



Thornhill Summit District - Treat Recipes

Octopus Dogs

6 Hot dogs
6 Hot dog buns
1 cn Chili

About 1" from one end of a hot dog, start a slit in the hot dog that goes vertically to the other end. Turn a quarter turn and make another slit. Keep making slits until you have eight "legs" for the hot dog. Boil and the hot dog will look like an octopus. Serve with head up and legs spread out over an opened hot dog bun that has chili on it.

Popsicles

1 pk Koolaid; unsweetened
3 oz Jello; pkg, any flavor
1 c Sugar

Dissolve the above in 2c boiling water. Be SURE it's dissolved, it does take a while. Add 2c cold water, mix well.

Pour into molds, freeze til firm. Posted on cooking echo by Jeanne Leake

Popcorn Cake #2

16 oz Marshmallows
1/2 c Margarine
1/4 c Oil
16 c Popped popcorn
12 oz Salted peanuts
1/2 c Candy coated mini choc chips
Balloons & drinking straws

In large saucepan over medium heat, combine marshmallows, butter and oil; stir constantly until marshmallows are melted. Place popcorn and peanuts in a very large bowl; stir in marshmallow mixture. Add chocolate chips; lightly stir into popcorn mixture. Press popcorn mixture into a greased 10" tube pan; pack firmly. Place in fridge 30 minutes or until set. Unmold onto serving pan. To decorate cake pipe icing onto cake for balloon strings. Blow up balloons and tie onto ends of straws; place in opening of cake. Fill opening with gum balls. Source: Quick Gifts of Good Taste

No-Bake Peanut Squares

1 c Light corn syrup
1 c White sugar
1 c Peanut butter
4 c Corn flakes
4 c Cherrios
1 c Peanuts

In a 2 qt. pan melt together just until smooth the first three ingredients, stirring constantly. Do not boil. (Warning: Don't use glass pan on top of electric stove!) Remove from heat. Measure the last three ingredients into a large bowl. Pour over peanut butter mixture. Stir, coating cereal and nuts. Spread into buttered large pan. Cut into squares. Press down.
By 9 year old Travis Williams Posted for you by Michelle Bruce

Peanut Butter Turtles

Apple
2 tb Peanut Butter
5 x Grapes

Slice an apple in half. Make several slits in each half. Fill with peanut butter or sesame butter (available in health stores.) Attach seedless grapes with toothpicks (remove before giving to very young children) for the head and legs and stick a carrot shaving on for a tail (tuck it in 1 of the slits) Nice to serve as a lunch treat.

Ice Cream Witch

1 Sugar cone
1 Sugar cookie
Ice cream, green
Coconut
Food coloring, green/orange
Chocolate chips
1 Gum drop

Make witch's hat by dipping a sugar cone in melted chocolate and then sticking it on top of a sugar cookie. Make witch's hair by mixing coconut with green or orange food coloring. Put a round ball of lime sherbet or chocolate chip mint or pistachio ice cream on a small plate for the witch's head. Put hat on top of head and hair on witch's head. Use a gum drop for the nose and chocolate chips for the eyes.

Cat's Eyes

1/2 c Peanut butter
8 Ritz crackers
1 Banana; cut into 8 slices
8 Raisins

Spread peanut butter on crackers and top each with a slice of banana. Place a raisin in center of each banana to form a cat's eye and repeat for all banana topped crackers. Source: Healthy Treats and Super Snacks for Kids

Frozen Fruit Treat

1 3/4 c Strawberries
1 lg Can crushed pineapple
5 Bananas (cut in cubes)
12 oz Frozen orange juice concentrate
1 1/2 c Water

Mix ingredients together. Freeze in small paper cups. Serve partially defrosted. Children love this nutritious treat! From: Healthy Meals and More

Sailboats and Canoes



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1 Egg; hard cooked
1 T Mayonaise
1 t Parmesan; grated
1 Celery stalk
2 T Cheese spread
1 Cheese slice

Cut hard cooked egg in half lengthwise. Remove yolk and mix with mayonaise and parmesan. Fill egg cavity with yolk mixture. Cut ends off celery stalk, cut in half crosswise and fill halves with cheese spread. Cut cheese slices into four triangles. Stick cheese triangles vertically into egg mixture and cheese spread to form sails.

