



auntie jeans Chocolate Cake

1 c self rising flour (or 3/4 c quick)

1 c sugar

1/2 c milk

2 eggs

3 tbs melted butter

3 tbs cocoa

Use 8" tin greased and lined
Beat all ingredients together
till well mixed

Bake at 180° c. for 35 min
Chocolate icing

Catsup

combine 1 c tomato
sauce or mashed can
tomatoes, 1/4 c packed
brown sugar, 2 tbs
vinegar, 1/4 tsp cum amon
and a dash each
cloves & allspice

done drum who

The Ultimate Chocolate Chip Cookie

3/4 cup Butter Flavor Crisco® Shortening	1-3/4 cups all-purpose flour 1 teaspoon salt
1-1/4 cups packed light brown sugar	3/4 teaspoon baking soda
2 tablespoons milk	1-1/2 cups HERSHEY'S Semi-Sweet Chocolate Chips
1 tablespoon vanilla extract	
1 egg	

Heat oven to 375°F. Place length of foil on flat surface. In large bowl, beat shortening, brown sugar, milk and vanilla on medium speed of electric mixer until well blended. Add egg; beat well. Stir together flour, salt and baking soda. Gradually add to sugar mixture, beating on low speed just until blended. Stir in chocolate chips. Drop by rounded tablespoonfuls 3 inches apart onto ungreased cookie sheet. Bake 8 to 10 minutes for chewy cookies or 11 to 13 minutes for crisp cookies. Cool 2 minutes; remove from cookie sheet to foil. Cool completely.
About 3 dozen cookies.

8

VEGETABLE BAKE

- 3 cups broccoli flowerets, cooked tender-crisp
- 3 carrots, cut in 2-inch pieces, halved lengthwise, cooked tender-crisp
- 1 cup sliced yellow squash
- 1 cup sliced mushrooms
- 1 tablespoon KINGSFORD'S corn starch
- 1/4 teaspoon salt
- 1/8 teaspoon pepper
- 1 cup milk
- 2 tablespoons Mazola® margarine
- 2 tablespoons lemon juice
- 1/2 teaspoon dried tarragon leaves

In shallow 1-quart casserole toss together first 4 ingredients. In 1-quart saucepan mix corn starch, salt and pepper. Gradually stir in milk until smooth; add margarine. Stirring constantly, bring to boil over medium heat and boil 1 minute. Stir in lemon juice and tarragon. Pour over vegetables. Bake in 350°F oven 25 minutes or until vegetables are tender. Serves 6.

B. J. Salad
 Dales Passion
 1 ^{container} cottage cheese
 small ^{containers} cool whip
 margarine drain
 orange
 flat pineapple - drain
 can
 lemon peel
 Grated

Lemon cake
 mix
 Cool whip



ON THE AIR

HERE'S SOME NEWS
 TO A MEWS YOU

Pancakes - aurora

1 sm. pkg cottage cheese.

3 eggs

3 t oil (1/4c oil)

1/4c flour.

run through mixer
 till blended - will freeze

ALL-BRAN® MUFFINS

1 1/4 cups all-purpose flour
1/2 cup sugar
1 tablespoon baking powder
1/4 teaspoon salt
2 cups **Kellogg's® ALL-BRAN®** Original cereal

1 1/4 cups milk
1 egg
1/4 cup vegetable oil
Vegetable cooking spray

1. Stir together flour, sugar, baking powder and salt. Set aside.
2. In large mixing bowl, combine **Kellogg's® ALL-BRAN®** Original cereal and milk. Let stand about 5 minutes or until cereal softens. Add egg and oil. Beat well. Add flour mixture, stirring only until combined. Portion batter evenly into twelve 2 1/2-inch muffin-pan cups coated with cooking spray.

3. Bake at 400°F about 20 minutes or until lightly browned. Serve warm.

Yield: 12 muffins

FOR MUFFINS WITH REDUCED CALORIES, FAT AND CHOLESTEROL:
Use 2 tablespoons sugar, 2 tablespoons oil, replace milk with 1 1/4 cups skim milk and substitute 2 egg whites for 1 egg.

