

# Unleavened Recipes

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# Introduction

Traditionally we have referred to the spring festival of Yahweh as the Days of Unleavened Bread. But research has shown us that it is really much more. The Hebrew words refer to it as the Days of the Unleavens. So what is the difference? It refers to more than just bread. It helps us to understand that we are not to possess or consume anything leavened for those seven days.

There are several leavening products that we have available today. Leavening causes fermentation in a product. It will produce gas, steam or air that will expand upon being heated and change the texture of your food product.

We will discuss several items here and consider what they do. Some of them might not be listed among usual leavening agents, but think seriously about them. What is their purpose in the recipe? What is it you are trying to achieve?

**Yeast** is a small plant. When mixed with sugar, it will produce carbon dioxide when temperature and moisture are right.

**Baking powder** will produce a chemical reaction that will release a certain amount of gas when it is mixed with a liquid. And it will cause additional gas when it is heated.

**Baking soda** (also known as Sodium Bicarbonate) is an ingredient in baking powder, but it can be used separately. To leaven something, it must be mixed with an acidic item such as buttermilk, sour milk, molasses, vinegar, lemon juice or cream of tartar.

**Cream of tartar**, of itself, will not leaven anything. It is often used in conjunction with baking soda. It is also used as a flavor enhancer.

**Brewer's yeast** is a by-product of the fermentation of beer. It is a rich source of vitamins, especially the B-complex vitamins. It will not leaven anything.

**Yeast extract** is used in canned or dehydrated soups. It may enhance flavor, but will not leaven anything. Other common names for Yeast Extract are: Autolyzed Yeast or Torula Yeast.

**Eggs** are not considered leavening agents by most people. Whole eggs, well beaten and added to batter, will puff up popovers. Egg whites, beaten, will cause expansion when heated. For example, in angel food cakes, beaten egg whites are usually the only leavening agent. The thing to be considered is the intent. Consider the spirit of the law, not just the letter of the law.

**Potassium Bicarbonate** (also known as Potassium Hydrogen Carbonate or Potassium Acid Carbonate) and **Ammonium Bicarbonate** (also called Bicarbonate of Ammonia, Ammonium Hydrogen Carbonate, Hartshorn, or Powdered Baking Ammonia) are other ingredients that can leaven.

For years we have laughed at the idea of removing any **beverages**, such as carbonated drinks or beer. We said "It doesn't say the Days of Unleavened Beer. It says bread." But it simply says "unleavens". And these beverages will leaven. In the past we have had a recipe for a 7-Up cake. The 7-Up gave the cake a light, soft texture. Beer will do the same thing for bread. Once again...what is the intent?

There are many prepared items you can buy, such as various types of crackers or pie crusts. Just be sure to check the ingredients list. Not all matzos are leaven-free. Check the labels each year as products may change from time to time.

Check the recipes, make your shopping list and have fun. Try several of our recipes and see if you can find a new favorite. Rather than making these days a burden, make it a time of special treats, eaten only at this time of year.

**Exodus 12:15**

*"Seven days shall you eat unleavened..."*

# Breads

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## Unleavened Bread - #1

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3 cups flour  
3 large eggs  
1 tsp salt  
2 tbs oil or butter  
1/2 cup water or milk

Combine flour and salt. Combine eggs and oil; stir, then add egg mixture to flour. Add milk and stir. Pour into three 8" square greased pans. Bake at 450 degrees for 20 minutes.

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## Unleavened Bread - #2

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3/4 cups scalded milk  
1/4 cup honey  
1/4 cup butter  
1 tsp salt  
1 egg  
2 1/4 cup flour

Mix egg and first four ingredients together, while gradually adding the flour. Knead smooth. roll to 1/4 inch thick. Cut in rounds or squares. Prick with fork. Place on baking sheet, bake at 375 for 15-20 minutes.

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## Unleavened Bread - #3

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5 cups flour  
1/2 cup cream  
1 cup oil OR 1/2 cup butter & 1/2 cup oil  
4 tbs sugar or honey  
1 cup milk  
1/4 tsp salt

Mix dry ingredients. Melt butter and blend with oil, milk and cream. Stir liquid into dry ingredients, knead well. Roll out on floured board, cut and place on ungreased cookie sheet. Bake at 375 till lightly browned.

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## Unleavened Bread - #4

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1 cup flour  
1/8 tsp salt  
2 T soft butter  
2 T oil  
1/4 cup cold milk

Mix the flour and salt. Add the butter and oil and cut these into small particles. Add milk slowly until the dough is workable (it may not take all the milk). Put the dough on lightly floured wax paper and roll out, but not as thin as for pie crust. Place in a skillet already heating on

the stove top or on a heated griddle. Cook about 4 minutes on each side - as brown as you like it. Turn only once. Good plain or with a little butter, or jelly, or honey, etc. Place in a container and cover with a towel - they will remain soft.

### Variations:

Replace part of the flour with cornmeal or grits. Try with wheat, barley, millet, rye, etc flour or any mixture.  
Try adding any spices, such as rosemary, oregano, onion, garlic, etc.  
Roll out, cut with a biscuit or pizza cutter and then cook in skillet or on a hot griddle.

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## Unleavened Bread - #5

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2 cups whole wheat pastry flour  
3/4 tsp salt  
1 1/2 Tbs butter  
1 Tbs vegetable oil  
1/2 cup water

Sift the flour, and then add salt. Cut in the butter, like making pastry. Pour in the oil and water and stir until it forms a ball of dough that comes away from the side of the bowl. On a floured surface, knead lightly very briefly to make dough into a soft ball. Flour the surface lightly. Pinch off about 1/2 cupful of dough and pat as thin as you can with the hands. Then roll thinner with a rolling pin, as thinly as possible without it breaking apart. Place on ungreased baking sheet. Bake in preheated oven 390-400 for 8-12 minutes until very lightly browned.

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## Fruit Nut Bread

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1/3 cup butter  
1 1/2 cups whole wheat flour  
1/4 tsp salt  
1 cup mashed bananas  
2/3 cup honey  
1/3 cup orange juice  
1 egg  
2 cups quick oats  
1/4 cup chopped nuts  
1/4 cup chopped dates  
1/4 cup chopped dried apricots  
1/4 cup raisins

Melt butter and set aside to cool. Mix flour and salt, add banana, honey, orange juice, egg and butter. Blend just until flour is dampened. Stir in oats and all the rest of the ingredients. Pour into well-greased 9x5x3 loaf pan. Bake about 350 for about 50 minutes. Cool in pan for 10 minutes. Remove from pan and finish cooling on rack. For easier slicing, wrap in foil and store overnight.

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### Flat Bread

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2 cups whole wheat flour  
1/2 cup yellow corn meal  
1/2 tsp salt  
4 tbs butter  
2/3 cup warm water

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Sift flour, cornmeal & salt together. Cut in butter and mix until crumbly. Stir in warm water and chill. Roll chilled dough into balls the size of large marbles. Roll out into paper-thin rounds, 4 inches in diameter. Bake on an ungreased cookie sheet (375 degrees) for 5 minutes or until lightly browned. Cool and store in a tightly sealed container. This dough may be wrapped in wax paper and kept in refrigerator to be baked as needed.

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### Cheese Bread

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1/2 lb longhorn cheese  
1/2 lb jack cheese  
1 cup flour  
1 tsp salt  
3 eggs  
1 1/3 cup milk  
1/2 cup butter, melted

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Grate cheese. mix all ingredients and pour in greased pan. Bake at 350 for 45 minutes.

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### Almond Bread

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4 eggs  
1 cup sugar  
3/4 cup oil or butter  
3 cup flour  
1 small bag slivered almonds  
1 tsp almond extract

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Mix sugar, eggs and 1 cup flour, add oil or butter. Add remaining ingredients. Pour into 2 bread pans. Bake at 350 for 30 minutes. Remove from pans; slice as needed.

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### Cottage Cheese Rolls

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1 c. all-purpose flour  
1 c. whole wheat flour  
2 c. cottage cheese, small curd  
1 c. butter  
1/2 t. salt

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Mix together all ingredients well; refrigerate dough at least 3 hours (or chill in freezer 1 hour). Divide dough into 4 pieces. Roll out in a circle about 1/4 inch thick. Cut like a pie into 6 or 8 pieces. Shape each piece like a crescent style pastry. Bake for 30 minutes @ 350 degrees. Glaze with drizzled honey or powdered sugar glaze, if desired. Also good filled with jam or cinnamon and sugar. The dough

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can be kept up to 3 days in the refrigerator. Makes 2 dozen.