Source: Healthy Treats and Super Snacks for Kids

Orange Ice Cream Pops

1 c Milk
1 pt Ice cream, vanilla
6 oz Orange juice; frozen concentrate partly thawed

Combine all ingredients in blender; cover and blend until smooth. Pour into 8 (3-1/2 oz) paper cups. Place in freezer. When partially frozen, insert wooden stick in each. Freeze until firm. Store any leftovers in plastic bags.

from: The Daily Herald, 2/14/95

Pudding Fudgesicles

1 pk Pudding, instant chocolate Milk
1/2 c Evaporated milk

Make instant chocolate pudding, adding milk called for on package directions plus 1/2 cup evaporated milk; pour into ice cube tray or small paper cups. Insert plastic spoons or popsicle sticks for handles when mixture is partially frozen. Freeze until solid.

from: The Daily Herald, 2/14/95

Nutty Banana Pops

1 c Peanuts; chopped
6 oz Chocolate chips
1/4 c Milk
4 Bananas
8 Popsicle sticks

Pour nuts onto a plate. Line a baking sheet with waxed paper. Combine chocolate chips and milk in bowl and microwave until melted, about 1 minute. Peel bananas. Cut each banana in half. Insert a popsicle stick into the fat, cut side of each banana. Pick up a banana by the popsicle stick. Dip banana in melted chocolate then roll in peanuts. Set on cookie sheet. Repeat with all. Freeze bananas for at least 1 hour. Source: My Very Own Valentine's Day

Eggsquisite Easter Baskets

4 Shredded wheat biscuits crumbled

3/4 c Peanut Butter
3/4 c Butterscotch chips

Mix peanut butter and chips over low heat or place in microwave until melted. Add shredded wheat. Cool slightly, then mold into baskets

Wonderfully yucky! Try shaping over back of bowl. Place baskets in fridge to set. Fill nests with Easter eggs and/or candy. Little nests filled with jellybeans are delightful.

SOURCE: Making Your Own Traditions Around the Year, posted by Anne MacLellan

Re-Posted by Lois Flack, CYBEREALM-KOOKNET, (315)786-1120, Watertown, NY

Tropical Pops

1 ct (8-oz) low-fat or non-fat pina-colada yogurt
1/4 c Crushed pineapple; drained (canned or fresh)
1/4 c Orange juice;

Stir together all ingredients. Freeze until firm in a mold if you have one. If NOT, freeze mixture in small paper cups. Add a stick or plastic spoon when pops are half frozen. To eat, peel away the paper. (Eat right away or transfer to a plastic container or heavy-duty plastic bags for long-term freezing).

Source: The San Diego Union-Tribune, Food Section, 8/31/95 Brought to you and yours via Nancy O'Brien and her Meal-Master.

Chocolate Pops

1 ct (8-oz) chocolate-flavored low-fat or non-fat yogurt
1 Very ripe banana;
3/4 c Club soda; --OR--
3/4 c Sparkling water

Combine yogurt and banana in blender or food processor. Whirl until smooth. Stir in club soda. Freeze until firm in a plastic mold if you have one. IF NOT, freeze mixture in small paper cups. Add a stick or plastic spoon when pops are half frozen. To eat, peel away the paper. Eat right away or transfer to a plastic bags for long-term freezing. NOTE: If you can't find chocolate, use another flavor of your choice.

Source: The San Diego Union-Tribune, Food Section, 8/31/95 Brought to you and yours via Nancy O'Brien and her Meal-Master.

Monkey Cookies

2 1/4 c All-purpose flour;
2 ts Baking powder;



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1/4 ts Salt;
1 c Sugar;
2/3 c Butter --OR--
2/3 c Margarine; softened
2 Eggs;
2 Bananas; mashed
1 ts Vanilla;

(1). Combine flour, baking powder, salt and sugar in a large bowl. Mix well. (2). Add butter or margarine. Mix well. (3). Add remaining ingredients. Mix well. (4). Drop by teaspoonfuls on cookie sheet. (5). Bake in a preheat, 400-degree oven 12 minutes. Makes about 3 dozen.

Source: The San Diego Union-Tribune, Apr. 20, 1995, Rookie Cookie's Recipe in The Mini Page for Kids Brought to you and yours via Nancy O'Brien and her Meal-Master.

Yogurt-On-A-Stick

12 oz Fruit-flavored, low-fat yogurt, blended, or with fruit on bottom
Nonstick spray
4 Ice cream sticks; (optional)

Carefully remove the yogurt from containers. Lightly spray four clean 8-oz cups (non-stick styrofoam paper cups are fine) with nonstick spray. This will help the Yogurt-On-A-Stick pop out when frozen.

