



Nothing Bundt Cakes

By Danny Fairchild

Content Warning: Since we're talking about cakes, it'll be difficult to avoid using the word hated by many that starts with an "M" and rhymes with "joist."

Boy howdy do I not like the name Nothing Bundt Cakes. I mean I get it. Trust me, I make my living writing puns. I just don't particularly like this one. They should make sacramental bundt cakes and call their business Sacrifice Bundts. Now THAT'S a bundt pun. A pundt. I'm just going to call Nothing Bundt Cakes "NBC." Calling it that will hurt my word count t just can't get around that name. Look, I know I brought it up, but can we just move on? Thanks.

You know what I love more than most things? Cream cheese frosting. It's my favorite kind of frosting, and I ask for it on my birthday cake every year. I like carrot cake, and maybe 70 percent of the

reason I like it is the cream cheese frosting. Take a look at how NBC decorates their cakes. That "frosting petal" pattern means that a good glob of cream cheese frosting gets down in the bundt hole (Ha! See that?! THAT's how you pundt!) with each pass. Friends, I'm here to tell you... the bundt hole becomes a friggin' well of cream cheese frosting. I picked up four different bundtlets (small bundt cakes that serve 1 to 2) and I thought that a dollop of cream cheese frosting just completed the look. Nope. That dollop is supported by a mother lode of cream cheese frosting. The entire center is frosting. This, if you can keep from just sticking a straw in there and slurping it up, allows you to apply the perfect amount of frosting to each and every bite you take? How much is the perfect amount? That's entirely up to you, hoss. Dialing it in is part of life's journey. What's that? You prefer the casual elegance of something like a drizzled royal icing? NBC has a drizzle frosting, too. But! And here's the weird part when you think about it... the drizzle frosting also has cream cheese. I mean... cream cheese doesn't drizzle. Cream cheese schmears. Everyone knows that. I'm not saying they're lying about the cream cheese. I'm saying they're geniuses with cream cheese. Anyway, I love this frosting.

As I said, I test drove the bundtlet sized cakes. They're about 4 inches across which I think is the perfect size. Any bigger would be too much for just yourself. Any smaller and you couldn't share it with someone. And the best part is, everybody can have their favorite flavors. And trust me, EVERYONE will have a favorite flavor. There's a principle in restaurant dessert menu planning known as the Five Cs. It posits that your dessert menu should offer five major flavors: chocolate, citrus, coffee, caramel, and cheese (usually cheesecake). The idea being that everybody craves at least one of those flavors. With this in mind, let's examine NBC's bundt cake flavors: Chocolate Chocolate Chip, Classic Vanilla, White Chocolate Raspberry, Red Velvet, Confetti, Carrot, Lemon, Marble, and Pecan Praline.

Coffee. None of NBC's nine classic flavors contain any coffee flavoring, but holy crap just about any of them would pair well with coffee. In addition to the nine classic flavors, NBC features limited-time flavors, some of which might play with coffee, I don't know. NBC and I haven't been seeing each other that long yet. Anyway, if you get yourself a bundtlet, I think you'd do well to eat half for dessert and eat the other half the following morning with your coffee. I did it and am glad I did. The airtight seal on the clamshell will keep it

perfectly joist until morning. I haven't tried it, but I suspect the marble cake or the pecan praline to be awesome with coffee.

Cheese. Easy. Cheese is ever present in the cream cheese frosting. But nowhere else does the cream cheese frosting do best what cream cheese frosting does than on the carrot cake. My only real gripe is that I prefer a more dense carrot cake. When I dig into carrot cake, I want to have to literally dig. Now, if you're looking for a party cake to complement a cheese tray, I'd recommend white chocolate raspberry and not just because it saves me from putting white chocolate under "chocolate" against my nature. This cake can dance you right into almost any glass of wine at the same hypothetical party and was my partner, Annie's favorite.

Chocolate. Chocolate chocolate chip is NBC's evergreen favorite, but I didn't get one because I didn't want something so basic. Instead, I went for something acidic with red velvet. Cuz... you see... chemically speaking "acidic" is kind of the opposite of "basic" and the cake gets its red color from the acidity in the... you know what, I don't need to explain it. Smart people will laugh at that joke. Other than the carrot cake, there's no better vehicle for that cream cheese frosting. The thing about red velvet cake is that



all your senses tell you you're eating chocolate except your eyes. I think that's why some people don't like red velvet. It's confusing. NBC solves this by having little delightful chocolate chips scattered throughout. Not a lot of chocolate chips, mind you. Just enough to reassure you of its chocolate content. Just enough, period.