SEE INSIDE BACK PANEL FOR RECIPE NUTRITION FACTS.

TOPPING

3 tablespoons all-purpose flour
2 tablespoons dark brown sugar, firmly packed
1/2 teaspoon cinnamon
1 tablespoon margarine, cold

MUFFIN

1 1/4 cups all-purpose flour
1 tablespoon baking powder
1/2 teaspoon cinnamon
1/4 teaspoon nutmeg

1. In small bowl, combine the 3 tablespoons flour, the 2 tablespoons dark brown sugar and the 1/2 teaspoon cinnamon. Using pastry blender, cut in margarine until mixture resembles coarse crumbs. Set aside for topping.

2. Stir together the 1 1/4 cups flour, baking powder, cinnamon, nutmeg and salt. Set aside.

3. In large mixing bowl, combine **Kellogg's® ALL-BRAN®** Original cereal, milk, the 1/3 cup dark brown sugar and applesauce. Let stand about 4 minutes or until cereal softens. Add egg whites, oil, vanilla and raisins. Beat well. Add flour mixture, stirring only until combined. Portion batter evenly into twelve 2 1/2-inch muffin-pan cups coated with cooking spray. Sprinkle each muffin with topping.

4. Bake at 400°F about 20 minutes or until golden brown. Serve warm.

YIELD: 12 muffins SEE INSIDE BACK PANEL FOR RECIPE NUTRITION FACTS.

Kellogg's® STREUSEL ALL-BRAN® MUFFINS

1/4 teaspoon salt
2 cups **Kellogg's® ALL-BRAN®** Original cereal
1 cup skim milk
1/3 cup dark brown sugar, firmly packed
1/3 cup unsweetened applesauce
2 egg whites
1/4 cup vegetable oil
1/2 teaspoon vanilla
1/2 cup seedless golden raisins (optional)
Vegetable cooking spray

Creamy garlic-cheese dip

8 oz pkg cream cheese
1/4 c milk
1 tbsp parmesan cheese

1 tbsp salad-dressing mix - garlic, cheese
garlic, onion

Cream cheese, add milk and seasonings and mix. Add Parmesan cheese, beat until smooth and blended

Snappy crab dip

6 1/2 Oz can crab meat
1/4 c sour cream
1/2 tsp tobasco

1 tsp lemon juice
1/4 tsp horseradish
1/2 tsp salt

Mix with fork till well blended, refrigerate till served. Makes about 1 cup.

Italian dip

1 pt sour cream
one 1 1/2 oz pkg spaghetti sauce mix

1 tbsp instant minced onion
onion

Mix well, refrigerate until served, makes about 2 cups

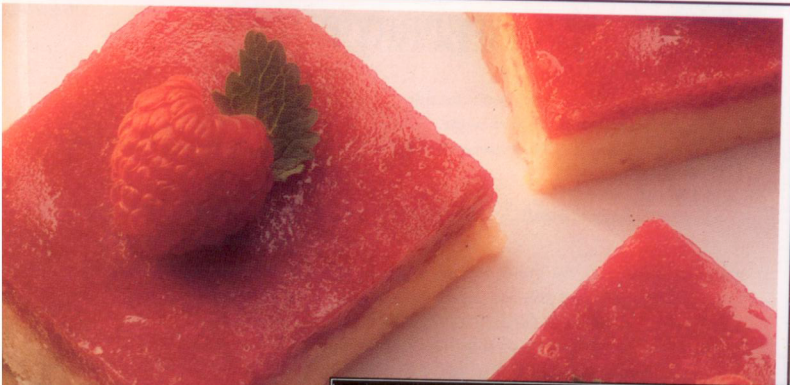
CHILAQUILES CASSEROLE

Chilaquiles (chee-lah-kee-les)

Assemble the casserole no more than 4 hours before cooking time so that tortillas remain crisp. Serve as an appetizer or main dish with a green salad.