Fill the containers about half full with equal amounts of yogurt. If you are using sticks, partially freeze yogurt until they hold the sticks upright (about hour). Place sticks in them, and finish the freezing process.

OR, allow yogurt to freeze completely, without sticks, then squeeze it up from the bottom to eat.

ONE SERVING: One Yogurt-On-A-Stick 1/4 of the nutrients on the yogurt container.

Source: Diabetes Forecast Magazine, 9/95

Brought to you and yours via Nancy O'Brien and her Meal-Master.

Plain and Fancy Fruit Pops

1 c Fruit juice
1 c Fresh, frozen, canned fruit
10 Popsicle sticks or molds

---FRUIT AND CREAM POPS---

1 c Fruit juice
1 c Light cream or milk mixed with 1/2 c dry milk
1 ts Honey
1/2 ts Vanilla
10 Popsicle sticks or molds

Mix fruit and juice together in a blender. Pour mixture into molds or cups to freeze. When slightly firm insert popsicle sticks and continue freezing.

Fruit and Cream Pops:

Mix together fruit and cream. Whip in honey and vanilla until fruit mixture is well blended.

Freeze in a freezer container or an icecube tray for 40 minutes. Spoon the slightly frozen mixture out into popsicle molds or paper cups insert popsicle stices, and freeze until firm.

Source: Cheaper and Better Alternatives to Storebought Goods. By: Nancy Birnes

Found for you by: Fran McGee

Graveyard Dessert

2 1/4 c Chocolate wafer cookie crumbs; divided
1/2 c Sugar; divided
1/2 c Parkay spread sticks or butter; melted (1 stick)
1 pk Philadelphia cream cheese; softened, (8 oz)
12 oz (1 tub) Cool Whip non-dairy whipped topping; thawed
2 c Boiling water
1 pk Jell-O orange flavor gelatin (8 serving size)
1/2 c Cold water
Ice cubes

---DECORATIONS---

Assorted rectangular-shaped sandwich cookies
Decorator icings
Candy corn
Candy pumpkins

Mix 2 cups of the cookie crumbs, 1/4 cup of the sugar and melted spread in 13x9-inch pan. Press firmly into bottom of pan. Refrigerate.

Beat cream cheese and remaining 1/4 cup sugar in medium bowl until smooth. Stir in 1/2 of the whipped topping. Spread evenly over crust.

Stir boiling water into gelatin in medium bowl 2 minutes or until completely dissolved. Mix cold water and ice to make 1 1/2 cups. Add to gelatin, stirring until slightly thickened. Remove any remaining ice. Spoon slightly thickened gelatin over cream cheese layer.

Refrigerate 3 hours or until firm. Spread remaining whipped topping over gelatin just before serving. Sprinkle remaining 1/4 cup cookie crumbs over whipped topping. Decorate sandwich cookies with icings to make "tombstones." Stand "tombstones" on top of dessert with candies to resemble a graveyard. Cut into squares. Store leftover dessert in refrigerator. Makes 15 to 18 servings.

from Inland Valley Daily Bulletin October 6, 1994 typed by Tiffany Hall-Graham

Sugar Free No Bake Cookies

6 tb Nestle Sugar Free Quik
1 ts Vanilla extract
1/2 c Margarine
1/2 c Milk (use 1%)



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1 c Flaked coconut
3 c Quick oatmeal

NOTE On margarine you can use 'I Can't believe it's not butter'

In food processor or mixer bowl add Sugar Free Quik, vanilla, margarine and milk and blend until smooth. Add coconut and oatmeal and blend until mixed together well.

On a cookie sheet place a piece of wax paper and take spoonful of the mixture and roll into a ball place close together. Ready to eat in 1 hour. Keep in the refrigerator.