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### Quick Mayonnaise Biscuits

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2 cups flour, sifted  
1/3 cup mayonnaise  
3/4 cup milk  
1/3 cup sharp cheddar cheese (shredded)  
2 tbs onion (minced)

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Mix together flour, mayonnaise and milk until well blended. Add cheese and onion. Drop by tablespoon onto greased cookie sheet. Bake at 350 for 10 minutes until lightly browned.

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### Barley Biscuits

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2 cups barley flour  
1 cup milk  
1/2 cup olive oil  
1/4 teaspoon salt  
seasoning

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Mix all ingredients together and form into 2" balls. Place them on an ungreased cookie sheet and flatten to about 1/2" thick. Bake for 20min at 350 degrees. Remove from oven and allow to cool for at least 5 minutes before touching (olive oil is still bubbling when removed from oven). Makes 10-12 biscuits

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#### Variations:

Place in muffin tins, 1/2 to 3/4 full.  
Try adding 1-2 Tbsp dried onion or other spices.

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### Spoon Bread

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1 cup cornmeal  
1/2 tsp salt  
2 cups boiling water  
2 tbs butter  
4 eggs  
1 cup cold milk

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Preheat oven to 450. Combine cornmeal, salt and 2 cups boiling water. Stir for a minute and remove from heat. Add butter and mix well. Add eggs and cold milk. Pour into buttered baking dish. Bake at 450 for 25 minutes.

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### Griddle Cornbread

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1 cup cornmeal  
1-2 Tbsp sugar (optional)  
1/2 t. salt  
1 cup boiling water  
1 egg

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Mix the cornmeal, sugar and salt. Slowly stir in the water. Add egg. Mix well. Place by tablespoonfuls on hot greased skillet or griddle and

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flatten carefully to about 1/2" thick. Make them a little smaller around than an English muffin. When browned, turn over and brown the other side.

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### **Whole Wheat Or Graham Gem**

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2 cups whole wheat or graham flour  
3/4 to 1 tsp salt  
2 tsp sugar  
1 egg  
1 1/2 cup cold milk

Mix flour, salt and sugar. Add the egg and milk and stir well. Add flour in three additions, beating vigorously after each one. Fill sizzling hot, buttered iron gems, or cornstick pans and bake 20-30 minutes in a 425 degree oven.

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### **Cornmeal Gems**

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2 cups yellow cornmeal  
3/4 tsp salt  
2 tbs brown sugar  
2 cups scalded milk  
2 tbs butter  
2 eggs

Mix cornmeal, salt and sugar together and stir in scalded milk; add butter and cool until eggs will not be cooked as they are stirred in. Add mixed eggs and fill buttered muffin pans 2/3 full. Bake in 400 degree oven about 30 minutes.

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### **Hush Puppies**

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1 large onion  
2 cups cornmeal  
1 cup flour  
2 eggs  
1/2 tsp salt  
4 tbs sugar  
4 tbs cooking oil

Mix well and drop into hot oil with a teaspoon.

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### **Flour Tortillas**

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2 cups flour  
1/4 cup shortening  
1 tsp salt  
1/2 cup lukewarm water

Cut shortening into flour-salt mixture until size of peas. Add water. Knead. Let rest 10 minutes, covered. Form into 2" balls, roll to 1/4" thick. Use heavy skillet or griddle, ungreased and very hot. Turn tortilla 3 times and it should be done when small dark brown spots speckle the bread.

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### **Biscuits**

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6 cups flour  
1/4 cup shortening  
1 1/2 tsp salt  
buttermilk to form dough

Knead dough till well mixed. Pinch off ball and roll. Flatten in pan. Brush lightly with shortening or butter. Bake 400 degrees for 15-20 minutes.

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### **Cheese Biscuits**

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2 c flour  
1 lb sharp cheddar cheese, grated  
1/2 lb butter or margarine  
1 tsp cayenne pepper

Sift dry ingredients and cut into butter. Add cheese and form into small balls. Place on cookie sheet and bake at 400 degrees for 10 minutes or until golden brown.

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### **Beaten Biscuits**

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3 cups flour  
1 tsp sugar  
1 tsp salt  
3 tbs butter  
1 tbs oil  
1/2 to 7/8 cup of milk or water

Sift flour, sugar and salt together. Cream butter, slowly adding oil. Add this mixture to flour and work with hands. Add just enough milk to make a very stiff dough. Turn dough onto a barely floured surface and knead it into a smooth ball. Then take a wooden rolling pin or wooden potato masher and beat the dough for about 20-25 minutes, stopping frequently to fold the edges under toward the center of the dough. When dough blisters and snaps on being pulled, roll to about 1/2" thickness. Cut with small biscuit cutter, prick the tops once with a fork and place on a greased baking sheet. Place in a 350 degree oven and bake 10 minutes. Then increase to 375 and bake 15-30 minutes longer. They should be very lightly browned and then usually only on the bottom.

If you do not wish to beat the dough, another method is to run the dough through a meat chopper or food grinder, using the coarse blade. Do this four or five times or until dough feels elastic. Knead it just until smooth before rolling out.

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### Unleavened Biscuits

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1 cup flour, sifted  
1/2 cup cornmeal  
1/2 tsp salt  
4 tbs shortening  
1 egg  
milk

Mix all together, adding enough milk to make a medium stiff dough. Roll out about 1/4" thick. Cut out. Place on a slightly greased pan. Oil the tops. Bake about 8 minutes in a preheated oven of 425.

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### Swedish Pancakes

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3 eggs  
1 cup flour  
1 1/2 cup milk  
1/2 tsp salt  
oil for frying

Mix all but oil with hand beater until well blended. Prepare large frying pan by heating to medium hot. Put about 1 tsp oil in skillet (enough to cover bottom). Pour 3/4 ladle of batter into pan and tilt pan immediately so it covers bottom completely. When it appears "dry on top", turn over. Remove and serve rolled or folded, spread butter and maple syrup; or roll with strawberries and top with whipped cream.

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### Sour Cream Pancakes

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3 eggs  
1/2 tsp salt  
1/4 tp pepper  
1 cup sour cream  
6 tbs matzo meal

Blend all ingredients, and drop by tablespoon onto greased skillet. Brown on both sides.

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### German Pancakes

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4 eggs  
1/2 tsp salt  
2/3 cup milk  
1 tbs sugar  
2/3 cup flour (sifted)  
2 tbs soft butter

Heat oven to 400. Butter well two 9-in cake pans. Mix eggs until light yellow. Add remaining ingredients, beat until smooth. Pour into pans and bake 20 minutes, then reduce heat to 350 and bake 10 minutes. Slide onto hot plates. Serve with lemon slices, powdered sugar and butter, syrup, jelly, honey, etc. Yield two nine-inch pancakes.

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### Cottage Cheese Pancakes

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1 c. cottage cheese  
1/2 c. flour  
6 eggs  
1/4 - 1/2 c. milk  
1 t. vanilla  
1/2 t/ salt  
2 t. sugar

Put all in blender and blend. Fry in frying pan or griddle with oil. Makes a light pancake similar to a crepe. Serves 4.

## Crackers

Crackers are not difficult to make. There are numerous varieties here. Experiment with different flours and spices. But first, some hints....

- To prevent air-borne spores from leavening your products, keep covered all dough except the piece you are working with.
- For thin, crispy crackers, take small pieces of dough at a time and roll it as thin as possible.
- Cut crackers easily with a biscuit or cookie cutter. Or for square crackers, a pizza cutter is a terrific tool.
- Allow crackers to start browning slightly. Then remove from the oven and turn the crackers over before completing the cooking time.
- If you have a gas oven, you can use it to make the crackers crispier. After they have finished cooking, remove from the oven. Let the oven cool, put all the crackers on a cookie sheet and return to the cool oven for several hours. The pilot light is enough heat to dry and crisp the crackers.

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### Savory Granola Crackers

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2 cups rolled oats  
3/4 cup whole-wheat flour  
1/2 cup silvered almonds  
1/4 cup wheat germ  
1/4 cup sesame seeds  
1 tbs honey  
1/2 tsp salt  
1/4 tsp oregano  
1/4 tsp thyme  
1/2 tsp onion powder  
3 eggs  
3/4 cup oil

Preheat oven to 400. In large bowl, stir together first 10 ingredients. Mix eggs and oil together. Add oat mixture. With spatula, press dough evenly into greased 10x15 inch pan. Bake 20 minutes, or until golden brown. Cut into 1/12 inch squares, then into triangles. Remove to rack to cool. Store in airtight container. Makes 50-70 crackers.



