



## Recipe Corner

by Dorothy Johnson

### Mission Impossible

It's 3:30 and your children are home from school. You have exactly 20 minutes to give them a high protein, high energy snack before they rush off to football practice and ballet lessons.

Your mission, should you decide to accept it, is to furnish your children with Fudgy Peanut Butter Bars and a glass of milk. These bars feature peanut butter cookie mix and whole grain oats, sandwiching a layer of chunk style peanut butter and semi-sweet chocolate pieces.

Fudgy Peanut Butter Bars contribute to the Protein and energy children need to kick field goals or leap across a ballet floor. Sometimes, with the extra stresses and demands your children make on their bodies, they need more protein. For times like this, a high protein snack, which provides materials for building and upkeep of body tissues, is ideal.

For mom, it's easy to make Fudgy Peanut Butter Bars. A package of peanut butter cookie mix supplies enriched flour and peanut butter for an easy nutritious snack. Whole grain oats contribute 7 B vitamins, 9 minerals and a delicious nut-like flavor. The chunk style peanut butter filling adds even more protein.

Should you accept this mission, your children will be most grateful.

#### FUDGY PEANUT BUTTER BARS

##### Base and Topping

- 1 15-ounce package Quaker Peanut Butter Cookie Mix
- 1 cup Quaker Oats (quick or old fashioned, uncooked)
- 1/3 cup butter or margarine
- 3 tablespoons water

##### Filling:

- 1 6 ounce package (1 cup) semisweet chocolate pieces
- 1/2 cup chunk style peanut butter

For base and topping, combine all ingredients in large mixing bowl; beat at low speed on electric mixer until mixture resembles coarse crumbs. Reserve 1/2 cups mixture; press remaining onto bottom of lightly greased 13x9 inch baking pan.

For filling, melt together all ingredients in small saucepan over low heat, stirring occasionally. Spread filling over base; sprinkle reserved mixture. Bake in preheated moderate oven (375 degrees F.) about 20 minutes or until golden brown. Cool thoroughly; chill until chocolate is set. Cut into bars; store in tightly covered container at room temperature. Makes 13 x 9 inch pan of bars.

Your mission is to furnish your children with Fudgy Peanut Butter Bars. They're high in protein, easy to prepare and delicious.

## Candy Colored

### Love Nest

CANDY COLORED LOVE NEST makes a sweetheart of a centerpiece for a Valentine Party...and it's all concocted of cardboard, glue and paint! House is a small box, sprayed with Krylon's Hot Pink; corrugated roof and eaves, sprayed white, are glued to lid. Frosting-like trim is Elmer's glue. Completing scent: cardboard base, sprayed Cherry Red and trimmed with path of paper hearts, with more hearts spray-stenciled on tablecloth. As for lacy baskets, they're doilies layered with glue and molded around such shapes as a bowl and a Krylon lid.

