

Are Cupcakes Calling Your Name?

Wow, the second week in July already! We're in the midst of summer events; grad parties, holiday celebrations, reunions, showers, weddings, endless BBQ's and as my friend Olga stated last week, "LIFE" just happens during the summer!

One thing all these events have in common is an abundance of food and leftovers, especially those indulgent desserts! So what's one to do with a half a dozen cupcakes and two thirds of a decadent cake? Well, if you ask me, there are only a few options. For instance you can always throw it out, by far the worst option since I have a real issue with throwing away perfectly good food and I'd rather give it to my dog! Has anyone seen Cleo lately? Yeah, she's a little plump! Another not so good idea is to let your kids eat it all. I'm actually debating over what's worse; feeding all that sugar to dogs or kids. You can also keep them in the fridge and wait for them to call your name every day, and trust me they will, or you can follow my simple cake pop idea!

Most cupcakes and cakes have a relatively good ratio of frosting to cake that's needed to make cake pops, for my cake pops I like two parts cake one part frosting. However, if there's a crazy amount of frosting you may want to remove some and find a dog! Next toss your cupcakes or cake in a large bowl (if you have different flavors make separate batches) and just mush it up till everything is combined without over mixing. If your cake has a fruit filling there's no need to worry, that'll only make the cake pops more interesting and flavorful! Now take about 1 tablespoon of mix and make balls and place in single layers on a cookie sheet or similar flat container and cover tightly and freeze for future use!

When you're ready to make your cake pops simply melt your favorite chocolate candy (I prefer Wilton) per the directions. Now, dip 1/2" of a pop stick in the chocolate and insert immediately into frozen cake balls, then refreeze for about 5-10 minutes until the stick has set and cake balls are hard again. Make sure your chocolate is soft before you dip your entire ball in, if your chocolate does not slowly drip off your finger it's too hard! To soften add a few drops of vegetable oil and reheat for a few seconds till you get a soft consistency. Now you're ready to dip the entire cake ball portion into your chocolate.

Once coated completely, you can either place them on a piece of wax paper or parchment or if you prefer to stand them upright, just stick them into a piece of styrofoam or floral foam! If you're not serving immediately, keep them refrigerated.

The great thing about making these is you have now saved yourself the time of mixing, baking, cooling a cake. and the cost of buying a cake mix. You've also saved a good pound or two for both you and your dog!