



Recipe Corner

by Dorothy Johnson

If the after school-school crowd arrives home ravenous and demanding immediate sustenance, do you take the easy way out and pacify starvation with packaged cookies and cake that are loaded with great quantities of sugar and little else? That may get the thundering herd out of your hair but it also may kill their appetites for supper and play havoc with their nutritional intake.

The best foods you can offer youngsters who are action enough to burn up the extra calories provided by snacks are fresh fruits and crispy raw vegetables or, if a minimeal is really in order, a peanut butter sandwich. But there are times when youngsters are entitled to enjoy sweets most of them crave.

Some of the snacks suggested in our column today also will make good lunch box additions for the family brown-baggers. Most will freeze well, so if you are among those cooks who like to prepare great quantities of such foods all at once and freeze for future use, you'll find plenty of good suggestions here.

CARROT MACAROONS

- 1 cup grated peeled carrot
- 1/4 cup water
- 1/2 cup brown sugar
- 1/2 cup oil
- 2 cups flake coconut, lightly packed
- 1/2 cup whole wheat pastry flour
- 1/2 tsp. salt
- 1 tsp. almond flavoring

In bowl combine carrot, water and sugar. Add oil beating with fork to blend well. Add coconut, flour, salt and almond flavoring. Mix until blended. Drop from spoon on lightly greased baking dish. Bake at 325 degrees 30 minutes or until nicely browned and well done. Loosen with spatula and let cool on baking sheet. If cookies soften on standing, reheat to restore crispness before serving. Makes 24 Macaroons.

MOLASSES OATMEAL COOKIES

- 2 1/2 cups whole wheat pastry flour
- 1/2 tsp. salt
- 1 1/2 tsp. cinnamon
- 1/2 tsp. nutmeg
- 1/4 tsp. cloves
- 1 cup apple juice
- 1 cup molasses
- 2/3 cup oil
- 2 1/2 cups diced, peeled apples
- 1 cup sunflower seeds
- 3 cups oats

Combine flour, salt, cinnamon, nutmeg and cloves in bowl. In another bowl mix together apple juice, molasses and oil. Stir until blended. Add the flour mixture to the liquid, a third at a time, blending well after each addition. Fold in apples and sunflower seeds. Fold in oats. Drop by tablespoons onto greased baking sheets and bake at 350 degrees 12 to 14 minutes or until done and lightly browned. Makes 4 1/2 dozen.

SUPER SNACK BARS

- 1 1/2 cups enriched bread crumbs
- 1/2 cup chopped nuts
- 1/2 cup butter or margarine
- 1/2 cup brown sugar, packed
- 2 cups raisins
- 1 cup dried apricots, chopped
- 2 tbsp. milk
- 1 tsp. vanilla
- 1 egg, beaten

Stir together bread crumbs and nuts. Melt butter in medium sauce pan. Add sugar raisins and apricots. Stir over low heat until sugar is dissolved. Remove from heat and stir in milk, vanilla and egg. Return



to heat and cook, stirring about 5 minutes. Blend in bread crumbs and nuts. Press into a buttered 8 or 9-inch square pan. Chill at least 2 hours. Cut into bars.

PUFFED CEREAL SNACKS

- 1 cup dates, ground
- 2 tbsp. honey
- 2 tbsp. peanut butter
- 1 tbsp. butter or margarine softened
- 2 cups puffed brown rice millet or wheat
- 1/2 cup sunflower seeds

Combine in mixing bowl dates honey peanut butter and butter. Mix in puffed rice and sunflower seeds. Press into 8-inch square oiled baking pan. Chill and cut into small bars. Makes 32 snacks.

BROWN GINGER SNAPS

- 1/3 cup butter or margarine
- 1/2 cup molasses
- 1/4 cup brown sugar packed
- 1 1/4 cups unsifted flour
- 1/2 to 1 1/2 tsp. ginger
- 1/4 tsp. soda
- 1/4 tsp. salt
- 1 1/2 cups bran flakes or raisin bran

Melt butter with molasses and brown sugar in saucepan, stirring constantly. Remove from heat. Combine flour, ginger, soda and salt. Add cereal to molasses mixture, mix well. Add flour mixture, mix thoroughly. Chill until firm enough to roll. Roll 1/8 inch thick on lightly floured board. Cut with 2 1/2 inch cookie cutter. Place on greased baking sheets and bake at 350 degrees about 10 minutes or until just brown around edges. Makes about 3 dozen cookies.

HONEY - GRANOLA COOKIES

- 1 cup butter or margarine
- 1/2 cup honey
- 1 tsp. vanilla
- 1/2 tsp. salt
- 1 cup whole wheat flour
- 1 egg
- 1 cup shredded coconut
- 1/2 cup chopped nuts
- 3 cups oats

Melt butter do not brown. Remove from heat. Stir in honey until smooth. Add vanilla salt, flour, eggs, coconuts, nuts and oats. Blend gently but thoroughly. Drop by teaspoonfuls onto greased baking sheets. Bake at 350 degrees 10 minutes. Cookies will bake better when done 5 minutes on top rack and 5 minutes on bottom rack. Makes about 6 dozen cookies.

AFTER SCHOOL NUTRITION

FIG FILLED CRISPS

- 1 cup orange juice
- 1 tbsp. orange grated peel
- 1 cup ground dried figs
- 2 tbsp. honey butter or margarine
- 1/2 cup brown sugar, packed
- 1/2 tsp. salt
- 1 tsp. vanilla
- 2 1/2 cups oats
- 2 1/2 cups whole wheat or white pastry flour

Combine 1/2 cup orange juice, orange peel, figs, honey and 1 tsp. butter in saucepan. Cook until pasty, about 5 minutes. Cool. Cream 1 cup butter with brown sugar, salt and vanilla. Combine oats and flour. Add to butter mixture alternately with remaining orange juice. Chill mixture. Roll out, a portion at a time, on lightly floured board about 1/8 inch thickness. Cut rounds with cookie cutter. Place a tsp. of fig filling on half the rounds and cover with other rounds. Press together with fork around edges. Bake at 350 degrees 12 to 14 minutes or until brown. Makes about 4 dozen.

PRUNE-MARMALADE SQUARES

- 1 (12 oz.) pkg. pitted prunes
- 1/2 cup orange marmalade
- 1 pkg. dry yeast
- 1/4 cup warm water
- 2 1/4 cups sifted flour
- 1/4 cup sugar
- 1/2 tsp. salt
- 3/4 cup butter or margarine
- 1 large egg beaten
- Glaze, optional.

Snip prunes into small pieces. Mix with marmalade and set aside. Sprinkle yeast over warm water and let stand 5 minutes. Combine flour, sugar and salt. Cut in butter until particles are fine. Combine yeast and egg, stir into flour mixture. Chill dough about 1/2 hour for easier handling. Divide into two portions. Roll out each portion to 12 x 8 inches. Place one portion in greased 13 x 9 inch pan and pat out to corners of pan. Spread prune mixture over top with second sheet of dough. Pierce with fork to mark into 2 inch squares. Bake at 375 degrees 25 to 28 minutes until lightly brown. Cool in pan. Brush with glaze, if desired cut along lines. Makes 24 squares.

GLAZE

- 1 tbsp. butter or margarine
 - 2 tsp. orange juice
 - 1/4 tsp. grated orange peel
 - 1/2 cup sifted powdered sugar
- Melt butter, add orange juice and peel. Stir in sugar.