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## Graham Crackers

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2 cups flour (whole wheat)  
2 tbs arrowroot  
1/2 cup oil  
1 1/2 cup unbleached flour  
1/2 tsp salt  
1/2 cup molasses  
1/4 cup water  
1 tsp vanilla  
1/4 cup honey

Mix together first 5 ingredients until crumbly like pie dough. Mix liquids together and pour into flour mixture. Mix thoroughly. Knead. Roll out on floured board. Cut into squares, prick with a fork. Use pancake turner to lift onto greased pan. Bake 275-300 for 30 minutes until slightly brown.

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## Wholesome Oatmeal Crackers

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1 cup quick-cooking oats  
2/3 cup flour  
1/3 cup toasted wheat germ  
1 tbs brown sugar  
1/2 tsp salt, seasoned salt, celery salt or garlic salt  
1/3 cup water  
1/4 cup oil

In mixing bowl, stir together the oats, flour, wheat germ, brown sugar, and desired salt. Make a well in the center and add the water and oil all at once. Stir just till dry ingredients are moistened. Form dough into a ball and divide in half. On a greased baking sheet roll half the dough to a 12x8 inch rectangle. Cut into 2" squares. Bake at 350 for 20-22 minutes till crisp. Remove to wire rack to cool. Store in tightly covered container. Makes 48 crackers.

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## Bob's Crackers

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2 cups flour  
2 cups whole wheat flour  
3 tbs sugar  
1/2 cup oil  
1 1/2 cup warm water

Mix and take a piece as for pie dough and roll out as thin as possible, keeping board well floured. Place on baking sheet and cut in size squares desired. Prick with fork to avoid bubbles. Bake about 13 minutes at 375. Before baking, sprinkle with salt, garlic or onion or celery or seasoned salt.

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## Cheese Crackers

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2/3 grated cheddar cheese  
2 tbs butter  
3 tbs milk  
2/3 cup whole wheat flour

Grate the cheese and measure. Cheese that has dried somewhat is best for grating. Sift flour and measure the required amount. Put butter in medium size mixing bowl and cream thoroughly. Add the cheese and blend until well mixed. Add milk, mixing it in a tablespoon at a time. Pour in flour and work the mixture with spoon or hands until it forms a fairly smooth ball. Press the dough on a lightly floured surface and with a rolling pin, roll slightly thinner than for pie crust. Cut into small rounds or sticks. Prick with fork. Place pieces on ungreased cookie sheet and bake at 400 for 5-8 minutes. They should be slightly puffed and fairly brown. Makes about 2 dozen small ones.

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## Cheddar Crackers

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1/2 tsp salt  
3/4 cup flour  
1/4 cup wheat germ  
Dash cayenne pepper  
1/3 cup butter, softened  
1-1/2 cups sharp cheddar, shredded  
1/2 cup finely chopped nuts  
1/4 cup finely minced onions

Combine salt, flour, wheat germ and cayenne. Blend in butter, add rest. Halve dough. Shape each piece into a roll 7x1-1/2". Wrap in wax paper and chill several hours. Slice into 1/3" wafers, place on slightly greased pan, and bake at 350 for 12-14 minutes.

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## Nutty Whole-Grain Crackers

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1-1/2 cup quick oats  
1/2 cup flour  
1/2 cup wheat flour  
1/4 cup wheat germ  
1/4 cup ground nuts  
1 tbs sugar  
2/3 cup water  
1/4 cup oil  
2 tsp water, divided  
1/4 tsp salt, divided

Mix the first 6 ingredients together. Add the 2/3 cup water and the oil, mixing just until dry ingredients are moistened. Divide the dough in half. Roll each to a 12x12" square on ungreased cookie sheets. Cut into 2" squares. Brush each with 1 tsp water and sprinkle with 1/8 tsp salt. Bake 25 minutes or till crisp and lightly browned at 350.

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## Sesame-Oat Crackers

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3 cups quick oats  
1 cup flour  
1 cup wheat germ  
3/4 cup honey  
1 tsp salt  
1 cup wheat flour  
3/4 cup oil  
1 cup water  
1 egg white  
Sesame seeds

Combine the first 6 ingredients. Pour oil and water into center and stir till a ball forms. Divide in 4 pieces. Roll each piece on floured surface to 1/8" thick. Place on lightly greased pan. Cut into squares. Brush with egg white and sprinkle with sesame seeds. Bake 15-20 minutes at 350.

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## Corn Wafers

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3/4 cup white cornmeal  
1/2 tsp salt  
1 cup boiling water  
1 tbsp oleo, melted  
Unsalted butter

Mix the dry ingredients, pour in the water and mix. Add oleo. Drop 1 tbsp at a time on greased cookie sheet. Should spread to about a 3" circle. Bake 20 minutes at 425. Serve with butter.

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## Parmesan Rounds

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3/4 cup grated Parmesan cheese  
1/2 cup flour  
1/8 tsp cayenne pepper  
1/4 cup butter, softened  
2 tbsp cold water  
2 tbsp finely chopped nuts  
1 tbsp parsley flakes

Mix grated cheese, flour and pepper. Cut in butter, sprinkle on water 1 tablespoon at a time, stirring after each with a fork till all is moist. Form into a 1-1'2" roll. Combine nuts and parsley and coat the roll. Cut into 1/4" slices. Place on ungreased pan. Bake 12 minutes at 375. Cool. These freeze well.

# Main Dishes

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## Passover Lasagna

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3 Matzo boards  
16 ounces Ricotta or Cottage Cheese  
8 ounces Mozzarella cheese  
8 ounces Muenster or other hard cheese  
Parmesan cheese  
1 package frozen spinach  
32 ounce Jar Spaghetti Sauce  
2 eggs  
Salt  
Pepper  
Garlic

Dip Matzo in water and place on flat plate. Mix spinach with Ricotta or Cottage cheese. Add Eggs and seasonings. Layer Matzo, Cheeses, Ricotta mixture and Sauce. Top with shredded Mozzarella and Parmesan. Cover with foil. Bake at 350 for 45 minutes or until done. May be frozen. (This can also be cooked in the microwave 25-30 minutes or until hot and bubbly.)

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## Sausalito Grilled Chicken

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2-3 lb fryer chicken cut up  
2/3 cup oil  
1/2 cup lemon juice or dry white wine  
3 large cloves of garlic minced  
3 tbs fresh or 1 tbs dried sweet basil or oregano  
1 tsp salt  
Fresh ground pepper to taste

Place chicken skin side up on an oiled rimmed baking sheet. Mix rest and brush over chicken. Heat broiler to 425. Place chicken 5 to 7 inches below heat. Brush well every 5 minutes with the sauce. After 20 minutes turn chicken over and continue. When using margarine, serve hot; if oil, serve at room temperature.

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## Rice Dressing Supreme

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1 1/2 qts, clear chicken stock  
2 cups long grain rice  
3/4 cup diced onion  
1 cup diced celery  
1/2 stick margarine  
1 tsp sage  
1/2 tsp pepper  
1 tsp accent  
1 cup mushroom pieces and juice  
1 tsp thyme

Heat broth to boiling point. Season with 1 tsp salt if not already seasoned. Add rice and stir till

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it boils up once. Lower heat, cover and steam 15 minutes. Sauté the onion and celery in margarine till clear. Add remaining ingredients and combine. Turn into a casserole to be served hot. This can be chilled or frozen and reheated when needed.

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### **Pizza Turnovers**

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1 lb ground beef  
1/3 cup green pepper, chopped  
1/3 cup mushrooms, chopped  
1/4 cup onion, chopped  
2 tbs butter  
6 oz tomato paste  
1/4 cup water  
1 tsp oregano leaves  
1/2 tsp salt  
1/4 tsp garlic powder  
1 cup shredded cheese  
pastry for 2 double crusts pies

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Brown meat, remove from pan and drain.. Sauté pepper, mushrooms and onion in butter. Add tomato paste, meat, water and seasonings; simmer 15 minutes. Add cheese. Roll dough to 1/8" thickness and cut in 3 1/2" circles. Spoon small amount of mixture in center, fold and press edges. Bake at 450 about 10-12 minutes.

