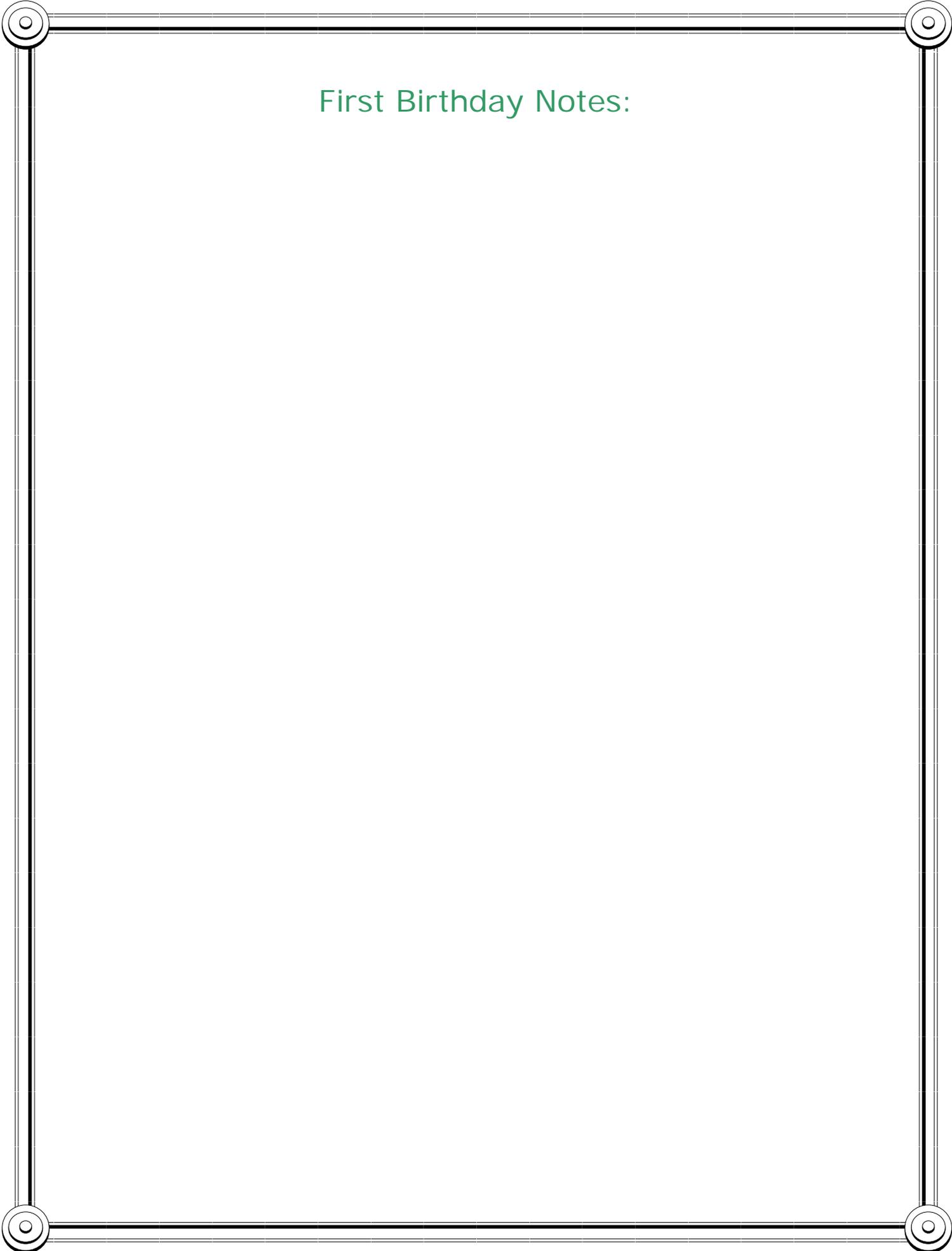
First Birthday Cake Frosting Recipes

Sugar-Free! Cream Cheese Frosting *(Submitted by Kristi)*

Frosts one 2-layer cake

½ cup apple juice concentrate - 1 pound light cream cheese
2 tsp vanilla extract - ½ cup finely chopped raisins
1 ½ tsp unflavored gelatin

1. Set aside 2 tablespoons of the juice concentrate.
2. Process the remaining juice concentrate, the cream cheese, vanilla, and raisins in a blender or food processor until smooth. Transfer to a mixing bowl.
3. Stir the gelatin into the 2 tablespoons juice concentrate in a small saucepan; let stand 1 minute to soften. Heat to boiling and stir to dissolve gelatin.
4. Beat the gelatin mixture into the cream cheese mixture until well blended. Refrigerate just until the frosting begins to set, about 30-60 minutes. Frost the cake



First Birthday Notes: