

Banana Bread

2 large ripe bananas, mashed
1 ½ c. white sugar
½ c. solid shortening
2 eggs
¼ c. buttermilk OR sour milk
1 tsp. vanilla
2 c. Flour
½ tsp. Baking Powder
¾ tsp. Baking Soda
½ tsp. Salt

Preheat oven to 350 degrees.

Grease and flour 1 bread loaf pan. Set aside.

Mash bananas and set aside.

In electric mixing bowl, cream white sugar with shortening. Add in eggs, buttermilk and vanilla. Beat together. Add in mashed bananas. Beat until light and fluffy. Add in flour, baking powder, baking soda and salt. Stir together until blended. DO NOT OVERMIX! Pour into greased and floured pan. Bake on bottom rack in oven. Bake about 45 minutes to 1 hour.

Fruit Cooler

1 1/2 c. orange juice
1/4 c. pineapple juice
2-10oz pkg. frozen strawberries
1 1/2 c. crushed ice

Mix juices, strawberries and crushed ice in a blender for @ 2 minutes.
Serve in glass. May garnish with an orange slice or mint leaf.

Spiced Apple Muffins

1 c. flour
1/4 c. sugar
1/4 tsp. salt
1/4 tsp. cinnamon
2 tsp. baking powder
1 egg
1/2 c. milk
2 Tablespoons(T.)melted margarine or butter
1/2 c. finely chopped apples

Grease muffin pan or use cupcake liners. Stir together dry ingredients(flour, sugar, salt, cinnamon, baking powder). Beat the egg with milk and melted margarine. Add egg mixture to dry ingredients. Stir with fork until blended. DO NOT over mix! Fold in finely chopped apples. Drop into muffin pans(batter will be thick) about 2/3 full. Sprinkle with cinnamon and sugar mixture.

Bake at 450 degrees for 15 to 20 minutes
Yield: 6 large sized muffins

EASY HOMEMADE ICE CREAM 'N' COOKIES

(makes 1 1/2 quarts)

2 cups (1 pint) whipping cream, whipped

3 egg yolks

1 (14 oz.) can Eagle Brand Sweetened Condensed Milk
4 teaspoons vanilla extract

1 cup coarsely crushed chocolate sandwich cookies --
(like Oreos) (12 cookies)

Whip the cream until very stiff. Wash the beaters.
Set the whipped cream aside.

Beat the egg yolks with the electric mixer you used
for the cream. Stir in the sweetened condensed milk
and vanilla.

Fold in the cookies and whipped cream.

Pour into a two quart container.

Cover; freeze 6 hours or until firm.

Scoop ice cream from pan or peel off foil and slice.
Return leftovers to freezer.

Name _____

Pancake Lab Directions:

Combine 1 cup flour and 1 cup milk. Stir. Make one tiny pancake.

Describe:
Texture:
Flavor:
Color:

Add one egg. Stir. Make one tiny pancake.

Describe:
Texture:
Flavor:
Color:

Add 2 tsp baking powder. Stir. Make one tiny pancake.

Describe:
Texture:
Flavor:
Color:

Add 1 Tbsp sugar and $\frac{1}{2}$ tsp salt. Stir. Make one tiny pancake.

Describe:
Texture:
Flavor:
Color:

Add 2 Tbsp oil. Stir. Make one tiny pancake.

Describe:
Texture:
Flavor:
Color:

Make the rest of the batter into pancakes and enjoy eating them!



Chocolate Crinkles (page 122), Candy Cookies (page 117), Peanut Butter Cookies

Peanut Butter Cookies

PREP: 15 min; CHILL: 2 hr; BAKE: 30 min
Makes about 2 1/2 dozen cookies

Want something different than the crisscross marks a fork makes? Try using the bottom of a cut crystal glass, a potato masher or cookie stamp for a new look.

1/2 cup granulated sugar
 1/2 cup packed brown sugar
 1/2 cup peanut butter
 1/4 cup shortening
 1/4 cup stick margarine or butter, softened*
 1 large egg
 1 1/4 cups all-purpose flour**
 3/4 teaspoon baking soda
 1/2 teaspoon baking powder
 1/4 teaspoon salt
 Granulated sugar

1. Mix 1/2 cup granulated sugar, the brown sugar, peanut butter, shortening, margarine and egg in large bowl. Stir in flour, baking soda, baking powder and salt. Cover and refrigerate about 2 hours or until firm.

2. Heat oven to 375°.

3. Shape dough into 1 1/4-inch balls. Place about 3 inches apart on ungreased cookie sheet. Flatten in crisscross pattern with fork dipped in granulated sugar.

4. Bake 9 to 10 minutes or until light brown. Cool 5 minutes; remove from cookie sheet. Cool on wire rack.

*Spreads with at least 65% vegetable oil can be substituted (see page 13).

**If using self-rising flour, omit baking soda, baking powder and salt.

1 COOKIE: Calories 115 (Calories from Fat 55); Fat 6g (Saturated 1g); Cholesterol 10mg; Sodium 100mg; Carbohydrate 13g (Dietary Fiber 0g); Protein 2g

LIGHTER PEANUT BUTTER COOKIES

For 1 gram of fat and 95 calories per serving, use reduced-fat peanut butter. Substitute 1/4 package (8-ounce size) reduced-fat cream cheese (Neufchâtel), softened, for the shortening. Add 1/2 teaspoon vanilla with the egg.

Pie Crust

2 ½ cups flour
1 Tbsp. Sugar
1 tsp. Salt
1 cup shortening
2 beaten egg yolks
2/3 cup water

Mix dry ingredients; cut shortening into dry ingredients. Add 2 beaten egg yolks and 2/3 cup water.

Bake at 425 degrees for 10 minutes with tin foil over edges of piecrusts. After 10 minutes remove tin foil and reduce heat to 350 degrees and bake for an additional 25 to 30 minutes.

This makes enough for two piecrusts.

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Pizza Bubble Bread

1 package refrigerator biscuits

½ c. pizza sauce

1 c. shredded mozzarella cheese

1. Preheat oven to 400 degrees.
2. Spray/grease pizza pan.
3. Separate biscuits. Cut each biscuit into 4 pieces.
4. Place in medium bowl and toss with sauce to coat.
5. Arrange biscuit dough pieces into about an 8-inch circle on the pizza pan.
6. Sprinkle with mozzarella cheese.
7. Bake in preheated oven for 12 to 14 minutes or until golden brown.
8. Eat and enjoy.

Pizza Crust:

1 pkg.. active dry yeast
1 cup warm water (105 to 115 degrees F.)
1 tsp. sugar
1 tsp. salt
2 Tbsp. vegetable oil
2 1/2 cups flour

Dissolve the yeast in the water. Add the rest of the ingredients in and mix.

Dump onto a floured surface.

Knead into smooth dough (five minutes or so).

Roll out and press down onto a **greased** pizza pan.

Add 1 cup sauce and toppings.

Bake at 450 degrees F. for around 12-15 minutes until the crust looks crispy and lightly browned.

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Puppy Chow

1/4 cup butter or margarine

1/2 cup peanut butter

1 cup chocolate chips

1 tsp vanilla

9 cups chex cereal

1 1/2 powdered sugar

Melt the butter or margarine, peanut butter, chocolate chips, and vanilla in pan on top of stove. Once the mixture is smooth, then stir in the cereal to coat all the pieces. Finally, coat the chocolate covered cereal with powdered sugar.

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SHORTCAKE

COMBINE:

2 C. FLOUR
1/2 C. SUGAR
1/2 TSP. SALT
1 T. BAKING POWDER

CUT IN:

1/2 C. SHORTENING

MIX TOGETHER AND STIR INTO BATTER:

1 EGG
1 C. MILK

DROP/POUR INTO A 9 X 9 GREASED CAKE PAN. BAKE 15 TO 20 MINUTES. CUT INTO SQUARES. TOP WITH STRAWBERRIES AND WHIP CREAM.

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Preheat oven to ~~400~~ 375

DROP/POUR INTO A 9 X 9 GREASED CAKE PAN. BAKE 15 TO 20 MINUTES. CUT INTO SQUARES. TOP WITH STRAWBERRIES AND WHIP CREAM.

Mrs. Field's Chocolate Chip Cookies

3/8 c. white sugar
3/8 c. brown sugar
1/2 c. butter/margarine (slightly softened) - *Not Melted*
1 egg
1/2 tsp. Vanilla
1 1/4 c. flour (may need to add slightly more)
1/2 tsp. Baking soda
1/2 tsp. Salt
1 c. chocolate chips (milk chocolate or semi-sweet)

Mix white sugar, brown sugar, softened butter/margarine and egg in bowl.
Add vanilla. Add flour, baking soda and salt. Stir in chips. Bake at 350 degrees for 10 to 12 minutes.

Chocolate Peanut Butter Fudge

1 bag 12 oz size semi-sweet chocolate chips

2 cups peanut butter

1 c. butter

2 cups sifted powdered sugar

- 1) Gather ingredients
- 2) Sift powdered sugar
- 3) Cook chocolate chips, peanut butter and butter over LOW heat, stirring constantly, until mixture melts. Remove from heat and add powdered sugar. Pour into a greased 9 by 13 pan. Cool at room temperature, cut into squares, store in refrigerator (this gets soft fairly easy, so keep cool).

COOKIE DELIGHT SALAD

2 large packages instant vanilla pudding
3 ½ cups of buttermilk
8 ounces cool whip
1 can fruit cocktail (drained)
1 can mandarin oranges (drained)
½ package of fudge striped cookies

Mix buttermilk and pudding. Add DRAINED fruit and cool whip.
Refrigerate salad overnight. Add cookies just before serving.

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Angel Fondue

4 cups strawberries
1 angel food cake
2 Tbsp. Powdered sugar
1 cup marshmallows
2/3 cup heavy cream

To prepare fondue: Heat up sugar, marshmallows, and heavy cream until melted. Once melted, put into fondue pot.

Cut up the strawberries and angel food cake into bite size pieces to use for dipping.

Chocolate Fondue

3 squares of unsweetened chocolate
3/4 cups sugar
1/2 cup light cream
1/4 cup butter
1/8 tsp. Salt

In saucepan melt chocolate over low heat. Add sugar, cream, butter, and salt. Cook stirring constantly, about 5 minutes or until thickened. Pour into fondue pot. Cut doughnuts up into bite size pieces.

Caramel Fondue

1 package of caramels
1/2 cup water

Combine caramels and water in saucepan; melt over low heat. If the mixture is too thick; stir in a little more water. Once melted, place into fondue pot.

Cut up apples into bite size pieces; put in bowl with lemon juice.

HAYSTACK COOKIES

Makes approximately 24 haystacks, depending on the size you create.

1/4 cup light corn syrup

1/4 cup honey

1/2 cup peanut butter

1 teaspoon vanilla extract

1 cup cornflakes cereal

1 cup chow mein noodles

1/2 cup chocolate chips

1. Let the kids

Advertisement

measure and stir together the corn syrup, honey and peanut butter in a medium saucepan. An adult should take over and bring the mixture to a boil. Remove from heat and stir in vanilla.

2. Meanwhile, kids can measure and mix the cornflakes, chow mein noodles and chocolate chips in a large mixing bowl. An adult should pour the melted peanut butter mixture over the dry ingredients. Stir lightly until completely coated.

3. When cool to the touch, let kids drop the mixture by heaping tablespoons onto a foil-covered baking sheet. Form each one into a haystack shape. Cool in refrigerator until firm.

Note: These cookies freeze well.