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### **Tijuana Torte**

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1 lb ground beef  
1 med onion, chopped  
1 lb can stewed tomatoes  
1-8 oz. can tomato sauce  
1 pkg taco seasoning mix  
4 oz. can chile salsa  
12 corn tortillas  
1 lb cheddar cheese, grated

---

Brown ground beef and onion in skillet. Add stewed tomatoes, sauce, chile salsa and taco seasoning mix. Combine and simmer 10-15 minutes. Place about 1/4 cup meat mixture in the bottom of a 9x13" baking dish. Place 2 tortillas side by side on the meat mixture. Top each tortilla with some meat mixture and grated cheese. Repeat till all ingredients are used. Bake 350 for 25-minutes, till cheese is bubbly. Cut each stack into quarters with a sharp knife before serving.

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### **Any Meal Cheese Pie**

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1 thinly sliced onion  
2 Tbs butter  
1/2 lb ground beef  
1/2 tsp thyme  
1/4 tsp oregano  
1/4 tsp sage  
1/8 tsp cayenne pepper  
1 tsp salt  
1 cup grated cheese  
3 eggs  
1 cup rich milk  
1/2 tsp Worcestershire sauce

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Saute onion in butter. Add meat and brown. Add all the rest and pour into 2 unbaked pie shells. Sprinkle with paprika. Bake 375 40 minutes. With a salad, makes a nice but simple meal.

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### **Savory Pot Roast**

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3 lb boneless chuck roast, cut into bite-sized pieces  
salt  
hot cooking oil  
1/4 cup catsup  
1/4 cup vinegar  
2 tbs Worcestershire sauce  
1/2 tsp garlic powder  
1/4 cup red wine  
2 tbs soy sauce  
1 tsp dried rosemary  
1/2 tsp dry mustard  
hot cooked rice

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Season roast with salt to taste. brown in hot oil in a skillet. Place meat in electric slow cooker. Combine rest of ingredients except rice; pour over meat. Cook, covered, on low for 8-10 hours. (or maybe less time in a casserole dish in a 250 oven). Serve over hot cooked rice.

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## **Cakes**

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### **Golden Westerner Cake**

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3 sticks butter or margarine  
1 carton powdered sugar\*  
6 eggs  
1 tsp vanilla  
1 tsp lemon juice  
\*Sugar carton filled with sifted flour.

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Have eggs and butter at room temperature. Cream butter; add powdered sugar and mix until fluffy. Add eggs one at a time, mix well after each. Sift flour 3 times, fill empty sugar carton with flour, and add gradually to batter. Add flavorings and mix

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well. Bake in greased and floured bundt pan at 325 for 1 1/2 hours. If desired, sprinkle with powdered sugar or serve with ice cream or fruit.

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### **Applesauce Loaf Cake**

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1/4 honey or pure maple syrup  
1/3 cup corn oil  
1 3/4 cup whole wheat flour  
1/2 tsp salt  
1 egg  
1 tsp cinnamon  
1/2 tsp ground cloves  
1 cup raisins  
1 cup thick applesauce  
1 cup nuts (optional)

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Mix honey, oil and egg together. Sift dry ingredients together and add spices. Lightly stir in raisins, nuts and applesauce. Spoon batter into oiled 9x5 loaf pan. Bake 40 minutes at 350.

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### **Unleavened Chocolate Cake**

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1 1/2 cup flour  
2 cup sugar  
1 cup vegetable shortening  
8 tbs cocoa  
2 tbs corn syrup  
4 eggs  
2 tbs vanilla

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Cream shortening, sugar and eggs. Combine all other ingredients and mix well. Pour into 2 greased 8" pans. Bake 350 for about 30 minutes. Cool. Frost.

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### **Pound Cake**

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1 lb butter  
2 cup raw sugar  
6 eggs (add 2 eggs with each cup flour)  
2 1/2 cup whole wheat flour  
1 tsp vanilla  
1/3 cup sweet cream

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Cream butter and gradually add sugar, and mix well. Add eggs and flour alternating amounts of flour with eggs. Mix well. Add cream and vanilla. Bake at 250 until golden brown, using a bundt pan.

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### **Pound Cake**

---

1 cup butter or margarine  
4 eggs  
1 cup sugar  
2 cups flour  
1 1/2 tsp vanilla  
1/4 tsp salt  
1/4 tsp ground nutmeg

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Cream butter, gradually adding sugar until light and fluffy. Add vanilla. Add eggs one at a time. Sift together flour, salt & nutmeg. Gradually add dry ingredients to egg mixture and mix until thoroughly blended. Turn batter into greased 9x5x3 loaf pans. Bake in a 325 degree oven for 60-65 minutes. Cool cake in pan. Make 1 loaf.

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### **Surprise Cup Cakes**

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4 squares semi-sweet chocolate  
2 sticks margarine  
1/2 tsp burnt sugar flavoring (optional)  
3/4 cup pecans, chopped  
4 eggs  
1 cup flour  
1 3/4 cup sugar  
1 tsp vanilla

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Melt chocolate and margarine and flavoring. Add pecans; set aside. Mix, but do not beat eggs. Add flour and sugar. Fold into the chocolate mixture. Spoon into muffin tins lined with cup liners. Fill about 2/3 full. Bake 325 for 35 minutes. Makes 1 1/2 doz. Frosting is optional.

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### **Rum Cake**

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3 cups flour  
3 cups sugar  
1 cup milk  
1/2 tsp salt  
1 tsp vanilla  
5 eggs  
1/2 cup shortening  
1 cup butter  
1 tsp coconut extract  
2 tsp rum extract

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Cream butter and shortening and sugar well. Add eggs one at a time. Add milk and extracts. Sift flour and salt together and mix in a small amount at a time. Bake in tube pan for 1 hour 15 minutes at 300.

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Glaze: Melt 2 tsp butter. Add 3 oz. frozen orange juice concentrate and 1 cup confectioners sugar. Mix well and spread onto cooled cake.

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## Coconut Cake

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1 cup oil  
2 cups sugar  
1 tsp coconut flavoring  
6 whole eggs  
2 cups flour  
1 tsp salt  
1 can (3 1/2 oz.) coconut

Cream oil and sugar. Add coconut flavoring and beat. Add eggs. Sift flour and salt together and fold into coconut. Bake in well greased tube pan at 325 for 1 hour and 10 minutes.

Icing: Mix 1 1/2 cups powdered sugar, 3/4 cups boiling water and 3 scant tsp coconut flavoring in a sauce pan. Bring to boil and boil one minute. Pour over cake and return to the oven for 3 minutes.

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## Cream Cheese Pound Cake

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1 1/2 cup butter  
8 oz cream cheese  
3 cup sugar  
6 eggs  
1 1/2 tsp. vanilla  
1 tsp salt  
3 cups flour

Cream butter, cheese, sugar and salt and vanilla till smooth. Add eggs one at a time, mixing well after each. Gently fold in flour. Bake in large greased and floured bundt pan, for 1 1/2 hours at 300.

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## Mississippi Mud Cake

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1/2 cup butter  
1/3 cup cocoa  
2 cups sugar  
4 eggs  
1-1/2 cups flour  
1 cup coconut  
1 cup nuts  
1/3 cup butter, melted  
1/4 cup cocoa  
1/4 cup milk  
1/2 box powdered sugar

Melt butter and cocoa; cool slightly. Mix eggs and sugar together. Add flour. Add coconut and nuts. Pour into greased and floured 13x9" pan. Bake 25 minutes at 350. Cool. Mix remaining ingredients and frost cake.

# Pies

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## Peanut Butter Pie

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1 baked pie shell, cooled  
whipped topping to cover pie  
1/4 cup peanut butter  
1/3 cup powdered sugar  
2 eggs  
2 cups milk  
2/3 cup sugar  
2 tbs flour  
2 tbs cornstarch  
dash salt  
1 tsp vanilla  
1 tbs butter

Mix 1/4 cup peanut butter and 1/3 cup powdered sugar until crumbly. Set aside. Make vanilla pudding as follows; mix together eggs and milk. Pour into dry ingredients that have been mixed together. Cook until thick; then add vanilla and butter. Stir and cool. Put half peanut butter mixture in the pie shell and cover with pudding. Spread on whipped topping. Top with remaining peanut butter mixture. Refrigerate.

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## Pie Crust

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Granola crumb crust (8 or 9" pie)  
2 cup granola  
1/4 cup melted butter

Crush cereal. Combine with butter and press into pie pan. Bake 5 minutes at 350----cool before filling.