6 cups purchased tortilla chips
or 12 corn tortillas cut in strips, fried and drained
2 cups refried beans
5 cups cooked and diced chicken or turkey
3 cups jack or mild cheddar cheese shredded
1 jar La Victoria Salsa
1 cup sour cream (optional)
Minced parsley and pitted ripe olive slices

Distribute half of the tortilla strips over the bottom of a shallow 3 quart casserole (about 9 by 13 inches). Spoon beans evenly over tortilla strips. Sprinkle half of the chicken or turkey over the beans, then pour half of the jar of salsa over the chicken and top with half the cheese. Repeat layers of tortillas, meat, salsa and cover with remaining cheese. This can be kept covered and chilled for as long as four hours. Bake, uncovered, for 30 minutes in a 375 degree oven (if refrigerated, 45 minutes). Garnish with sour cream, parsley and olives and serve hot. Makes 8 serving.



**BUTTER COOKIES
FOR ENTERTAINING.**



**BUTTER COOKIES
FOR FRIENDS.**

CRAN-RASPBERRY BUTTER BARS

CRUST:

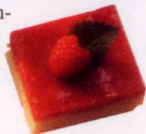
- 1/2 cup toasted sliced blanched almonds
- 2 tablespoons confectioners sugar
- 1/2 cup (1 stick) plus 2 tablespoons butter, softened
- 2 tablespoons sugar
- 1 cup all-purpose flour

TOPPING:

- 4 egg yolks
- 1 tablespoon sugar
- 1/2 cup cran-raspberry juice concentrate (thawed, if frozen)
- 1/4 cup (1/2 stick) butter
- Dash salt
- 10 drops red food color

Preheat oven to 325°F. For crust, place almonds and confectioners sugar in food processor or blender and process until nuts are finely chopped; set aside. Cream butter in small mixer bowl. Add sugar; mix until light and fluffy. Stir in flour and nut mixture. Pat dough evenly into buttered 8-inch square pan; prick with fork. Bake 30 to 35 minutes until edges are light brown and top is still pale. For topping, combine egg yolks and sugar in medium-size heavy saucepan. Stir in concentrate, butter and salt. Cook over medium heat, stirring constantly with a wire whisk, 6 to 8 minutes. (Do not boil.) A candy thermometer will register 180°F to 185°F. Remove from heat; stir in food color. Spread mixture over crust. Return to oven; bake 5 minutes. Remove from oven. Cool completely in pan on wire rack. Cut into bars. Yield: one 8-inch square pan.

Bake it better with butter



SPRITZ BUTTER COOKIES

- 1 cup (2 sticks) butter, softened
- 3/4 cup sugar
- 1 large egg
- 1 teaspoon EACH: vanilla extract, almond extract
- 2 cups all-purpose flour
- 1/2 cup toasted sliced blanched almonds, finely ground
- Dash salt
- Glacé cherries, sugar sprinkles or dragées (optional)

Preheat oven to 375°F. Cream butter in large mixer bowl. Add sugar; beat until light and fluffy. Beat in egg and extracts. Gradually blend in flour, almonds and salt. Using pastry bag and large star tip, pipe dough into rosettes or stars about 1-3/4 inches in diameter onto unbuttered cookie sheets. Decorate with cherries, sprinkles or dragées, if desired. Bake 10 to 12 minutes or until pale golden. Remove from cookie sheets; cool completely on wire racks. Yield: about 3-1/2 dozen cookies.

Bake it better with butter



YOGURT FRESH FRUIT AMBROSIA

- 1 cup chilled orange sections
(3 navel oranges)
- 1½ cups chilled cantaloupe balls
(1 melon)
- 2 cups chilled hulled strawberries,
diced apple, or fresh pineapple
- 1 banana, cut up
- 1 cup flaked coconut
- ½ teaspoon French's Vanilla
- ½ cup plain yogurt

Toss well-drained fruit with coconut. Just before serving, stir vanilla into yogurt and toss with fruit mixture. Garnish with additional coconut, if desired. 6 servings.