HOLIDAY FONDUE

½ pound ground beef
1 can pizza sauce (10 –12 ounce size)
¼ teaspoon garlic
1 – 8 ounce bag shredded cheddar cheese
1 – 4 ounce bag shredded mozzarella cheese
Italian or French bread

In a saucepan, over medium heat, brown ground beef. Drain off excess fat. Add pizza sauce, garlic salt; stir until heated. Add cheddar and mozzarella cheese. Stir until smooth. Pour into fondue pot. Serve with Italian or French bread.

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Hot Mexican Dip (We cut this recipe in half for our class)

1 pound ground beef
1 pound Jimmy Dean sausage
2 pounds American cheese
1 small can green chilies
1 small can jalepeno pepper
1- 15 oz. Can tomato sauce
1 small can of tomato paste

Brown ground beef and sausage. Drain off fat. Add cheese and cook until melted. Add chiles, peppers, tomato sauce, and paste. Heat and serve with chips. This can be frozen and reheated.

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Ice Cream Sundae Dessert

Lori Henry
Spring Lake Park HS

¼ c. brown sugar
1 c. flour
¼ c. oatmeal
½ c. butter

½ jar of caramel ice cream topping

Blend together all topping items (not caramel) with a fork. Place on a cookie sheet. Bake at 350 degrees until evenly browned. Stir mixture occasionally. **WATCH SO IT DOESN'T BURN!** This only takes a few minutes to brown. Place ½ of crumb mixture in bottom of square pan (8 by 8 pan-glass pan works best). Pat down and let cool a few minutes. Drizzle ¼ jar of caramel sauce over bottom crumb mixture. Take ½ of the half gallon boxed vanilla ice cream and slice (about ½ inch thick) to fit over the caramel sauce/crumb mixture. Sprinkle the rest of the crumble mixture over the top of the ice cream. Pour another ¼ jar of caramel on top. Place in freezer for at least 3 hours, preferably overnight. To serve cut in squares.

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Never Fail Fudge Recipe

3 cups semi-sweet chocolate chips
1 -14 oz. can sweetened condensed milk
dash of salt
1-1/2 teaspoon vanilla extract

Melt chocolate chips, milk, and salt in a saucepan slowly over VERY low heat. Remove from heat, and stir in vanilla.

Spread into a 9x9" pan lined with wax paper. Chill until firm (about two hours).

Turn onto cutting board and cut into one inch cubes. Refrigerate uneaten portions, if any.

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Easy OREO Truffles

Ready in: 1 Hour 30 Minutes
Serves: 42

"These truffles are very easy and delicious. You can't go wrong with OREO, cream cheese and chocolate!"

INGREDIENTS:

- 1 (16 ounce) package OREO Chocolate Sandwich Cookies, divided
- 1 (8 ounce) package PHILADELPHIA Cream Cheese, softened
- 2 (8 ounce) packages BAKER'S Semi-Sweet Baking Chocolate, melted

2 1/2 c. Chocolate Chips

DIRECTIONS:

1. Crush 9 of the cookies to fine crumbs in food processor; reserve for later use. (Cookies can also be finely crushed in a resealable plastic bag using a rolling pin.) Crush remaining 36 cookies to fine crumbs; place in medium bowl. Add cream cheese; mix until well blended. Roll cookie mixture into 42 balls, about 1-inch in diameter.
2. Dip balls in chocolate; place on wax paper-covered baking sheet. (Any leftover chocolate can be stored at room temperature for another use.) Sprinkle with reserved cookie crumbs.
3. Refrigerate until firm, about 1 hour. Store leftover truffles, covered, in refrigerator.

Party Cheese Ball

2 – 8 oz. Cream cheese
1 – 8 oz. Shredded cheddar cheese
2 Tablespoons chopped onion
2 Tablespoons finely chopped green peppers
2 Tablespoons chopped pimentos
2 teaspoons lemon juice
Dash of salt
Dash of Tabasco sauce

Combine all ingredients together and roll in chopped walnuts or grated cheese.

