



From My
Kitchen *All-Bran Muffins*

$1\frac{1}{4}$ C all purpose flour

$\frac{1}{2}$ C sugar

1 T baking powd.

$\frac{1}{4}$ t salt

2 C all bran

$1\frac{1}{4}$ C milk

1 egg

$\frac{1}{4}$ C veg. oil

Serves: _____
(over)

- ① Stir together - flour, sugar, baking pwd. salt
set aside.
- ② combine all bran + milk. Let stand 5 min.
Add egg + oil + beat well. Add flour mixture
stirring only until combined.
Portion batter into 12 muffin pan cups coated
with cooking spray.
- ③ Bake at 400° about 20 min.

CRISPY RICE TREATS

- ¼ cup margarine or butter**
- 1 package (10 oz., about 50) Kroger Marshmallows**
- 6 cups Kroger Crispy Rice Cereal**

Melt margarine or butter in large saucepan over low heat. Add marshmallows and stir constantly, until completely melted. Remove from heat. Add crispy rice cereal and stir until well coated. Using buttered spatula or waxed paper, press mixture evenly into buttered 9 x 13-inch pan.

Cut into squares when cool. Makes 24, 2 x 2-inch squares. Use fresh marshmallows for best results.

1 16oz can pumpkin
1 lg. can evaporated milk
1 C. sugar
3/4 t. cinn.
3 eggs

1 Box yellow cake mix
1 Cup chopped nuts
2 sticks butter

Mix first five ingredients-pour into lightly sprayed 9x13 pan
Sprinkle 1 box yellow cake mix over pumpkin mixture.
Sprinkle 1 c. chopped nuts over cake mix. Spoon 2
Sticks margarine, melted and cooled over nuts.
Bake @ 350 50-60 mins.
Cool completely.

Frosting

8 oz. cream cheese
1 medium tub of cool whip
1 C. Powdered sugar
Whip together and spread on cooled cake

Refrigerate!

ENJOY!!!!

Almond cream jelly

1 ~~oz~~ gelatin $\frac{1}{2}$ tsp / 2 pkts

3 c water

1 c sugar

1 c milk

$\frac{1}{2}$ t almond extract

CARROT COOKIES

Cream: $\frac{1}{2}$ cup shortening

$\frac{3}{4}$ cup sugar

Add: 1 egg

1 cup cooked mashed carrots

$\frac{1}{2}$ tsp salt

2 cups flour

$1\frac{1}{2}$ tsp baking pwd

Drop by teaspoonsfull on greased cookie sheet.

Bake 15 min. at 375° Icing - Add pwd sugar

to orange juice and rind.

Recipe for Pineapple Casserole

From: Beryl Tschickel Makes: _____

- 2 cans chunk pineapple (in own juice) drain
- 1 cup sugar
- 6 Tbs flour
- 6 Tbs pineapple juice
- 2 cups cheddar cheese (med sharp)
- 1 tbs dry onion (cracked)
- 1/2 stick butter

oven



drain pineapple and put in sprayed
or greased paper dish 9x9x2.
Mix sugar and flour well and spread
evenly over pineapple.
Drizzle juice then flour mix -
Sprinkle over as much of the Shredded
Cheese.
Melt butter in skillet add crushed crackers
and stir until butter coats crackers.
Spread crackers over cheese.
Bake in 350° oven about 30 minutes until
lightly brown & bubbly. Serve slightly warm.

**TO MAKE SELF-RISING FLOUR
(ONE POUND)**

4 cups flour
2 teaspoons salt
2 tablespoons double-acting baking powder

Mix all ingredients well. Store in tightly covered can or jar and use soon. Use in any recipe calling for self-rising flour.

DROP BISCUITS

2 cups flour
1 tablespoon baking powder
1 teaspoon salt
1/3 cup fat (shortening)
3/4 cup fluid milk

Mix flour, baking powder, and salt. Mix in fat with a fork or two knives until crumbly. Add milk. Mix enough to wet dry ingredients.

Drop dough from a tablespoon on greased baking pan.

Bake at 450°F (very hot oven) 10 to 12 minutes until lightly browned.

Makes 12 biscuits.

PANCAKES

2 cups flour
4 teaspoons baking powder
1 teaspoon salt
2 tablespoons sugar
1 egg
1-1/2 cups fluid milk
1/3 cup melted fat or oil

Mix flour, baking powder, salt, and sugar in a large bowl. Set aside.

Beat egg and add milk. Add fat or oil. Add to flour mixture and stir just until mixed, leaving batter lumpy.

Cook pancakes on heated, greased fry pan until covered with bubbles. Turn pancakes and brown the other side.

Makes 12 medium-size pancake

Microwave

Recipe for: Peanut Brittle

from the kitchen of: Mary Billo

1 Cup salted peanuts (Planters)

Can use dry roasted

1 Cup sugar

1/2 Cup white Karo

(1/8 t salt if using unsalted Peanuts)

1 tea butter

1 tea Vanilla

1 tea soda

serves: _____

Mix together sugar Karo

Cook uncovered 4 Min. Add

peanuts, stir and cook another

4 Min. Add butter and Vanilla

and cook 1 1/2 Min longer. Add

soda. Stir until light & foamy

Spread on greased Cookie Sheet

quickly. Break when cool.

Use wooden spoon to stir. Syrup

is pretty hot.



I use a Corning ware pyrex bowl

over



(1 3/4 qt size)

baking dish to Cook it in. I have
Cooked it Covered and also with
out a lid. Doesn't make much
difference. Maybe a lighter color
when cooked with lid. Try both!

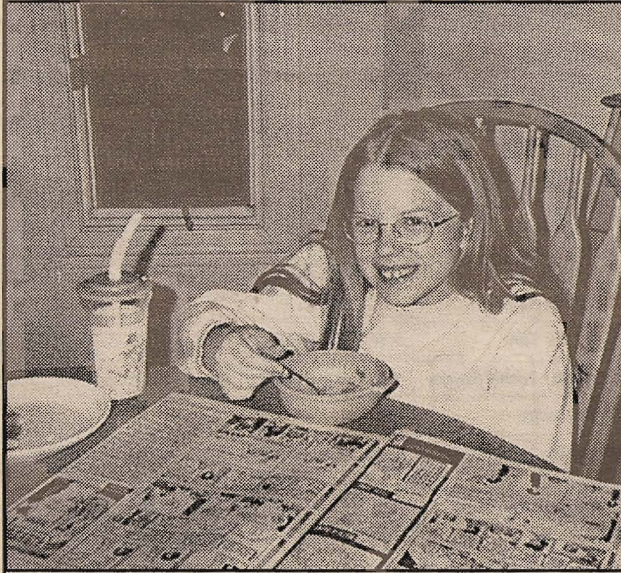


PHOTO by Yvonne Byers

Beth Byers, 6th grade, Lexington, enjoys reading the Herald-Leader each morning at the breakfast table before school. She especially enjoys the *Living Well* section.



J. Coy Combs



**Charles P.
Byers**



**David C.
Jacobs**



**Roger C.
Teegarden**

**Business Solutions Group
Inc.:**

J. Coy Combs has been named president and chief executive officer for the Lexington-based information technology consulting firm.

Charles P. Byers has been named vice president of technical services.

David C. Jacobs has been named secretary/treasurer.

Roger C. Teegarden has been named vice president of sales and marketing.