Teddy Bear Carousel

1 Apple; cored
8 Teddy grahams
2 Gummi bears
1/4 c Peanut butter; creamy
8 Toothpicks

Cut apples crosswise into 1/4" slices to form circles. Discard or eat top and bottom of apple. Spread two circles with peanut butter. Stick four toothpicks, equal distances apart, around the edge of of apple circle, peanut butter side up. Top with second apple circle, peanut butter side up, and secure to tops of toothpicks to form a carousel. Stand four teddy grahams in the peanut butter between the toothpicks. Place a gummi bear in the center of the carousel roof. Repeat to make a second carousel. Serve, being careful with toothpicks. Source: Healthy Treats and Super Snacks for Kids

Fudgy Bat Cookies

9 oz Chocolate wafer cookies
4 oz Milk chocolate candy melts

Use a serrated knife to carefully cut 18 of the cookies into quarters. Save remaining cookies for another use. For each bat, place 2 cookie quarters 1/4" apart on waxed paper. Repeat with remaining quarters. Melt candy melts. Drop about 1/2 teaspoon of melted candy at center of each bat, connecting cookies. Use a toothpick to smooth melted candy into a uniform circle. Cool completely before removing from waxed paper. Source: Gifts That Taste Good

Peanut Butter Teddy Bears

1 c Smooth peanut butter
1/4 c Honey
1/2 c Instant nonfat powdered milk
Toothpick
Green food coloring

In small mixing bowl, combine peanut butter, honey, and powdered milk. (If mixture is too sticky, add more powdered milk.) Break off marble-sized piece of mixture and roll into a ball for bear's head. Roll another ball about twice that size for his body and attach to head. Roll out 6 tiny balls and pinch flat. Attach to head for ears and body for arms and legs. Dip blunt end of toothpick into food coloring and paint on eyes, nose, mouth, and coat buttons. Place bear on wax paper-lined foil tray or pie pan until set. You should be able to make 7 or 8 bears from one batch.

By Candice F. Ransom -Posted for you by Michelle Bruce

Gummi Worm Cake

1 Chocolate cake
Chocolate frosting
2 Pkgs gummi worms
1 Pkg Oreo cookies

Make a chocolate cake according to the package or recipe instructions. You may use purchased chocolate frosting or make your own. Spread it on the cake as thickly as possible. Crush 1/2 package of Oreo cookies with a fork or rolling pin. (It will look just like packaged potting soil. Play with it until you get just the desired effect.) Sprinkle on frosted cake and garnish with the gummi worms. Make some of the worms look like they are crawling out of the cake. Then sprinkle the top liberally with the crushed cookies. It looks disgusting (kids love it) but it is delicious!!

Jack-O'-Lantern Pie

1 c Boiling water
1 pk Jell-O orange flavor gelatin 4 serving size
1 pt Vanilla ice cream; softened (2 cups)
1 Prepared chocolate flavor crumb crust (6 oz)
Thawed Cool Whip
Candy Corn
Black licorice, cut into 1 inch pieces

Stir boiling water into gelatin in medium bowl 2 minutes or until completely dissolved. Spoon in ice cream, stirring until melted and smooth. Refrigerate 10 minutes or until slightly thickened (consistency of unbeaten egg whites). Spoon into crust.

Refrigerate 3 hours or until firm. Just before serving, make jack-o-lantern face on pie with whipped topping, candy corn and licorice. Store leftover pie in refrigerator.

from Inland Valley Daily Bulletin October 6, 1994 typed by Tiffany Hall-Graham

Kandy Fun Kakes

4 T Butter; unsalted
4 c Marshmallows; miniature
2 t Vanilla
4 c Rice Krispies
3/4 c Butterscotch Fudge Topping
12 oz Milk chocolate; coarsely chopped



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Lightly butter an 8" square baking pan. In a large saucepan, melt the butter over low heat. Add the marshmallow and stir until blended. Remove from the heat and stir in the vanilla. Stir in the cereal and mix with wooden spoon until blended. Scrape into prepared pan. With lightly buttered hands press on mixture to level. Place in freezer for 10 minutes. In a small saucepan, warm the topping to lukewarm. Remove from the heat and set aside to cool slightly. Pour the warm topping over the cereal layer, spreading evenly. Place in the freezer for 10 minutes. Melt chocolate in microwave. Set aside to cool slightly. Spread the chocolate on top of the caramel mixture. Chill to set chocolate.

Source: Mrs Fields I Love Chocolate Cookbook

Homemade Cracker Jacks

4 c Popped corn
1 c Peanuts
1/2 c Molasses
1/4 c Sugar

A candy thermometer is handy to have for this recipe to test the temperature of the syrup that binds the popcorn and nuts together.

Mix popcorn and peanuts together in a large bowl or pan.

Cook molasses and sugar together until the mixture reaches a temperature of 235 degrees on a candy thermometer. If you don't have a thermometer, test the syrup by letting some drop from a spoon into a cup of cold water. The syrup is done when it forms a thread as it drops into the water.

