

# WESTCHESTER MAGAZINE

## Truly Good Calories

NANCY CLAUS GILES



If you consume cookies and cupcakes for a good cause, do the calories count? County residents can now find out for themselves. Embracing as its mantra “saving the world, one cupcake at a time,” Connie’s Bakery and General Store opened in Mount Kisco this past February with lofty goals. All of the profits — that’s right, all — will go directly to Westchester or Hudson Valley charities, according to the bakery’s owner and namesake, philanthropist Connie Milstein of South Salem. Food-P.A.T.C.H., Westchester’s largest food bank, will be the first beneficiary. The bakery also has a baking apprenticeship program for “those who

have faced barriers to sustainable employment,” Milstein adds, under the tutelage of Executive Pastry Chef Simeon Manber, a Culinary Institute of American grad freshly arrived from Manhattan’s Babbo. At the conclusion of the year-long program, Connie’s Bakery will assist the four apprentices to find better jobs in the food industry and then recruit four new apprentices.

But are Connie’s goodies as good as its intentions? My daughters and I have exhaustively sampled the wares, and the answer is a resounding yes. For old-fashioned treats, try the candy apples (\$2.75) or caramel apples (\$4.25) or empanada-style apple pies that melt in your mouth (\$3.50). There’s also an assortment of cupcakes, scones, and muffins (the chunky apple muffin is divine) for just \$1.50 each; cookies are \$18 a pound. My personal favorite, the chocolate UFO’s

(cake-like wafers with a marshmallow-cream filling) practically fly out of the store. The store also has a collection of gift items, ranging from New York farms’ jams and jellies, to sweet-pea baby tees (\$20.50), to retro fabric bags (from \$24 to \$96). “The more our customers buy,” Milstein says, “the more we can give away.” Sweet.

Connie’s Baker and General Store  
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