



The San Diego Union-Tribune

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WEDNESDAY • NOVEMBER 25, 2020

SECTION 6

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Food

ANITA L. ABAMBULA
Confessions of a Foodie

Making is comfort. The act of measuring flour, sugar, cocoa is my form of meditation. I take joy in watching the pills of white sugar in the air with out-of-control swishes of dry ingredients, then slowly falling down into the counter top, coating everything in a fine powder. The magic made as the stainless steel measuring cups fall together on a big stainless steel countertop as those flour and sugar are the best, followed by the clang, clang, clang as they all drop the counter top when they are no longer needed — a familiar tone I've heard since my youth. ■ A direct consequence of my diabetes, my love of baking paired with my diet. Like my many, many, many, like I suppose it did for many girls of my generation. I remember the joy of ripping open those tiny foil packets, mixing my batter.

ILLUSTRATION BY DAVID

Baking these double chocolate doughnuts cuts back on calories for a guilt-free treat

ALL YOU NEED
IS A LITTLE
LOVE...



Baked Double Chocolate Doughnuts

& CHOCOLATE

FOOD STYLING AND PHOTOGRAPHY BY ANITA L. ABAMBULA. ILLUSTRATION BY ANITA L.

SWEETEN UP YOUR HOLIDAY WITH THESE TWISTS ON TRADITIONAL PIE

BY SARA BUTLER

Want a fresh take on holiday traditions? From dessert pizza to apple pie mimosas, here are some unique food and drink alternatives for the fall — plus a recipe!

Perk up with a splash of pie

• For a caffeinated option, try Breakfast Republic's Apple Pie Chai Latte, made with



COURTESY PHOTO

Station, Encinitas, East Village, Ocean Beach, Carmel Valley, Pacific Beach and Mission Valley. breakfastrepublic.com

espresso, chai, apple cider and milk. Plus, the \$7 specialty latte is topped with a dollop of whipped cream and a crisp, cinnamon sugar-dusted apple slice. Available through Nov. 30 at all eight San Diego locations: North Park, Liberty

San Diego Union Tribune features Breakfast Republic

11.25.20