

CLEO COYLE'S PUMPKIN SPICE SOUL CAKES

Text and photos (c) by Alice Alfonsi who writes [The Coffeehouse Mysteries](#) as [Cleo Coyle](#) with her husband, Marc Cerasini.

*A soul cake! A soul cake!
Please good missus, a soul cake!
...One for Peter, two for Paul
Three for Him who made us all.*

Here is a tasty twist on an old tradition. Soul cakes are the culinary antecedent to the candy treats we give out on Halloween, which is also the eve of All Souls' Day when beggars and children of the poor once went from house to house, asking for food and promising to pray for the dead souls of your ancestors in return. As the custom evolved, these "soulers" were given "soul cakes" for their trouble. The cakes came in several variations. Most included spices and dried fruits with a cross on top. I had fun with this concept and created my own pumpkin spice version. The combo of pumpkin and vegetable oil (instead of butter) creates soul cakes that are moister and lighter than traditional versions. The pumpkin also adds fiber and nutrition. Like pumpkin muffin tops, these little cakes make a great breakfast or coffee-break snack. Sandwich two together and you've got a fall whoopie pie. Cream cheese, cream cheese frosting, or marshmallow crème all make tasty fillings. Eat with joy and as the "Soul Cake" song says...May God bless you! ~ Cleo

Makes about 24 soul cakes

- 2 large eggs
- ½ cup vegetable or coconut oil
- 1 cup whole milk (*use whole for added fat, better flavor and texture*)
- 1 (15-ounce) can of pureed pumpkin (*about 2 cups*)
- 1 cup light brown sugar
- ½ cup white granulated sugar
- 1 teaspoon pure vanilla extract
- 1-1/2 teaspoons ground cinnamon
- 1 teaspoon ground ginger
- 1 teaspoon nutmeg
- ¼ teaspoon cloves
- ½ teaspoon table salt or finely ground sea salt (*or 1 teaspoon coarse salt*)
- 3 teaspoons baking powder
- 3 cups all-purpose flour
- 1 cup raisins and/or craisins (*sweetened dried cranberries*). Or try chocolate chips.



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(1) One bowl mixing method: First preheat oven to 400° Fahrenheit. Place eggs in bowl and whisk. Add oil, milk, canned pumpkin, brown and white sugars, vanilla, spices, salt, and baking powder. Whisk until well blended. Finally, add the flour. Switch to a sturdy spoon or spatula and mix into a smooth batter. (You can use an electric mixer, if you like, but do not over mix.)



(2) Prep pan and drop: For best results, line baking sheet with parchment paper and lightly coat the paper with non-stick cooking spray. For each cake, fill the quarter cup (1/4) container of your measure cup set and mound it onto the prepared baking sheet. (Or use a 1/4-cup size cookie scoop.) Leave room between the mounds for spreading.



(3) Swirl and decorate: Use the back of a tablespoon to swirl each mound of batter into a relatively even circle that is a little bit flatter than the original mound but not too flat. (See my photos as a guide.) Using raisins and craisins (or chocolate chips), create a cross on the cake to represent the prayers that beggars and the children of the poor once offered in exchange for the treat.

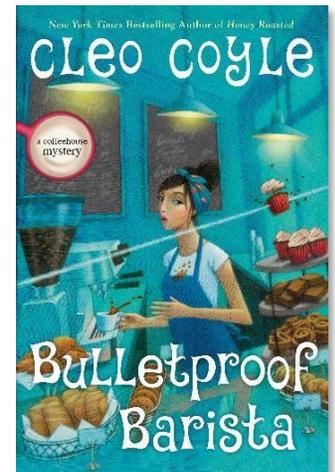
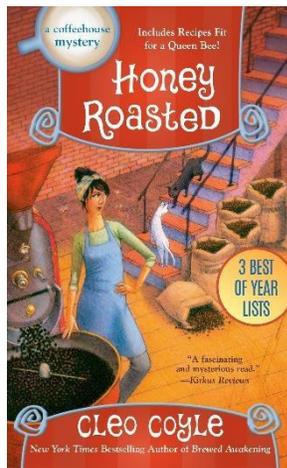
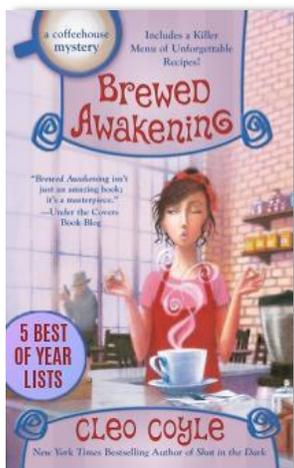


(4) Bake and serve: Your oven should be well pre-heated to 400° F. Bake about 10 – 15 minutes (depending on oven and size of your cake). Serve warm with butter or allow to cool and dust with powdered sugar if you like. For another idea, sandwich two together like a whoopie pie. Cream cheese, cream cheese frosting, or marshmallow creme all make tasty fillings.

Storage notes: Once cool, store your Pumpkin Spice Soul Cakes in the fridge after wrapping each separately in plastic or wax paper. They should keep several days that way and can be reheated in about 10 to 15 seconds in the microwave.

Eat with joy! ~ Cleo

The [Coffeeshouse Mysteries](#) are bestselling culinary mysteries, set in a landmark Greenwich Village coffeeshouse. Each includes the added bonus of recipes. To learn more and see more recipes, visit Cleo Coyle's online coffeeshouse at www.CoffeeshouseMystery.com And her recipe blog at www.CleoCoyleRecipes.com



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