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## Fruit Tart

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9 " pie shell, baked and cooled  
15 1/2 oz can pineapple tidbits  
8 oz. cream cheese, soft  
1/2 cup apricot preserves  
1 cup strawberries. halved

Drain pineapple, keeping juice. Beat 3 Tbs pineapple juice, cheese and 1/4 cup preserves until smooth and blended. Pour into shell. Arrange fruits on top. In a sauce pan, mix remaining preserves and 1 tsp pineapple juice. Heat on low till it starts to boil. Pour over the fruit. Chill. 8 servings.

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### Impossible Pie

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4 eggs  
1/2 cup margarine  
1/2 cup flour  
2 cup milk  
1/2 to 1 cup sugar  
1 cup coconut  
2 tsp vanilla

Blend all ingredients in blender for a few seconds. Pour into 10" pie plate. Bake in 350 for 1 hour or till center tests firm. (The flour settles to form a crust, the coconut becomes topping, and the center is an egg-custard filling.) The use of an electric blender is an absolute must.

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### Fudge Pecan Pie

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3 eggs  
1 cup light karo syrup  
Pecans  
2 tbs butter, melted  
1/4 cup sugar  
1 tsp vanilla  
chocolate chips

Fold prepared pie crust into 9" pie pan. Sprinkle milk chocolate chips over bottom of pan crust until completely covered. Pour liquid mixture over chocolate chips. Lay pecan halves and big chips over top of pie. Bake at 350 for 50-60 minutes. Let cool for 1 hour.

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### Tin Roof Pie

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1/3 cup creamy peanut butter  
1 tbs light corn syrup  
2 cups corn flakes  
1 qt. vanilla ice cream, softened  
chocolate syrup  
chopped, salted peanuts

Mix peanut butter, syrup and flakes. Press on bottom and sides of buttered 9" pie plate. Spread on ice cream, cover and freeze firm. To serve, drizzle with syrup and sprinkle with nuts.

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### No Crust Fudge Pie

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1 square unsweetened chocolate  
(OR 3 tbs cocoa and 1 tbs oil)  
1/2 cup butter  
1 cup sugar  
2 eggs  
Dash salt  
1 cup flour  
1 tsp vanilla

Melt chocolate and butter. Cool. Add remaining ingredients. Pour into greased 8" square

pan. Bake 20-25 minutes at 350. Don't overbake. Outside should be firm, inside soft and moist.

Good served with whipped cream or scoop of ice cream.

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### Cheesecake Crust

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1 cup flour  
1/4 cup sugar  
1 tsp lemon peel  
1/2 cup butter, cut in  
1 egg yolk  
1/4 tsp vanilla.

Blend dry ingredients thoroughly. Cream butter, lemon peel, egg, and vanilla. Mix dry and creamed mix into a dough. Pat dough on bottom of 9" pan. Bake 400 about 6 minutes. Cool.

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### Millionaire Pie

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2 cups powdered sugar  
1 stick oleo  
1 egg  
1/4 tsp salt  
1/4 tsp vanilla  
9" baked pie shell  
1 cup whipping cream  
1 cup crushed pineapple, drained  
1/2 cup chopped pecans

Blend the first two ingredients. Add next 3 and mix well. Pour into pie shell and chill 1 hour. Whip cream. Fold in the pineapple and nuts. Spread on pie. Chill.

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### Flaky Pie Crust

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(2 - 9" crusts)  
3/4 cup shortening  
2 cups sifted flour  
1/2 tsp salt  
1/4 to 1/2 cup ice water

Combine flour, salt and shortening. Mix with pastry cutter (or two knives) until flour and shortening are crumbly, about the size of small peas. Pour enough ice water into flour mixture to make a stiff dough. Divide in half and turn each portion onto a well-floured board. Sprinkle dough liberally with flour and make into a ball. Surface of dough should not be sticky. Using rolling pin, roll out into desired shape. For filling the crust, follow directions for pie, pot pies, turnovers, etc for cooking. To bake the crust to fill later, bake in a preheated oven at 425 for 10-15 minutes.

Leftovers can be enjoyed by rolling thin, sprinkling with sugar and cinnamon and baking at 425 till lightly browned.

# Cookies

## Oatmeal & Apple-Butter Cookies

1 1/4 cup flour  
1 cup packed brown sugar  
3/4 cup butter or margarine-cut in pieces  
1 1/4 cup quick oats  
3/4 cup apple butter

In a large bowl mix flour and sugar. Cut in butter until mixture resembles coarse crumbs. Stir in oats until well blended. Press half the mixture (about 2 1/2 cups) firmly in greased 8" square pan to form compact layer. Spread apple butter to within 1/2 inch of edges. Sprinkle remaining oats mixture over apple butter; press carefully but firmly. Bake in preheated oven 350 about 40 minutes or until lightly brown. Cool in pan on rack. Cut in 1x4 inch bars or 2 inch squares. Cakes 16

## Butterscotch Pecan Cookies

1/2 cup butter  
1 1/2 cup brown sugar  
1 tsp vanilla  
1 egg  
1 1/2 cup flour  
1 cup pecans

Mix all until flour is moistened. Drop by spoon. Bake at 375 for 12 minutes.

## Shrewsberry Tea Biscuits

2 cup flour  
1/2 cup butter  
1/2 cup sugar  
1 small egg  
7-8 tsp cold milk  
extra sugar  
Grated peel of 1 lemon

Using fork. mix sugar and peel with flour, which has been combined with butter to resemble coarse meal. Add egg and milk to form a fairly stiff dough. Turn onto a floured surface and knead lightly till smooth. Roll thin and cut into 5" rounds. Transfer to greased cookie sheets. Bake for 15-20 minutes at 350, till light gold in color. Dredge with sugar. Cool on wire rack. Store in airtight container.

## Almond Macaroon Cookies Kisses

3 eggs  
3 oz. cream cheese  
1/2 cup flour  
1/4 cup granulated sugar  
1/2 cup powdered sugar  
1 tsp almond flavoring  
14.oz coconut  
candy kisses

Mix cream cheese, flour, granulated sugar, powdered sugar, almond flavoring together, then add eggs, then coconut. Cover cookie sheets with heavy paper (such as grocery sacks) cut to fit. Don't grease. Bake at 300 degrees about 30 minutes. Remove from paper with spatula while warm. Top with candy kiss while warm. Makes about 3 dozen.

## Coconut Cookies

5 eggs  
1 1/2 cup sugar  
1 cup matzo meal  
1/4 tsp salt  
2 cup shredded coconut, fresh  
2 lemons, juice and grated rind

Gradually sift and stir in the sugar into the mixed eggs. Add remaining ingredients in the order named. Mix well. Sprinkle a cookie sheet with a little extra matzo meal; drop cookies on this by teaspoon. Bake in 325 oven for 30 minutes, increasing heat to 350 for 10 minutes. Makes 2 doz.

## Carrot Cookies

1 cup butter or shortening  
2 cup flour sifted  
1/2 cup sugar  
1/2 tsp salt  
1/2 tsp cinnamon  
1/4 tsp nutmeg  
1 tsp vanilla  
1 egg  
1 cup finely grated carrots  
1/2 cup chopped nuts  
powdered sugar

Cream shortening until softened, sift flour, sugar and salt and spices together. Add to shortening and mix well. Add vanilla, egg, carrots and nuts. Form into 2 rolls 1 inch thick. Wrap in wax paper and chill at least 2 hours. Slice 1/2" thick and place on ungreased cookie sheet. Bake in preheated oven 375 10-12 minutes. Roll in powdered sugar while still warm

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### Short Bread Cookies

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1/12 cup butter or margarine  
3/4 cup sugar  
1 egg  
1 tsp vanilla or lemon flavoring  
3 1/2 cups flour

Mix. Roll thin and cut with cookie cutter. Bake 10-12 minutes at 350 or until light brown on bottom. Sprinkle sugar or frost.

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### Butter Pecan Cookies

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1 cup butter or margarine, softened  
2/3 cup packed brown sugar  
1 egg  
2 cups flour  
pecan halves

Cream butter and sugar, blend in egg. Stir together flour and 1/2 tsp salt; stir into creamed mixture. Chill 1 hour. Form into 1 inch balls; place two inches apart on greased cookie sheet. Flatten in one direction with fork tines; top each with pecan half. Bake at 375 for 10-12 minutes.

