Foodie Friday

Mary’s Knobby Apple Cake

Fall is the season of leaves changing, cooler weather and apple picking.

Did you know that apple picking is good for your brain health and overall well-being? It’s a good motivation to move, giving your mood and energy level a boost. Being outside and enjoying nature can help decrease tension and depression. You can build bonds and make memories with your apple-picking mates which can enhance happiness. And apples help lower cholesterol!

What to do with the apples you pick? Try this yummy recipe!

3 tbsp butter 1 cup sugar
1 cup sugar 1 cup baking soda
1 beaten egg 3 cups diced apples
½ tsp cinnamon 1 tsp vanilla
½ tsp nutmeg ¼ cup chopped walnuts-
½ tsp salt-optional optional

Directions: Preheat oven to 350 degrees. Mix all ingredients in a large bowl. Spread in a lightly greased 8x8 or 9x9 baking dish. Bake for 40-45 minutes. Makes a nice moist cake that tastes even better the next day.

NAMI Vermont Minute:

Peers, families, mental health advocates and community members gather together every fall for our NAMIWalks in downtown Burlington. It’s our biggest annual fundraiser each year, but it’s also an opportunity for us to raise our voices together in a collaborative effort to raise awareness about mental illness and mental health challenges and stomp out the stigma that can cause barriers to finding treatment. While we aren’t gathering in person this year, we are gathering in spirit with thousands of other participants in the 115+ NAMIWalks happening around the country. Register today to be a part of this movement at namiwalks.org/Vermont!