Pour hot syrup mixture over the popcorn nut mixture and stir to coat evenly. Cool and break into chunks with a wooden spoon. Stored in an airtight container, mixture will keep well for 4 to 6 weeks.

40 oz.

Source: Cheaper and Better Alternatives to Storebought Goods by: Nancy Birnes

Found by Fran McGee

Jack-o-Lantern Cookies

9 oz Chocolate wafer cookies
1/2 c Peanut butter; smooth
24 oz Vanilla flavor almond bark
Orange paste food coloring
Black licorice candy

Spread a small amount of peanut butter on the flat side of the cookies; top with remaining cookies. Cut licorice into triangles and squares to make faces. Melt almond bark following package directions. Remove from heat and tint with food coloring. Using tongs, dip each sandwich cookie in melted candy, coating completely. Gently shake each cookie to remove excess coating. Place on wire rack with waxed paper underneath. Place licorice pieces on the cookies for faces. Cool completely before removing from rack. Source: Gifts That Taste Good

Ghost Cookies

6 oz Vanilla flavored almond bark
15 1/2 oz Nutter butter cookies
Small black jelly beans

Melt almond bark following package directions. Dip 2/3 of each cookie in melted candy, shaking gently to remove excess coating. Place on wire rack with waxed paper underneath. For eyes, cut jelly beans in half and place on cookies. Cool completely before removing from rack. Source: Gifts That Taste Good

Peanut Butter Snack

5 c Kix cereal
1/4 c Peanut butter
2 tb Margarine
1 c Small pretzel twists
1 c Raisins
1 c Honey roasted peanuts

Heat oven to 350. Pour cereal into large bowl. Heat peanut butter and margarine to boiling in 1 qt saucepan, stirring occasionally. Pour over cereal; toss until evenly coated. Spread in ungreased 13 x 9 pan. Bake 10 to 12 minutes, stirring occasionally; remove from oven. Stir in pretzels, raisins and peanuts. Spread on waxed paper; cool 2 hours. Store in airtight container.

Rudolph the Reindeer

1/4 c Peanut butter; creamy
2 sl Whole wheat bread
16 Raisins
4 Cherries
16 Pretzels; twist style

Spread peanut butter on bread slices and cut each slice into four triangles. Turn triangles so point is down, then place two raisins in center for eyes. Cut cherry in half and place one half at bottom point for nose. Break twist pretzels to make antlers and place at upper two corners. Variation: Turn pretzel down near nose to make cats with whiskers.

Ants in the Sand

2 Graham crackers
Chocolate sprinkles

Place graham crackers in a plastic sandwich bag and crush with a rolling pin. Add a few chocolate sprinkles to make ants, then seal the bag. Give them to the kids to take outside and eat or let them pour it into a small bowl and eat at the



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table--using their fingers, of course. Variations: Add raisins (call them beetles), red hots (ladybugs) or mini chocolate chips (spider eggs). Source: Healthy Treats and Super Snacks for Kids

Eyeballs on Ritz

Eggs; hard boiled
Black olives
Ritz crackers
Red food coloring

Cut hard boiled eggs in half lengthwise. Remove yolks and make filling for deviled eggs. Cut out small hole from bottom center of each egg (about 5/8" diameter.) Poke a black olive partway through each hole and hold in place by filling eggs with yolk filling. Place each egg, olive side up, on a ritz cracker. Paint red lines, resembling blood veins, with a toothpick on the eye.

Kids Snackin' Corn

9 c Corn, popped
1 tb Butter or margarine
1/3 c Peanut butter

Pop the corn. This recipe is calculated on corn popped in an air type popper without added fat for fewer calories.

Over low heat melt the butter or margarine with peanut butter until runny. Drizzle over the popcorn and mix well. Spread in shallow baking pans and bake in a 375 degree oven for 10 minutes, stirring 2 or 3 times. The corn will crisp and topping will set.

Chocolate Spiders

12 oz Twizzlers; chocolate flavor
4 oz Milk chocolate candy melts

Cut twizzlers into 1 1/2" pieces. Slice each piece in half lengthwise. On waxed paper place 4 legs (pieces) on each side and then drop 1 tsp melted candy in middle for body. Use a toothpick to smooth to uniform circle and connect all candy pieces. Cool completely before removing from waxed paper. Source: Gifts That Taste Good (ISBN 0-942237-09-9)

Popcorn Snacks

3 c Popped Corn
3 Cups = one serving.