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### Peanut Butter Cookies

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1/2 cup margarine  
1/2 cup peanut butter  
1 cup brown sugar  
2 eggs  
1 1/12 cup flour  
pinch of salt

Mix all together. Make 1 inch balls and flatten out. Put on greased cookie sheet and criss-cross with a fork and bake at 375 for 10-12 minutes.

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### Peanut Butter Treats

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1/2 cup honey  
1/2 cup peanut butter  
1/2 cup confectioners sugar  
dash salt  
1/2 cup non-fat dry milk  
1 cup of cornflakes

Mix all but cornflakes. Knead till smooth. Shape in 1" balls. Roll in cornflakes that have been crushed.

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### Peanut Butter Quickies

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2 cups crunchy peanut butter  
2 eggs  
2 cups sugar  
1 tsp vanilla

Combine peanut butter and sugar till creamy. Mix in eggs and vanilla. Shape into 1" balls.

Place 2" apart on greased cookie sheets. Flatten by criss-crossing with fork. Bake at 375 for 10-12 minutes till browned. Makes about 6 doz.

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### Healthy Honeys

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\*\*\*A no-cook treat the kiddies can make\*\*\*

1 cup chunky peanut butter  
1 cup honey  
1 cup non-fat dry milk  
3 cups wheat Chex cereal crushed to 1 1/2 cups  
2 cups Rice Chex cereal crushed to 3/4 cup

Combine peanut butter, honey, dry milk and wheat chex crumbs. Shape in 1" balls. Optional: press a whole wheat chex only each ball. Roll in rice chex crumbs. Cover. Chill till firm, about 2 hours. Makes about 5 doz. Best if stored in refrigerator. Makes about 6 dozen.

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### Applesauce Cookies

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1 cup brown sugar  
3/4 cup oil  
1 cup thick applesauce  
1/2 cup nuts  
1 egg  
1/2 tsp salt  
1 tsp vanilla  
4 cups rolled oats  
1/2 cup flour

Mix brown sugar and oil together. Add remaining ingredients and mix well. Drop from spoon onto greased baking sheet. Bake at 375 for 20 to 25 minutes until well browned.

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### Caramel Cream Sandwich Cookies

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1 cup butter  
3/4 cup brown sugar  
1 egg yolk  
2 1/4 cup flour

Cream butter. Add sugar gradually, creaming well. Add egg yolk. Blend in flour, stirring till mixture forms a dough. Shape into balls the size of marbles. Place on ungreased cookie sheet and flatten to 1/8 " thickness with criss-crossed tines of a fork. Bake 9-12 minutes at 350 Remove from pan and cool. Put together with frosting.

FROSTING; Brown 2 tbs butter slightly. Remove from heat and blend in 1 1/4 cup powdered sugar. Add 1/2 tsp vanilla and 4-5 tsp cream until of spreading consistency.



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### No Bake Fudge Cookies

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2 Cups quick oats uncooked  
1 cup chocolate chips  
1 cup raisins  
1/2 cup coconut  
1/2 cup chopped nuts  
2 cups sugar  
1/4 tsp salt  
1/2 cup milk  
1 tsp vanilla  
1/4 lb butter or margarine

Mix first five in a large bowl. Bring the next five ingredients to a boil. Pour the cooked mixture over that in the bowl and stir well until chocolate chips melt. Cool slightly and drop by spoon on wax paper lined cookie sheet. Let stand till firm. For variation, use 3/4 cup chocolate chips and 1/4 cup butterscotch chips. Add several tablespoons peanut butter to boiled mixture. Add 1/4 to 1/2 cup wheat germ to oat mixture.

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### Wheat Germ And Oatmeal Cookies

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3/4 cup oil  
1 cup honey  
2 tbs molasses  
2 eggs  
2 tsp vanilla  
2 cup milk powder sifted  
3/4 cup sifted soy flour  
1/2 cup raisins or dates  
1/2 cup chopped walnuts  
1 tsp salt  
1 1/2 cup wheat germ  
2 cups oatmeal

Combine oil, honey and molasses. Add eggs, one at a time. Combine dry ingredients and add to liquids, mixing well. Drop by teaspoonful onto lightly oiled cookie sheet. Bake 10-12 minutes at 350.

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### Mexican Wedding Cakes

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1 cup butter  
1/2 cup powdered sugar  
1 tsp vanilla  
2 cups flour  
1/8 tsp salt  
1/2 cup chopped pecans

Cream butter, sugar and vanilla. Mix the last 3 and add to butter mixture. Shape into 1" balls. Bake on ungreased baking sheet at 325 for 20-25 minutes until lightly browned. Roll warm cookies in powdered sugar. Cool on racks and roll in sugar again.

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### Sugar Cookies

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1 cup shortening  
1-1/2 cups sugar  
2 tsp orange rind  
6 tbsp orange juice  
2 eggs  
3 cups flour  
1 tsp salt  
1 tsp vanilla  
1/2 cup sugar  
2 tsp cinnamon

Mix all but the last 2 ingredients. Chill. Form into 1" balls. Roll in a mixture of the sugar and cinnamon. Press flat. Bake 8 minutes at 375.

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### Tea Wafers

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#### **Wafers:**

1/2 c. margarine  
1 3/4 c. sifted flour  
1 c. powdered sugar  
1/4 t. salt  
1 t. vanilla  
1/2 c. milk

#### **Topping:**

1/4 c. fine chopped pecans  
1 T. sugar  
1/4 t. cinnamon

Lightly butter 2 cookie sheets and chill. Heat oven to 325°F. Cream margarine, mix in sugar and vanilla. Sift dry ingredients. Add alternately with milk. Beat after each addition. Place 1/2 mixture on each cookie sheet. Spread with spatula almost to edge of sheet. With knife, mark batter into 2" diamond shapes. Sprinkle with topping. Bake about 25-30 minutes or until lightly browned. Makes 5 dozen.

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### Unleavened Pecan Candies

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1 cup butter  
3/4 cup sugar  
1 1/2 tsp vanilla  
2 1/3 cups flour  
1 cup ground pecans

Cream butter till softened. Add sugar gradually. Cream well. Blend in vanilla. Slowly add flour. Add nuts. Roll small balls into dough in palm of hands. Place on ungreased cookie sheet and flatten. Top with pecan half if desired. Bake at 350 for 10-12 minutes until slightly browned. Do not overbake! Remove from sheets immediately and cool on wire racks.

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## Kool Cookies

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2 c. sugar  
1/4 c. cocoa  
1/2 c. milk  
1 stick butter  
1/2 c. peanut butter  
3 c. oatmeal  
1 t. vanilla

Bring sugar, cocoa, milk and butter to a boil. Boil 2 minutes. Remove from fire and add peanut butter, oatmeal and vanilla. Mix and drop.

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## Honey Cookies

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1 c. butter or margarine  
1/2 c. sugar  
4 T. honey  
2 1/2 c. sifted flour

Cream butter, sugar and honey. Add flour slowly. Chill in refrigerator at least 2 hours. Put on cookie sheet and bake at 300 degrees F for 20-25 minutes.

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## Microwave Pecan & Almond Pralines

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1/4 c. water  
1/4 c. white Karo  
1 c. white sugar  
1 c. light brown sugar  
dash salt  
1 T. Oleo  
1 t. vanilla  
1 1/2-2 c. pecans  
1/4 c. powdered sugar

Put first six ingredients in glass bowl. Cover and cook on High for 4 minutes. Stir and cover. Cook on High for 4 minutes longer. Add vanilla and pecans. Stir and cover. Cook on High for 90 seconds. Add powdered sugar. Stir until well mixed. Drop on cooling pad. A cooling pad consists of sheets of newspaper with wax paper over it.

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## Chocolate Chip Barley Cookies

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2 cups barley flour (can use 1/2 barley and 1/2 white)  
1 cup milk  
1/2 cup olive oil  
1/2 cup brown sugar  
1/2 bag of chocolate chips  
Optional: 1/2 cup of coconut

Spoon onto cookie sheets pressing down to about 1/2 inch thick (about 2 inches diameter). Bake 15 min at 350 degrees. Makes about 2 dozen.

# Bar Cookies

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## Spicy Nut Bars

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1/2 cup butter  
1/2 cup shortening  
1 cup sugar  
1/2 tsp cinnamon  
1 tsp vanilla  
1/4 tsp nutmeg  
1 egg  
2 cups flour  
1/2 tsp salt  
2/3 cup chopped nut

Cream together the butter, shortening, sugar, vanilla and egg until softened. Stir in sifted, dry ingredients, then nuts. Dough will be stiff. Press evenly into 15x10 inch shallow pan. Bake 350 25-30 minutes. Cut into bars.