Citrus. Lemon cake saves the day! Folks, I love me some citrus. If you tell me to go suck a lemon, I'll ask you to not threaten me with a good time. So it's no surprise that I love the pants off this cake. The lemon flavor wasn't so strong that you could feel it in your nose, though sometimes I like

that. NBC really has a knack for achieving a balance with their fruit flavors in the lemon cake and the white chocolate raspberry cake. Many times it's overpowering like when a barista puts too much syrup in your cup. NBC has achieved a balance where the fruit flavor definitely plays an important role, but it'll never upstage the whole cake. It's part of an ensemble.

Caramel. Pecan praline, yo. I haven't tried it but want to. I don't have much to say about it except that it rounds out that fifth dessert menu C.

Want an even smaller option than bundtlets? NBC also has bite-sized

bundtins that are about the cutest damn thing I've ever seen. Want an actual cake-sized cake? They got em and can even make tiered bundt cakes. Hell, they even have a weddings brochure.

I loved all the cakes I tried, but mostly I loved how NBC has a cake for any taste and occasion. Probably my most favorite possibility for NBC is that you can so easily pick up everyone's favorite flavor for a surprise dessert after an otherwise ordinary family meal. I don't know if my nurse practitioner will appreciate it being so easy for me to get yummy cake anytime I want, but it's still the world I want to live in. ■

Nothing Bundt Cakes

190 JFK RD, SUITE C, DUBUQUE, IA
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A Healthy You in 2022

By Hy-Vee Nutritionists Megan Horstman (Asbury) and Amy Cordingley (Locust and Dodge)

A fresh start. A clean slate. A new beginning. However you look at it, the New Year is a time when many people hope to create healthier habits with health and wellness. With all of the diets, fads, and products on the market promising unrealistic outcomes for health and fitness goals, it can seem overwhelming to figure out where to begin.

Luckily, Hy-Vee has the perfect solution. Did you know that Hy-Vee has a team of health and nutrition experts? Our registered dietitians are here to help you create healthful habits that you can maintain long term. Hy-Vee dietitians recommend beginning with small changes that can help improve everything from energy levels to sleep quality.

One easy way to start creating that change is to make simple swaps in the kitchen. Check out these swaps recommended by Hy-Vee dietitians.

Five Food Swaps for the New Year

- Salted Almonds instead of Potato Chips
When craving a salty, crunchy snack, try a handful of nuts instead of reaching for a bag of chips. Nuts contain heart-healthy, unsaturated fats along with fiber and are a lower-sodium option.
- Spinach instead of Iceberg Lettuce
Spinach has more protein, calcium, iron, fiber,

and minerals than iceberg lettuce. Lettuce is still a nutritious choice, but spinach is simply a better nutritional bargain per serving.

- Whole-Grain Dinner Roll instead of White Dinner Roll
Whole grains are rich in protein, fiber, B vitamins, and many other nutrients that can help lower blood pressure, strengthen the immune system, and aid in weight control.
- An Apple instead of Apple Juice
To reap the full benefits, go for a whole piece of fruit instead of fruit juice. Whole fruit has more fiber, less sugar, and fewer calories.
- Black Coffee instead of Soda
For a boost of energy, brew a cup of coffee or some green or black tea rather than drinking a caffeinated soda. Coffee and tea are sugar-free and rich in antioxidants.

Whether you're looking for more guidance on basic nutrition or want an easy weekly meal plan, your Hy-Vee dietitians can help! Visit [hy-vee.com/health/hy-vee-dietitians/default.aspx](https://www.hy-vee.com/health/hy-vee-dietitians/default.aspx) to find your local Hy-Vee dietitian and set up an appointment for a FREE Discovery Session. This session allows us to learn more about your health and wellness goals and discover which of our many services will be the best fit for your needs. Let a Hy-Vee dietitian be your guide this New Year to a healthier YOU! ■



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