

BEGINNERS
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EXOTIC DESTINATION
Caribbean Run Cruise p.82

CANADIAN

Running

FALL MARATHON
SPECIAL

RECIPE

Dufflet's Apple Walnut Loaf Cake



Dufflet Rosenberg is well-known as the founder and proprietor of Dufflet, one of the best-loved pastry makers in southern Ontario. She is also a keen cyclist and rock climber. Her pastries are available in two retail shops and more than 500 restaurants, specialty shops, supermarkets and hotels.

INGREDIENTS

2-3 medium-size cooking apples
(2 cups chopped)
1/3 cup canola oil
1/3 cup melted butter
2 large eggs
1/4 cup brown sugar
2/3 cup white sugar
1 1/3 cups unbleached all-purpose flour
3/4 tsp baking soda
1 tsp cinnamon
1/8 tsp nutmeg
1/8 tsp salt
1 tsp vanilla
1/3 cup chopped walnuts

1. Preheat oven to 325 F.
2. Grease and flour a 10" x 5" loaf pan.
3. Peel and chop apples into 1/2" dice. Combine flour, baking soda, cinnamon, nutmeg and salt. Sift and set aside. Add the oil, butter and vanilla to mixing bowl. Beat on medium speed until well mixed and thick. Add eggs and continue beating until thick. Add the dry ingredients and blend just until mixed. Stir in the diced apples and walnuts.
4. Pour into loaf pan. Bake for 1 hour and 15 minutes, until skewer inserted into middle comes out clean.
5. Cool on baking rack. Makes 10-12 pieces. Store in refrigerator in covered container. Serve at room temperature. **B**

NUTRITIONAL INFORMATION

(for one serving)

Calories: 290
Fat: 9 g
Carbohydrates: 50 g
Sodium: 9 mg
Protein: 3.5 g

full review inside!

www.dufflet.com - october 2009

5
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Priscilla Lopes-Schliep
and Simon Bairu

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