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## Unleavened Brownies

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2/3 stick butter  
2 squares unsweetened chocolate  
1 cup sugar  
2 eggs  
1/2 cup flour  
1 tsp vanilla  
pinch salt  
1/2 cup nut (optional)

Melt butter & chocolate. Cool slightly. Sift flour, sugar and salt together. Add eggs, vanilla and mix with chocolate mixture. Pour into greased pan. Cook 375 for 30-35 minutes.

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## Crispy Date Bars

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1 cup flour  
1/2 cup brown sugar  
1/2 cup butter (soft)  
1 cup chopped dates  
1/2 cup sugar  
1 egg  
1/2 cup butter.  
2 cups crispy rice cereal  
1 cup chopped nuts  
1 tsp vanilla  
2 cup powdered sugar  
1/2 t vanilla  
3 oz cream cheese, softened

Combine first 3 ingredients, press into 11" x 7" or 9" square pan. Bake at 375 12 minutes or till golden brown. In medium saucepan, combine dates, sugar and butter. Cook over low heat till mixture comes to a boil, stirring constantly. Simmer 3

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minutes. Blend about 1/4 cup hot mixture with egg. Return to sauce pan. Cook until mixture bubbles. Remove from heat. Stir in rice cereal, nuts and 1 tsp vanilla. Spread over baked crust and cool. Combine last 3 ingredients, beat on low speed till smooth. Spread over cooled filling. Cut into bars.

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### Old World Raspberry Bars

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2 1/2 cups flour  
1 cup sugar  
1 cup chopped pecans  
1 cup soft butter  
1 egg  
10oz raspberry preserves

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Stir together all ingredients, except preserves, until mixture is crumbly, 2-3- minutes. Reserve 1 1/2 cup crumb mixture and set aside. Press remaining mixture into a greased 8" pan. Spread preserves to within 1/2 inch from edge of crumb mixture. Crumble remaining crumb mixture over preserves. Bake near center of oven for 40-50 minutes at 350. Cool. Cut into bars.

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### O'henry Bars

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4 cups oatmeal  
1 cup brown sugar  
1/2 cup shortening  
1/2 cup butter  
1/3 cup sugar  
1/2 tsp salt  
1/2 tsp vanilla  
6oz. chocolate chips  
2 tsp peanut butter

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Mix oatmeal, sugars, shortening, butter, salt and vanilla. Press into 10x15" pan. Bake at 325 for 20-minutes. Frost with chips, melted with peanut butter.

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### Hi-Energy Snack Bar

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3/4 cup flour  
1/4 tsp salt  
1/4 cup toasted wheat germ  
1/2 cup brown sugar  
1/2 cup butter or margarine  
1/2 cup old-fashioned oats  
1 tsp grated orange rind  
2 eggs  
1/4 cup brown sugar  
1/4 dash salt  
1/2 Tsp vanilla  
6 oz. bag whole unblanched almonds (1 1/3 cups)  
1/2 cup coconut

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Mix flour, salt, wheat germ and brown sugar in medium bowl. Cut in butter. Add oats and orange

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rind. Press in bottom of 8" square pan. Mix eggs with 1/4 cup brown sugar, dash of salt and vanilla. Add almonds and coconut. Pour over and spread evenly over layer in pan. Bake at 350 35-minutes or until toothpick inserted in center comes out clean. Cool completely in pan before cutting.

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### Sauce-Pan Brownies

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1/2 cup butter or margarine  
1 oz unsweetened chocolate  
1 cup sugar  
2 eggs  
3/4 cup flour (lightly spooned into cup)  
1 tsp vanilla  
1/2 cup chopped pecans

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Preheat oven to 350. Melt butter in heavy sauce pan with chocolate, over low heat. Remove from heat and cool slightly. Add sugar then mix in eggs. Stir in flour, vanilla and pecans. Spread into well greased 8x8x2" pan. Bake 30-35 minutes. Cool in pan and cut.

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### Delicious Brownies

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1/2 cup butter or margarine  
1 cup sugar  
1 tsp vanilla  
2 eggs  
2 oz. square chocolate  
(or 6 tbs cocoa and 3 tbs margarine)  
1/2 cup flour  
1/2 cup chopped nuts

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Cream butter, sugar and vanilla. Add remaining ingredients and mix well. Spread in 8x8x2" pan. Bake at 325 for 30-35 minutes.

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### Pineapple Cheesecake Bars

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1/2 cup sweet cream butter  
1 1/4 cup flour  
1/3 cup sugar  
1 tbs grated orange peel  
8oz. cream cheese, soft  
1/4 cup sugar  
1 egg  
1 tbs lemon juice  
1/2 cup chopped candied pineapple

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In bowl, cut butter into chunks. Add flour, 1/3 cup sugar and orange peel and mix well. Reserve 1/2 cup crumb mixture and set aside. Press the rest into ungreased 8" square baking dish. Bake near center of 350 oven for 12-17 minutes. In same bowl, mix together all the rest, except pineapple. Add pineapple. Spread over baked crust (hot). Sprinkle with remaining crumb mixture. Return to oven. Bake

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15-20 minutes. Cool completely. Cut. Cover. Store in refrigerator.

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### **Butterscotch Brownies**

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1/2 cup butter, melted  
1 cup brown sugar  
2 eggs  
1 tsp vanilla  
1/4 tsp salt  
1 cup flour

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Mix all ingredients together and pour into greased 8" pan. Bake 30-minute 350

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### **Dream Bars**

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1/2 cup soft butter or margarine  
1/2 cup brown sugar, firmly packed  
1 cup sifted flour  
2 eggs  
1 cup brown sugar, firmly packed  
1 tsp. vanilla  
1/4 tsp salt  
1 cup cornflakes  
1 cup shredded coconut  
1 cup walnuts

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Mix 1/2 cup brown sugar and flour and butter. Press into greased 12x8x1" pan. Bake 15 minutes at 350. Mix together eggs with 1 cup brown sugar. Add the rest of the ingredients just till mixed. Spread on other layer. Bake 20 minutes. Cut while warm.

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### **Quick Oatmeal Bars**

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1/2 cup margarine, melted  
1/12 cup quick rolled oats  
3/4 cup chopped nuts  
1/2 cup sugar

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Mix well all ingredients (mixture will look dry). Press into 9" square baking pan. Bake in preheated oven 375 for 15 minutes. Cool 2 minutes. Cut into bars. Remove to rack to cool.

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### **Speedy Brownies**

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2 cups sugar  
1-3/4 cups flour  
1/2 cup cocoa  
1 tsp salt  
5 eggs  
1 cup oil  
1 tsp vanilla  
1 cup chocolate chips.

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Mix all ingredients except chocolate chips together till smooth. Pour into greased 13x9x2" pan. Sprinkle on chips. Bake 30 minutes at 350 or till

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toothpick stuck into middle comes out clean. Cool. Cut.

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### **Strawberry Brownie Pizza**

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1/2 cup melted butter  
2 eggs  
1/2 cup brown sugar  
1/4 cup sugar  
2 tsp vanilla  
3/4 cup sweet ground chocolate  
(or 1/2 cocoa + 1/4 cup powdered sugar)  
1/4 tps salt  
2/3 cup flour  
8 oz cream cheese  
1/4 cup powdered sugar  
1 tsp vanilla  
10 strawberries  
1/4 cup semi-sweet chips, melted

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Cut parchment paper to fit 12" pizza pan. Mix in eggs one at a time into butter. Add the sugars, then the next 4 ingredients. Pour onto pizza pan. Bake 14 minutes at 350. Remove. Cool. Beat Cream cheese, powdered sugar and vanilla. Spread on the brownie. Slice the berries and arrange on top. Drizzle on the melted chocolate.

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### **Cheesecake Bars**

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1/3 cup butter  
1/3 cup brown sugar  
1 cup flour  
1/2 cup nuts, chopped  
1 tbsp lemon juice  
1/4 cup sugar  
8 oz cream cheese  
1 egg  
1 tbsp milk  
1/2 tsp vanilla

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Cream butter and sugar. Add the flour and nuts. Mix until crumbly. Set aside one cup. Press remainder into 8" square pan. Bake 12-15 minutes at 350. Combine 1/4 cup sugar and cheese. Add milk and vanilla. Spread on the crust. Sprinkle on the one cup reserved crumbs. Bake 25-30 minutes at 350. Chill.

