

Baked Goods & Desserts



Baking Mix

This mix is like store bought biscuit mix at a much lower cost.

9 cups	flour	2 L + 250 mL
5 Tbsp	baking powder	75 mL
1 Tbsp	salt	15 mL
1 lb	vegetable shortening, chilled	454 g

How to Make:

1. In a large bowl, mix together flour, baking powder and salt. Mix very well.
2. Cut shortening into large pieces and add to dry ingredients in bowl.
3. Use a pastry blender or cut shortening with 2 table knives into the flour mixture until most of the shortening is in very fine pieces.

Note:

- Store in an airtight container like a large plastic container. It can be kept at room temperature for a number of weeks or in the freezer for up to a year.
- This mix is used in the following recipes in this book. You can substitute a commercial biscuit mix if you wish.
 - Apple Coffee Cake (see Page 160)
 - Apple Oatmeal Muffins (see Page 161)
 - Roll Ups (see Page 162)
 - Scones(see Page 163)
 - White Cake (see Page 164)
 - Pancakes(see Page 190)
 - Quick Cheeseburger Bake (see Page 77)

Apple Coffee Cake

Serves 6

Batter:

1 $\frac{1}{3}$ cups	Baking Mix	325 mL
$\frac{1}{3}$ cup	sugar	75 mL
1	egg	1
$\frac{1}{2}$ cup	milk	125 mL
$\frac{1}{2}$ tsp	vanilla	2 mL

Topping:

2 Tbsp	Baking Mix	30 mL
$\frac{1}{4}$ cup	sugar	50 mL
1 Tbsp	wheat germ	15 mL
1 cup	apples, sliced	250 mL

How to Make:

1. Heat oven to 375° F (190° C).
2. In a large bowl, prepare cake batter by combining Baking Mix and sugar.
3. Add egg and half of milk. Beat until smooth.
4. Add the rest of the milk and vanilla and mix well.
5. Spread batter in a greased 8 x 8 inch (2L) baking pan.
6. Arrange the sliced apples on top of the batter.
7. In a small bowl mix the topping ingredients together and sprinkle over top of the apples. Bake at 375° F (190° C) for 30 minutes.

Note:

- You can use other fruit for this coffee cake like peaches (fresh or canned), blueberries, or a combination of two different fruits.
- You can use a store bought biscuit mix instead of the Baking Mix.
- If you do not have wheat germ, add one more Tbsp (15 mL) of Baking Mix in place of wheat germ.

Apple Oatmeal Muffins

Makes 9 to 12 Muffins

Batter:

1 cup	peeled and chopped apples	250 mL
2 cups	Baking Mix	500 mL
½ cup	rolled oats	125 mL
1 tsp	cinnamon	5 mL
2	eggs, slightly beaten	2
1 cup	milk	250 mL

Topping:

1 Tbsp	brown sugar	15 mL
¼ tsp	cinnamon	1 mL

How to Make:

1. Heat oven to 400 ° F (200° C).
2. In a large bowl, mix together Baking Mix, rolled oats, sugar and 1 tsp (5 mL) cinnamon.
3. In a small bowl, mix together eggs and milk. Then add to the dry ingredients. Mix well.
4. Stir in chopped apple.
5. Spoon into greased muffin pans, filling full.
6. In a small bowl, mix together the topping ingredients, brown sugar, and ¼ tsp (1 mL) cinnamon. Sprinkle on top of muffin batter.
7. Bake at 400 ° F (200° C) for about 20 minutes or until nicely browned.

Note:

- Makes 9 large muffins or 12 smaller muffins.
- Let muffins partly cool in pan before taking them out.
- You can use a store bought biscuit mix instead of the Baking Mix.

Roll Ups

Makes 9 Roll-Ups

3 Tbsp	soft margarine or butter	45 mL
1/3 cup	liquid honey	75 mL
2 tsp	cinnamon	10 mL
1/2 cup	raisins	125 mL
1/3 cup	shelled sunflower seeds	75 mL
2 cups	Baking Mix	500 mL
2 Tbsp	wheat germ	30 mL
1/2 cup	milk	125 mL

How to Make:

1. Heat oven to 425 ° F (220° C).
2. In a bowl, mix together Baking Mix and wheat germ. Add milk and stir with a fork.
3. Put a little flour on a board or clean counter top. Put the dough mixture on the board or counter top and knead dough gently 5 to 6 times. Shape into a ball.
4. Roll dough out to a square 9 x 9 inches (30 cm x 30 cm).
5. Mix together the margarine, honey and cinnamon.
6. Spread the margarine and honey mixture over the dough and sprinkle raisins and sunflower seeds evenly over the top.
7. Roll up like a jellyroll.
8. Cut in 1 inch (2 cm) thick slices, and place slices cut side up, touching each other in a well greased 8 x 8-inch (2 L) square baking pan.
9. Bake at 425 ° F (220° C) for 15 to 20 minutes. Allow to cool before removing from pan.

