

Sugar, spice and everything fall



BY **DESTINEE LANG**

Cinnamon and nutmeg are classic

ingredients in some of the best fall desserts. As the weather changes, so do our taste buds. We begin to crave all of those delicious seasonal treats such as pumpkin, walnut, apple and even candy corn. If you're ready to welcome fall desserts, here are four local places that will be sure to keep your fall sweet tooth satisfied.

First is a small shop located inside a 76 gas station in Land Park: **Spinners Cinnamon Rolls**. It offers warm and freshly baked goodies that are made daily starting at 3 a.m., according to owner Larry Taing. One tasty pastry on its menu is the Walnut Cinnamon Roll (\$3.65). The crunchy texture of walnuts perfectly complements the warm cream cheese glaze drizzled on top of this fluffy roll. Frequent customer Sam Kuykendall says Spinners has the best cinnamon rolls in Sacramento.

"I used to come here five days a week because that's how good they are," Kuykendall says. Ever had a frozen candy corn

cheesecake sandwich before? No? Well, consider this your lucky day. Located in Midtown is a small pop-up stand: Creamy's by Cayla Jordan. It serves up delicacies such as caramel pecan cheesecake bites and a flavor of the month, which during November happens to be apple. Its candy corn cheesecake sandwich simply melts in your mouth (\$5). Frozen cream cheese with two sweet candy corn vanilla cookies to complete this delicious dessert.

Although it's November, some days it's still warm. So how about a pumpkin pie milkshake to help beat the heat? At the Real Pie Company on 24th Street, employees let customers select a slice of pie and three scoops of their favorite ice cream for the ultimate treat (\$9.24). The thickness of the milkshake feels as though you're eating the slice of pie, but the ice cream perfectly balances out this concoction so you don't feel overpowered by pumpkin. Although the price is a little steep, the taste is well worth it.

Fall desserts can sometimes be difficult to enjoy if you have dietary restrictions such as gluten allergies. That's why Pushkin's Bakery is the helpful alternative since it offers gluten- and dairy-free items. Owner Olga Turner says she understands how much of a hassle it can be when you want something sweet, but also have dietary concerns.

"I would try to find gluten-free recipes online, but they were all really bad," Turner says. "So I finally pieced together my own recipe and with the help of my husband opened a bakery."

For fall, Pushkin's features a variety of pumpkin desserts such as gluten-free pumpkin cupcakes (\$3.79). This delicate cupcake was paired with lightweight frosting that had a smooth butter-like finish.

Autumn only comes around once a year, so enjoy the fall leaves and don't forget to try all of the comforting flavors displayed in cases in some of your favorite sweet shops.