About 140 calories in each serving.

PEACH YOGURT FRAPPE

- 1 package (16-oz.) frozen sliced
peaches, partially thawed (2½ cups)
- 2 teaspoons French's Vanilla
- ½ teaspoon French's Almond Extract
- 3 to 4 tablespoons sugar
- 1 carton (8-oz.) plain or peach low-fat
yogurt
- 1 cup skim milk

Using blender or mixer, puree 1 cup of the peaches along with vanilla and almond extracts and sugar. Add yogurt and milk; blend a few seconds on high. Add remaining peaches and blend so that small pieces of peach remain. Makes about four 1-cup servings.

135 calories in each serving.

BLUEBERRY-PEACH COFFEE CAKE (Makes about 9 servings)

- | | |
|---|--|
| 1 package Duncan Hines Wild Blueberry
Muffin Mix | ¼ cup flour |
| 1 can (1 pound) sliced peaches | ½ teaspoon cinnamon |
| ¼ cup sugar | 2 tablespoons (¼ stick)
butter or margarine |

Preheat oven to 400°. Wash blueberries and drain peaches. Spread fruit on paper towels and set aside.

In a small bowl combine sugar, flour and cinnamon. Cut in butter and set aside.

Mix muffin batter as directed on the label except do not fold in the blueberries. Spread batter in a greased 8-inch square pan. Top with drained blueberries and peach slices. Sprinkle cinnamon mixture over the fruit.

Bake at 400° for about 25 minutes, until golden brown.

BLUEBERRY BAR COOKIES (Makes about 1½ dozen medium bar cookies)

- | | | |
|---|---|---------------------------|
| 1 package Duncan Hines Wild Blueberry
Muffin Mix | 6 tablespoons (¾ stick)
butter or margarine | ¼ cup sugar |
| 1 cup quick-cooking oats | ½ cup raspberry or blackberry
jam or preserves | 1 teaspoon cinnamon |
| ½ cup brown sugar | | 1 teaspoon almond extract |

Preheat oven to 375°. Wash blueberries and set aside to drain.

In a large bowl combine dry muffin mix, oats and sugar; cut in the butter. Reserve about 1½ cups of this crumb mixture; press the rest on the bottom of a greased 8-inch square pan.

Gently fold drained blueberries into jam or preserves. Spoon over crumb mixture in pan; spread evenly. Sprinkle the rest of crumbs and pat them evenly onto the berry mixture.

Bake at 375° for 20-25 minutes, until golden brown. Cool completely and then cut into bars.

EASY BLUEBERRY TREATS

CUT HERE AND FILE WITH RECIPES

BLUEBERRY OATMEAL COOKIES (Makes about 2½ dozen medium cookies)

- | | |
|--|-------------------|
| 1 package Duncan Hines Wild Blueberry Muffin Mix | ½ cup cooking oil |
| ¾ cup quick-cooking oats | 1 tablespoon milk |
| ¼ cup brown sugar | 1 egg |

Preheat oven to 375°. Wash blueberries; drain on paper towels.

In a medium bowl combine all but blueberries; mix well. Drop from a teaspoon onto an ungreased cookie sheet. Make a deep depression in the center of each cookie and fill with 7-8 well-drained blueberries. Push dough from sides to cover berries and pat down.

Bake at 375° for 8-10 minutes, until light brown.

BLUEBERRY-PEACH COBBLER (Makes 12 to 15 servings)

- | | | |
|---|---|---------------------------|
| 1 package Duncan Hines
Wild Blueberry Muffin Mix | 6 tablespoons (¾ stick) butter
or margarine | ¼ cup sugar |
| ¼ cup sugar | ½ cup chopped pecans | 1 teaspoon almond extract |
| ½ teaspoon cinnamon | 2 cans (1 pound 6 ounces each)
peach pie filling | Ice cream, if desired |

Preheat oven to 350°. Wash blueberries and set aside to drain.

