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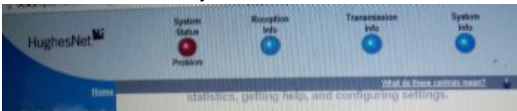
## Why don't I bake?

Sunday, February 16, 2014

Because I'm like the "Little Red Hen." If I made it, I'm going to eat it.



We were snowed in by the latest storm and lost our Internet connection (Satellite) for over 24 hours.



I watched a lot of Olympics including all the late night sessions I had recorded for "later."

I organized my pantry and got an unusual urge to cook and even bake.



First my baked omelet

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That's 6 servings, quite healthy, and even freezes well in individual servings.

Then some broccoli - brown rice muffins that DH calls "hockey pucks" because of their appearance not their taste. I'm supposed to use a mini-muffin pan and I don't have one. So mine are flat and wide.

Also some peanut butter fudge bars made with chocolate protein powder, oatmeal and honey. No baking required.



I also pureed 2 frozen bananas to make some "pseudo soft ice cream" but that didn't hang around long enough to be photographed. I gobbled that right up.

I would have progressed to serious baking except as I looked closely at my baking ingredients, I noticed this.



Both the flour and baking powder are UNOPENED!  
No baking for me and that's just fine. Saved by the passage of time!

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**CAKEMAKERMOM**

Some of my baking ingredients are that old too. If a "health food expert" were to come into my home, they'd freak that I still have real sugar and real butter and real white flour in my pantry. Yep, that once a year urge to bake is why I buy the smallest tins of baking ingredients.  
2673 days ago

v



**CD13758606**

Frozen pureed banana sounds great! Yummy on all the healthy. That's alot of cooking for one day!  
2673 days ago

v



**MERRYMARY42**

being without internet and being snowed in, makes a very busy person, I have got that spring cleaning fever, so I have really been busy the past 3 days, hope it lasts until I see some

v

improvement in my back room  
and I too am always finding something that has expired, if it is not too past date, I usually use it,



but 2007 is quite a bit expired. makes me so mad when that happens,  
2673 days ago



#### **\_LINDA**

Sounds good to me! I have never baked. Sugar, flour and oil have never made it into my apartment..  
2673 days ago



#### **MARYJEANSL**

Although those dates are a pretty long time ago, especially the 2007 one, I wouldn't hesitate to use old flour (maybe not baking powder). 'Better' or 'best if used by' isn't the same as 'do not use after x date.' However, if an old date prevents one from baking and eating way too much of something delicious, yeah, it's probably better not to bake at all. There is a birthday cake in my son's immediate future and I greatly fear that loss of will power and overeating are in my immediate future once I bake it.  
2674 days ago



#### **MISCHAKEO**

That was healthy baking. I have never tried a baked omelette. I may have to try that as well as the frozen pureed bananas.

I do the same thing..when I am going stir crazy with the weather..I often cook ahead and try new recipes. I am going to make Indian new recipes today.

I am glad you finally got out from the snow. Hope it is the last storm for you.  
2674 days ago



#### **DR1939**

Those are "best by" not "use by" dates and it will make little difference in the outcome. Exceptions are baking soda, baking powder, and yeast. Even spices can be used well past the year deadline you often read. My husband was Director of Research for a fat and oils company. His area was baking but one of the divisions of the research center was spices. The man who headed it was considered the top 1st or 2nd in the nation at the time. He (the spice guy) told me to smell my spices. If they were strong use the recipe amount. If they were weak use more. You do have to watch for bugs, but they don't occur often. I just finished a pound tin of dry mustard that I have had for 20 years. I can't discern any difference in outcome between that and the new tiny jar I just bought.  
2674 days ago



#### **DESERTJULZ**

I love to bake, and then I love to eat what I baked. I made myself a batch of "Emergency Chocolate Cookies" for Valentines' Day. Only baked half though. The other half, I've frozen to save for the future. That will help me rein in on overeating them.  
2674 days ago



#### **GINIEMIE**

Actually I love to bake and I find old expired flour, baking powder and cocoa in my house. It's because I do it so infrequently. When I make my dried fruit fruit cake I buy new, because I know if it's in the house it's at least 6-8 months old. I used to bake as rewards for my students, but I'm retired-so that doesn't happen. I bake for funeral receptions, keep a few of what ever for Erik and me, but the last funeral reception I was asked to bake for got snowed out. Not good for Erik or me or anyone who entered my house. Your brown rice broccoli muffins sounds interesting, what's the recipe-I happen to have mini muffin pans.



2674 days ago



#### **CELIAMINER**

Ooooh, I hate when I find something in the back of the pantry expired and unopened. Still, you got a lot done! Glad you're back online.  
2674 days ago



#### **SUZYSMOBILE**

Bill would say, "Who needs flour anyway?" now that he's quit wheat products. But all your nonbake, nonflour things look really good. And that pureed banana ice cream is really good!  
2674 days ago



#### **ONEKIDSMOM**

Would you believe... I no longer even HAVE flour or sugar in my cupboards? I'm like you... if it is there, it will be used. And I found some baking powder with an expired date, too, unopened! LOL!



2674 days ago





**CD9543726**

If I'm going to cook, I'm pretty much going to bake, and so I rarely do it, because I don't need chocolate chip cookies around! :D  
2674 days ago

V



**TERI-RIFIC**

Good for you. Healthy baking. Loved the unopened flour!! Way to go. Hockey pucks. Men.  
LOL  
2674 days ago

V

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