For a TV snack, or something to take to the show or the ball game that stays fresh and crisp, try seasoned popcorn.

Pop corn without fat using directions on popper and season to taste with any of the following:

Butter Flavored Salt Taco Seasoning
Garlic Salt
Onion Salt
Parmesan Cheese
Dried Herbs
Hickory Flavored Salt (Great outdoors)
Seasoned Salt

* To share with your feathered friends: String left-over popcorn and hang outside for a healthy treat for the birds. It's fun to watch them eat! In the bleak * winter months the birds would love a bit of bacon fat rubbed on the left-over corn.

Posted on GENIE's Food & Wine RT Jun 28, 1993 by DAISY LIN

Frozen Pudding Pops

1/2 c Pudding mix
1/2 c Light cream
10 Popsicle sticks or molds

Prepare pudding according to instructions and just before cooling, stir in the light cream. Pour into small cups or popsicle molds and freeze until slightly mushy, about 1 hour. Insert sticks and freeze until firm.

Variations:

To make a marbled pop, swirl 1/2 c basic chocolate sauce into vanilla pudding just before freezing. Don't mix the sauce in completely. Add chocolate chips or butter brickle chips if desired.

Yield 10 pops

SOURCE: CHEAPER AND BETTER ALTERNATIVES TO STOREBOUGHT GOODS BY: NANCY BIRNES

FOUND BY: FRAN MCGEE

Frozen Bananas

3 Bananas
6 Popsicle sticks, wooden
1 c Orange or lemon juice
1 c Chocolate chips
2 tb Oil
3/4 c Peanuts or walnuts; chopped
3/4 c Coconut

Cut bananas in half and insert popsicle stick lengthwise



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through center. Roll in orange or lemon juice and place on waxed paper. Place in freezer until frozen firm. Melt chocolate chips and oil on top of double boiler. Spoon chocolate over frozen bananas and then roll in nuts and coconut. Work fast as the chocolate dries fast.

from: The Daily Herald, 2/14/95

Cannoli for Kids!

15 oz Part-skim ricotta cheese
2/3 c Confectioners' sugar
1/2 ts Grated orange peel
1/2 ts Vanilla extract
2 tb Minature chocolate chips
10 Sugar ice-cream cones

In a large bowl with electric mixer at low, beat ricotta cheese, sugar, orange peel, and vanilla just until smooth. Stir in chocolate chips. Cover and refrigerate 30 minutes.

To serve, spoon mixture directly into ice-cream cones or into decorating bag without tip and then pipe into cones.

Prep time: 10 minutes; Total time: 40 minutes.

From: "Sesame Street Magazine Parents Guide", September 1992. Typed for you by Karen Mintzias From: Karen Mintzias

Kids Fruit Salad

17 oz Can fruit cocktail, drained
1 1/2 c Miniature marshmallows
2 md Bananas, sliced
1 md Apple, coarsely chopped
2 tb Lemon juice
1/4 c Maraschino cherries, halved
1 1/2 c Cool whip

Stir sliced apples and bananas in lemon juice to keep from turning dark.

In large bowl, combine all ingredients except coolwhip. Gently fold in coolwhip. Cover; chill until served.

Kids dig into this - think it is the coolwhip they are interested in.

== Courtesy of Dale & Gail Shipp, Columbia Md. ==

Orange-Ooze Cupcakes

---FILLING---
8 oz Cream cheese; softened
1 Egg
1/3 c Sugar
Yellow and red food coloring
6 oz Chocolate chips

---CUPCAKES---

3 c Flour

2 c Sugar
1/2 c Cocoa
2 ts Baking soda
1/2 ts Salt
2 c Water
1/2 c Plus 2 tablespoons vegetable oil
2 tb Cider vinegar
2 ts Vanilla

Preparation time: 20 to 25 minutes Cooking time: 25 minutes
Utensils: Measuring cups and spoons, cupcake baking pans, paper cupcake liners, two small mixing bowls, electric mixer, mixing spoon, large mixing bowl, oven mitts.

Preheat oven to 350F. Line cupcake baking pans with paper cupcake liners.

In small mixing bowl, use electric mixer to combine cream cheese, egg and sugar. Blend in 2 drops yellow food coloring and 1 drop red food coloring, adding more coloring if necessary to reach desired shade. Use mixing spoon to stir in chocolate chips; set filling aside.

In large mixing bowl, combine flour, sugar, cocoa, baking soda and salt; set aside.