In a medium bowl combine dry muffin mix, ¼ cup sugar and ½ teaspoon cinnamon. Cut in butter, then stir in nuts.

In a 13 x 9-inch pan combine pie filling, ¼ cup sugar, 1 teaspoon cinnamon, the almond extract and the drained blueberries. Spoon the crumb topping over the peach mixture.

Bake at 350° for 35-40 minutes, until topping is golden brown. Serve with ice cream, if desired.

Holiday Choice Cookies

Cream until fluffy
Add and beat well

1 c. butter
1/2 c. powdered
sugar

Add & stir until smooth

2 c flour
1/4 t. salt

Bake at 350° 10-12 min.
Can be pressed or rolled out.

LEMON MERINGUE PIE

- 1 cup sugar
- 3 tablespoons KINGSFORD'S corn starch
- 1 1/2 cups cold water
- 3 egg yolks, slightly beaten
- Grated rind of 1 lemon
- 1/4 cup lemon juice
- 1 tablespoon Mazola® margarine
- 1 baked (9-inch) pastry shell
- 3 egg whites
- 1/3 cup sugar

In 2-quart saucepan stir together 1 cup sugar and corn starch. Gradually stir in water until smooth. Stir in egg yolks. Stirring constantly, bring to boil over medium heat and boil 1 minute. Remove from heat. Stir in next 3 ingredients. Cool. Turn into pastry shell. In small bowl with mixer at high speed beat egg whites until foamy. Gradually beat in 1/3 cup sugar; continue beating until stiff peaks form. Spread some meringue around edge of filling first, touching crust all around, then fill in center. Bake in 350°F oven 15 to 20 minutes or until lightly browned. Cool. Serves 6 to 8.

OOEY CHOOEY MARSHMALLOOEY

- 1/3 cup sugar
- 1/3 cup packed brown sugar
- 1/3 cup peanut butter
- 1/4 cup margarine, softened
- 1 egg, beaten
- 1 teaspoon vanilla extract
- 4 cups Rice Chex cereal, crushed to 2 cups
- 2 cups miniature marshmallows
- 1 cup miniature semi-sweet candy coated chocolate pieces

Preheat oven to 375 degrees. Combine sugars, peanut butter, margarine, egg and vanilla; mix well. Stir in cereal and spread evenly in ungreased 12-inch pizza pan. Bake 10 minutes. Remove from oven. Sprinkle evenly with marshmallows and top with chocolate pieces. Bake an additional 7 to 10 minutes or until lightly browned. Cool 15 minutes on rack; chill 1 to 2 hours. Cut into wedges. Store in airtight container in refrigerator. Yields 16 servings.

OLALLIE BERRY BRANDY

1 quart smushed berries
(fresh or frozen)
3/4 cup sugar

3/4 teaspoon whole allspice
12 whole cloves
2 cups brandy

In gallon jar, combine olallie berries, sugar, and spices. Pour in brandy; cover. Invert jar daily till sugar is dissolved, about 4 days. Place in cool, dark place for at least 2 months. Strain through cheese cloth before serving. Serve in cordial glasses. Makes about 3 1/2 cups.

Cranberry Raspberry Mousse Pie

- 1/2 cup Ocean Spray® Cranberry Juice Cocktail
- 1 package (3 oz.) raspberry flavored gelatin
- 1 can (16 oz.) CranRaspberry® Cranberry Raspberry Sauce
- 2 cups frozen non-dairy whipped topping, thawed
- 1-9" prepared pie shell

In a saucepan, heat cranberry juice cocktail to boiling, remove from heat, stir in gelatin until dissolved. In a bowl, beat cranberry raspberry sauce with electric beater on high one minute. Stir into gelatin mixture, chill in refrigerator 2 1/2 hours until thickened, but not set. Fold in non-dairy whipped topping until mixture is thoroughly blended. Spoon into prepared pie shell or dessert dishes. Chill until firm. Makes 8 servings.