

NEWS RELEASE – May 12, 2009

Iowa Falls, Iowa, Bed and Breakfast Innkeeper Wins "Iowa's Best B&B Muffin" Contest

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FOR IMMEDIATE RELEASE

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Shirley Welden's Cabin Cove Energy Muffin has been named Iowa's Best B&B Muffin in a round-up contest of the best and healthiest muffins from Iowa's premier bed and breakfast inns. The award-winning muffin was selected by a 3-person panel made up of Doris Foster, a retired home economics instructor, Jeanne White, a local cook well-known for her good eats, and Jennifer Bicknese, an attorney and strong supporter of healthy nutrition for children.



Welden first won the muffins prepared for the cereal division, and then went on to claim the grand prize and title of "Iowa's Best B&B Muffin." Welden said, "I was shocked when I won because all the muffin entries were made by extremely talented B&B cooks that all strive for good tasting healthy muffins."

Esther Kauffeld-Hoffa, President of the Iowa Bed & Breakfast Innkeepers Association and owner of the Garden and Galley B&B in Indianola, Iowa, said, "all our members really care about putting out a fabulously healthy and fine tasting breakfasts. I applaud all our innkeepers and congratulate them on creating great muffins and working hard at promoting good health by purchasing fresh local

ingredients. Shirley's muffins outstanding, but also typical of the great food items served by all our B&B members across the state."

Packed full of oats, pecans and raisins these delicious muffins deliver great texture and nutrition. Hearty enough to serve beside your favorite eggs, omelets and frittatas, yet mild enough to accompany fresh fruit and yogurt, these moist, easy-to-make muffins are sure to become a favorite at your home knowing they were created by an innkeeper in a cozy B&B retreat on the Iowa River, the Bed & Breakfast of Cabin Cove.

Recipe for "Cabin Cove Energy Muffins" created by Shirley Welden.

Dry Ingredients

1 cup oatmeal
1 cup all bran
1/2 cup Oat flour
1/2 cup Soy flour
1 1/2 teaspoons baking powder
4 teaspoons cinnamon
1/2 cup chopped pecans
1/2 cup raisins

Wet Ingredients

2 eggs
1/2 cup plain yogurt
1/2 cup orange juice
1/2 cup olive oil
1/2 cup honey
1 1/2 teaspoons vanilla

Mix dry ingredients together. Beat liquid ingredients together and pour into dry mixture just until moistened. Let stand 30 minutes and then spoon into 12 paper lined muffin pans. They will be full. Bake 20-25 minutes in 350*

oven or until tooth pick comes out clean. Remove from pan onto wire rack to cool.

Oat and Soy flour can be purchased at your local market or health food store. Dried cranberries, dried cherries, chopped dates or chopped apricots may be use instead of raisins. Walnuts, black walnuts or other nuts may be used instead of pecans.

Welden's muffin recipe will be featured in the next cookbook put out by the IBBIA. The association's most recent cookbook is titled "Discover Iowa: Cooking with Iowa Wines, Meats, and Other Products," and according to one reader it "is filled with delicious recipes ranging from simple, home-style treats to luxurious gourmet delicacies. The recipes are easy to follow, the book is professionally arranged, and the ideas and tidbits about area products and bed and breakfasts are fun to read and very informative." This reader highly recommends the cookbook. It can be purchased directly by calling 800-888-4667 in Iowa or you can purchase it online at Amazon.com or other major Internet book sellers.

About the IBBIA

The Iowa Bed and Breakfast Innkeeper's Association is a volunteer organization comprised of innkeepers from premier B&B establishments across the state of Iowa. It is the only Iowa lodging organization with over 20 years of association with the Professional Association of Innkeeper's International (PAII), and it offers innkeeper members more benefits and educational opportunities than any other Iowa organization. To receive a comprehensive Iowa lodging Directory free by mail, simply call toll-free in Iowa 800.888.4667 or 712-580-4242 outside of Iowa.

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*High resolution images from the competition can be obtained by calling 800-888-4667.