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### **Toffee Bars**

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1 cup butter  
1 cup brown sugar  
1 egg yolk  
1 tsp vanilla  
2 cups flour  
1 cup chocolate chips  
1 cup nuts

Stir together butter and sugar. Add the egg and vanilla. Slowly add the flour. Mix in chocolate and nuts. Place in ungreased 15x10x1" pan. Bake 15-18 minutes at 350. Cut while warm.

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### **Almond Bars**

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1-1/4 cup butter  
2 cups flour  
2 cups powdered sugar  
8 oz cream cheese, soft  
2 eggs  
1/2 cup sugar  
2 tsp almond extract  
1/4 cup butter  
1-1/2 tbsp milk

Mix 1 cup butter, flour and 1/2 cup powdered sugar. Pat into 13x9" pan. Bake 20-25 minutes at 350. Mix together next 3 ingredients with 1 tsp extract. Pour on crust. Bake 15-20 minutes. Cool.

Frosting: Mix 1-1/2 cups powdered sugar, 1/4 cup butter, the 1-1/2 tbsp milk and the remaining teaspoon almond extract. Spread on bars.

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### **Bar Cookies**

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1-1/3 cup butter  
2 cups brown sugar  
3 eggs  
2 cups oatmeal  
2 cups flour  
1 cup nuts  
1 cup powdered sugar  
1 tbsp butter  
1 tsp vanilla  
1 tbsp milk

Mix the first 6 ingredients. Spread in 12x24" pan. Bake 20-25 minutes at 350. While warm, mix the remaining ingredients and spread on.

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### **No Bake Chocolate Peanut Butter Snack Bars**

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16 oz granola  
2/3 cup corn syrup  
3 tbsp butter  
1 cup peanut butter chips  
1 cup semi-sweet chocolate chips

Put cereal in large bowl and set aside. Put syrup and butter in pot. Bring to full rolling boil on medium heat. Remove from heat. Add peanut butter chips and stir till smooth. Pour over cereal and mix. Press in foil-lined 13x9" pan.

Melt chocolate chips and spread on. Chill about 10 minutes.

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### **Caramel O's Bars**

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14-16 caramel candies  
1/4 cup water  
1/2 cup peanut butter  
4 cups Cheerios  
1 cup salted peanuts  
1 cup chocolate chips  
1/4 cup peanut butter  
1 tbsp butter

Mix the first 3. Place in microwave 3-5 minutes, stirring each minute, until melted. Add the cereal and nuts. Press into buttered 13x9" pan. Melt remaining ingredients and spread on. Cool.

## **Other Desserts**

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### **Cherry Cheese Cake**

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#### **Crust:**

1/4 cup butter  
2/3 cup whole wheat flour AND Millers bran,  
mixed together  
2 tbs raw sugar  
1/4 cinnamon

#### **Filling:**

8oz. pkg cream cheese (soft)  
1/3 cup raw sugar  
1 egg  
1 tsp lemon

#### **Topping:**

1 cup sour cream  
3 tbs raw sugar  
1/2 tsp almond extract or vanilla  
2 1oz. can cherry pie filling

For crust, melt butter in 8" baking dish. Stir in flour-bran mixture, 2 tbs sugar and cinnamon. Press evenly over bottom and up sides of dish. Mix next 4 ingredients and pour over crust. Bake

uncovered, 5 minutes at 350. Combine sour cream, sugar and almond extract and spread over cheese mixture. Bake uncovered 2 minutes. Cool slightly. Spoon on pie filling. Chill several hours.

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### Whole Wheat Turnovers

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1/4 tsp salt  
1 1/2 cup whole-wheat flour  
1 tbs brown sugar  
1/2 cup butter, softened  
1/2 cup sour cream  
1/2 cup apricot preserves  
1/2 cup coconut  
1/4 cup chopped pecans  
1/2 cup raisins  
1/2 cup powdered sugar  
1/2 tsp vanilla  
milk

Stir together flour, brown sugar and salt. Cut in butter to coarse crumbs. Add sour cream, mixing till ball forms. Divide in 10 portions. On lightly floured surface, roll each portion into a 4 1/2 inch circle. Combine preserves, coconut, raisins and nuts. Place 2 tbs filling on each circle. Fold one side of dough over filling. Seal edges by pressing with tines of fork. Bake on ungreased baking sheet 375 for 25 minutes. Cool slightly on rack. If desired, drizzle with powdered sugar, vanilla and milk.

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### Pecan Muffins

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1 cup brown sugar, packed tightly.  
1/2 cup flour  
1 cup pecans  
2/3 cup butter  
2 eggs

Blend and bake in muffin pan for 350 for 15-20 minutes. Makes approximately 12 muffins.

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### Totaroons

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3/4 cup boiling water  
2 cups finely chopped dates  
1 cup light corn syrup  
3 eggs  
1/3 cup brown sugar packed  
3 tbs flour  
3/4 cup butter soft  
1 cup brown sugar packed  
1/2 cup sugar  
1 1/2 cups flour  
8 cups Rice Chex Cereal crushed to 4 cups

Pour boiling water over dates. Stir and let stand 5 minutes. Stir in syrup, eggs, 1/3 cup sugar and 3 tbs flour. Set aside. In large bowl cream butter and sugars. Add 1 1/2 cup flour. Stir in Rice Chex

crumbs. Gently pack 4 cups (measured loosely) into bottom of buttered 13x9x2 pan. Pour prepared datefilling on top and sprinkle with remaining crumb mixture. Press gently. Bake at 350 40-45 minutes. This is especially good topped with a scoop of vanilla ice cream.

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### Chocolate Delight

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1 stick margarine  
1 cup flour  
1 cup chopped pecans  
1-8 oz. pkg cream cheese  
1 cup powdered sugar  
Large container cool whip  
2 small pkgs instant chocolate pudding  
3 c milk

Mix first 3 ingredients together and pat into 9x13 pan. Bake at 350 for 15-20 minutes. Mix cream cheese, powdered sugar, and 1 cup cool whip together and pour over crust. Mix dry pudding and milk. Pour over cream cheese layer. Then spread additional cool whip over entire mixture and refrigerate. This can be frozen ahead of time and thawed slightly before serving.

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### Raisin Squares

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1 cup raisins (or dates)  
2 tbs lemon juice  
grated rind of 1 lemon  
1 cup water  
6 tbs butter  
1 tsp oil  
1/2 cup brown sugar  
3 tbs honey or molasses  
1 1/3 cup crushed oatmeal  
1 1/4 cup wheat flour  
1/2 tsp salt

Cook raisins, lemon juice, rind and water till raisins are tender. Thicken with corn starch, if necessary. Set aside. Cream butter and add oil. Blend in sugar. Beat in honey. Add all remaining ingredients and press half of the mixture in a 9" pan. Spread on the raisin mixture. Sprinkle reserved crumb mixture on top, smooth and press down. Bake at 375 for 25 minutes.

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## Apple Crisp

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3 pared, sliced apples  
1/2 tsp cinnamon  
1/4 tsp salt  
1/4 cup water  
1/3 cup butter  
1 1/2 tsp lemon juice  
1/2 cup flour  
1/2 cup rolled oats  
3/4 cup brown sugar

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Put apples in 9" pan. Sprinkle with salt and cinnamon. Pour in water. Drizzle with lemon juice. In bowl, mix flour, sugar, and oatmeal. Cut in butter till pea-sized. Turn over onto apples and pat firmly. Bake at 350 for 1 hour.

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## Fruit Pizza

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### **Crust:**

3/4 c. butter  
1 1/2 c. flour  
1/2 c. powdered sugar

### **Filling:**

8 oz. cream cheese  
1 t. vanilla  
1/2 c. sugar

Fresh fruit

### **Topping:**

1 c. fruit juice  
1 T. lemon juice  
2 T. cornstarch  
1/2 c. sugar

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Crust: Mix crust ingredients. Pat in 12-inch pizza pan. Bake at 350°F for 10 - 15 minutes. Let cool.

Filling: Mix first 3 ingredients; spread on cooled crust. Arrange fruit in circles (strawberries, pineapple chunks, grapes, bananas, etc.)

Topping: Cook until clear. Cool and pour over fruit. Cut and serve with a dab of whipped cream.

Tasty variation: Use fruit packed in water or it's own juice. Drain liquid from fruit and thicken liquid with flour and/or cornstarch. Heat until desired consistency. Put this fruit and liquid mixture on top of cream cheese filling.