In second small mixing bowl, combine water, vegetable oil, vinegar and vanilla. Add contents of small mixing bowl to large mixing bowl and stir with mixing spoon to combine.

Using mixing spoon or soup spoon, fill cupcake liners half full with cupcake batter, then place 1 teaspoon filling at center of each. As cupcake bakes, the batter will rise to surround the filling.

Wearing oven mitts, place cupcake pans in oven; bake approximately 25 minutes or until cupcakes test done.

When done, wear oven mitts to remove pan from oven and turn off oven.

If desired, frost with orange icing--or just let the orange filling ooze out as a surprise.

from Inland Valley Daily Bulletin October 6, 1994 typed by Tiffany Hall-Graham

Frozen Fruiti Yogurt

2 c Homemade yogurt
1 c Frozen or fresh fruit: banana, orange, strawberry, raspberries, or a combo.
1/4 c Honey

If you are making a batch of creamy homemade yogurt you will undoubtedly have enough on hand to turn into frozen fruit flavored yogurt pops.

Puree yogurt and fruit in a blender, adding honey once the fruit is well blended.



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Pour mixture into a container for the freezer: and icecube tray, a shallow plastic container, or 9" square cake pan. Freeze for 30 minutes.

Spoon frozen mush into the blender container and whip for 1 minute. Pour mixture into popsicle molds or paper cus. Freeze for 10 more minutes and return to freezer until firm.

Variations:

Spices and other flavorings can be added as you experiment with fruit and yogurt combinations. For example, try 1/2 ts vanilla, 1/2 ts cinnamon, and 1/2 ts nutmeg whipped up with 1 banana.

Or try mixing 6 oz frozen juice concentrate with 1 cup yogurt and 1 ts vanilla.

20 oz

Source: Cheaper and Better Alternatives to Storebought Goods By: Nancy Birnes

Found by Fran McGee

Peanut Butter Nanaimo Bars

---BASE---

3 oz Chocolate, semisweet; 3 sq
1/2 c Butter
2 tb Sugar
1 ts Vanilla
1 Egg
2 c Graham wafer crumbs
1 c Coconut
1/2 c Nuts; chopped

---FILLING---

2 tb Custard powder; Bird's is the most common brand
1/4 c Milk
2 tb Butter; softened
1/2 c Peanut butter, smooth
2 c Sugar, icing; or confectioner sifted

---ICING---

5 oz Chocolate, semisweet chopped
1 tb Butter

An interesting variation of the traditional Nanaimo Bar.

BASE: Melt chocolate and butter in microwave on high power 2 minutes. Mix in sugar, vanilla and egg. Add crumbs, coconut and nuts. Press into 9 inch square pan. Chill.

FILLING: Using electric mixer, beat together all ingredients. Spread over base; chill.

ICING: Melt chocolate with butter in saucepan on Medium power 3 to 4 minutes. spread over filling.

MAKES: 16 BARS SOURCE: "After School Treats" 2 pamphlet from Kraft General Foods Canada Inc. posted by Anne MacLellan

Frosted Banana Pops

6 Firm bananas
12 Popsicle sticks or molds
1 c Chocolate sauce
1/2 c Shredded coconut

---PEANUT BUTTER BANANAS---

6 Firm bananas
12 Popsicle sticks or molds
1/2 c Sweetened condensed milk
Chopped nuts or crunchy cereal
6 tb Peanut butter

FROSTED BANANA POPS: Peel bananas, cut in half to make a banana pop. Dip bananas in chocolate sauce, then in the coconut to cover. Wrap a plastic tie bag around the banana, leaving the stick out. Use a twist tie to secure bag around stick and freeze.

PEANUT BUTTER BANANAS: Cut bananas in half and place a wooden stick in each banana. Mix peanut butter and milk until mixture is smooth. Roll the bananas first in the milk/PB mixture, then in the crunchy mixture. Cover with plastic and freeze.

SOURCE: CHEAPER AND BETTER ALTERNATIVES TO STOREBOUGHT GOODS BY: NANCY BIRNES

FOUND BY FRAN MCGEE

Peanut Butter Candy

2 c Peanut butter; crunchy
2 c Icing sugar; sifted or confectioner's sugar
2 Egg
36 Chocolate 'rosebud' candies* up to 40 -can use Hershey kisses

* Rosebuds are a Canadian candy; Hershey kisses can be substituted.