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Pasta Salad

1 pound vermicelli
1 tomato
1 cucumber
1 onion
1 green pepper
½ large package sliced pepperoni
1 can sliced black olives (drained)
1 to 2 c. cups zesty Italian salad dressing
½ jar salad supreme

Cook pasta, and rinse in cool water, then drain. While pasta is cooking, dice up vegetables: tomato, cucumber, onion, and green pepper. Combine pasta with diced up vegetables. Then add sliced pepperoni and black olives. Last add zesty Italian dressing and salad supreme. Stir salad to combine and coat with dressing. Store in refrigerator overnight. Stir before serving.

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Peanutty Plantation Bars

1 pound almond bark (white or chocolate)
1 cup peanut butter
1 cup peanuts, without hulls
4 cups rice krispies

Melt bark candy in top of double boiler over hot water. Add the peanut butter and peanuts and blend well. Stir in rice krispies. Pour mixture into buttered 9x13 inch-pan. Chill until set, then cut into bars.

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Pizza Snacks

½ lb. Italian Sausage

2 tsp. oregano

1 tsp. garlic salt

1 refrigerator biscuit per person

1 can tomato paste

1 ½ c. shredded mozzarella cheese

¼ c. parmesan cheese

Brown Sausage, drain fat. Add oregano and garlic salt. On GREASED cookie sheet, flatten the biscuits with your hands. Spread with tomato paste, sprinkle meat mixture on top of paste. Sprinkle with BOTH cheeses. Bake at 425 degrees for 8 to 10 minutes.

Rocky Road Fudge

- 1 (12 ounce) package semi sweet chocolate chips
- 1 cup package butterscotch chips
- 1 cup peanut butter
- 1 Tablespoon Butter/Margarine
- 3 cups marshmallows

Grease/Spray a 9 by 13 cake pan.

- 1) In 2 quart saucepan melt together chocolate chips, butterscotch chips, peanut butter and butter. Cook over medium heat for 3 to 5 minutes or just until ingredients are melted, stirring constantly. Remove from heat.
- 2) Stir in marshmallows.
- 3) Pour into greased pan. Cover pan with plastic wrap and refrigerate fudge until firm; at least 3 hours. Once firm, cut into one inch square pieces. If not serving right away, store in refrigerator.

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SNICKERS® SALAD

6 SNICKERS® candy bars, chopped in sm. squares

6 Granny Smith green apples, chopped in sm. pieces

1 (8 oz.) container Cool Whip

Mix and chill. Enjoy as salad or dessert.

MAGIC MARSHMALLOW CRESCENT PUFFS

INGREDIENTS

Rolls—Need 8 cupcake liners

¼ cup granulated sugar
1 teaspoon ground cinnamon
1 can refrigerated crescent dinner rolls
8 large marshmallows
3 Tablespoons butter or margarine, melted

Glaze

¼ cup powdered sugar
¼ teaspoon vanilla
1 to 2 teaspoons milk

DIRECTIONS

1. Heat oven to 375°F. Line 8 medium muffin cups with cupcake liners. In small bowl, mix granulated sugar and cinnamon.
2. Separate dough into 8 triangles. For each roll, dip 1 marshmallow into melted butter; roll in sugar mixture. Place marshmallow on shortest side of triangle. Roll up, starting at shortest side and rolling to opposite point. Completely cover marshmallow with dough; firmly pinch edges to seal. Dip 1 end in remaining butter; place butter side down in muffin cup.
3. Bake puffs in oven 12 to 15 minutes or until golden brown. (Place foil or cookie sheet on rack below muffin cups to guard against spills.) Cool in pan 1 minute. Remove rolls from muffin cups; place on cooling racks set over waxed paper.
- 4 In small bowl, mix powdered sugar, vanilla and enough milk for desired drizzling consistency. Drizzle glaze over warm rolls. Serve warm.