Cream peanut butter with icing sugar. Beat in eggs. Form batter into 1 inch balls. Place on cookie sheets that are buttered and lined with parchment paper. Flatten balls so that they are about 2 inches in diameter. Place a chocolate rosebud or kiss in the centre of each.

Bake in a preheated 375 oven for 10 to 12 minutes or until cookies are firm enough to handle when one is removed from the oven and place on the cooling rack.

MAKES: 30-40 candies SOURCE: Bonnie Stern's Quick Cuisine column in the Toronto Star posted by Anne MacLellan

Peanut Butter Cookie Pops

1/2 c Butter or margarine
1/2 c Peanut butter
1/2 c Sugar
1/2 c Brown sugar
1 Egg
1/2 ts Vanilla



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1 1/2 c All-purpose flour
3/4 ts Baking soda
1/4 ts Salt
Wilton dark or light cocoa
Flavored candy melts

Preheat oven to 375 degrees

Thoroughly cream butter, peanut butter, sugar, egg, and vanilla. Toss together dry ingredients; blend into creamed mixture. Shape dough into ball. Roll dough approximately 1/8 inch thick. Dip cutters into flour before each use. Bake 10-12 minutes. Cool. Dip in chocolate or make peanut butter chocolate sandwiches. Makes 4 dozen

Place one or two wafers of candy melts on warm cookie. Sandwich two cookies together on lollipop stick.

Easy Soft Pretzels

10 oz Package refrigerated pizza dough
1 Egg, beaten
1 tb Water

* Poppy seed * Sesame seed * Course salt * Garlic or onion salt

Unroll pizza dough onto an 18-inch piece of lightly floured waxed paper. Roll dough into a 16 by 10 inch rectangle. Cut dough lengthwise into 10 1 inch-wide strips. Shape each strip of dough into a circle, overlapping about 4 inches from each end and leaving ends free. Taking one end of the dough in each hand, twist at the point where the dough overlaps. Carefully lift each end across to the edge of the circle opposite it. Tuck ends under to seal. Place pretzels 1 inch apart on an ungreased baking sheet.

Stir together egg and water. Brush pretzels with egg mixture. Sprinkle with sesame seed, poppy seed, coarse salt, garlic salt or onion salt. Bake in a 350 degree oven for 15 to 17 minutes or until golden. Serve warm.

Hobgoblin Stew

2 tb Flour
1 1/2 ts Salt
1/8 ts Pepper
1 lb Beef stew meat
3 tb Vegetable oil
1/4 c Chopped onion
3 c Water
1/2 ts Garlic powder
1 ts Thyme
1 ts Coriander
2 Potatoes; peeled and cubed
6 Carrots; peeled and sliced into rounds
1 c Frozen peas; thawed
1/2 c Evaporated milk

Preparation time: 20 minutes Cooking time: 1 hour, 20 minutes

Utensils: Measuring cups and spoons, utility knife, plate, saucepan with cover, mixing spoon, can opener.

On plate, combine flour, salt and pepper; set aside. Cut meat into bite-size cubes, then roll in flour mixture to coat. Reserve flour mixture.

Heat vegetable oil in saucepan set on stove top over medium-low heat. Add meat and brown, stirring occasionally with mixing spoon, then sprinkle in remaining flour mixture. Add onion; cook until limp. Add water, garlic powder, thyme and coriander; bring to boil. Cover and cook over low heat 1 hour.

After 1 hour, add potatoes, carrots and additional water as needed. Cover and cook 10 minutes. Add peas and continue to cook about 5 minutes or until vegetables are tender. Stir in evaporated milk. Heat through, but do not boil.

To serve, pour into hollowed-out pumpkin shell decorated to look like a spooky jack-o'-lantern.

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Freckle Faced Bears

Pam
10 oz Buttermilk biscuits
1/4 c Sesame seeds; or sunflower -seeds
36 Raisins

Heat oven to 400. Spray a cookie sheet with pam. Separate biscuits. Cut three biscuits into sixths for ears and noses and leave six biscuits whole for heads. Roll larger dough pieces into balls, roll in seeds, then flatten slightly on cookie sheets to form heads. Round three small pieces to form two ears and one nose for each head and roll in seeds. Press an ear on either side of each head near the top. Press a nose into the center of the head. Press a raisin into the center of both ears and two into the center of both ears and two into the center of the nose. Add two more above the nose to make eyes. Bake for 8 to 10 minutes, until golden brown. Source: Healthy Treats and Super Snacks for Kids