Note:

You can use a store bought biscuit mix instead of the Baking Mix.

Scones

Serves 4-6

2 ½ cups	Baking Mix	625 mL
¼ cup	sugar	50 mL
½ cup	raisins or currants	125 mL
2	eggs	2
¾ cup	milk	175 mL
1 Tbsp	milk	15 mL

How to Make:

1. Heat oven to 450 ° F (230° C).
2. In a large bowl, mix together Baking Mix, sugar and raisins.
3. In a small bowl, mix eggs and milk.
4. Add the egg and milk mixture to the dry ingredients in the bowl and stir with a fork.
5. Put a little flour on a board or clean counter top. Put the dough mixture on the board or counter top and knead dough gently 5 to 6 times. Shape into a ball.
6. Divide dough in two. Roll each piece into a circle ½ inch (1 cm) thick and about 7 inches (18 cm) across.
7. Place on an ungreased baking sheet. Cut each circle into 4 to 6 pie shaped pieces.
8. Bake at 450 ° F (230° C) for 12 to 15 minutes.

Note:

- This is nice served with cheese and fruit for breakfast.
- You can use a store bought biscuit mix instead of the Baking Mix.

White Cake

Serves 10

2 ½ cups	Baking Mix	625 mL
1 cup	sugar	250 mL
2	eggs	2
1 cup	milk	250 mL
1 tsp	vanilla	5 mL

How to Make:

1. Heat oven to 350 ° F (180° C).
2. In a large bowl, mix together Baking Mix and sugar. Add eggs and ½ cup (125 mL) of the milk.
3. Beat until batter is smooth.
4. Add the rest of the milk and vanilla and mix well.
5. Spread batter in a greased 9 x 9 inch (2.5L) cake pan. Bake at 350 ° F (180° C) for 35 to 40 minutes or until cake tests done. (The cake is done when a toothpick put into the center of the cake comes out clean.)

Note:

You can use a store bought biscuit mix instead of the Baking Mix.

Apple Pudding

Serves 4

Batter:

2 Tbsp	margarine, softened	30 mL
¼ cup	sugar	50 mL
1 cup	flour	250 mL
1 tsp	baking powder	5 mL
¼ tsp	salt	1 mL
1 cup	chopped apple	250 mL
½ cup	milk	125 mL

Sauce:

¾ cup	brown sugar	175 mL
1 Tbsp	butter or margarine	15 mL
1 ¾ cup	boiling water	425 mL
1 tsp	vanilla	5 mL

How to Make:

1. Heat oven to 350° F (180° C).
2. In a large bowl, mix together sugar and 2 Tbsp (30 mL) margarine. Stir in flour, salt and baking powder.
3. Add apples and mix well to coat the apples.
4. Stir in milk until mixture is just wet.
5. Put into a greased 2 quart (2 L) casserole dish.
6. Sprinkle brown sugar over top and dot with 1 Tbsp (15 mL) butter or margarine.
7. Pour boiling water and vanilla over top.
8. Bake 30 minutes at 350° F (180° C).

Note:

Best served warm

Baked Bannock

Makes 24

5 cups	flour	1.25 L
3 Tbsp	baking powder	45 mL
½ cup	powdered milk	125 mL
½ tsp	salt	5 mL
½ cup	sugar	125 mL
½ cup	oil	125 mL
2 cups	cold water	500 mL

How to Make:

1. Heat oven to 400° F (200° C) and grease cookie sheets.
2. In a large bowl, mix together flour, baking powder, powdered milk, salt and sugar.
3. Make a hole in the center of the dry ingredients. Pour oil into the hole you have made. Using your hands, mix the flour from the outside of the bowl into oil in the center. When mixing, use a gentle rubbing motion (like washing your hands) until small pieces like sand are formed.
4. Stir in the cold water, forming a soft dough.
5. Put flour on your hands and divide the dough into 2 parts. Press each into a large square and put on a cookie sheet or you can pat small pieces of dough out to ½ inch (1 cm) thick, round pieces and put on a cookie sheet.
6. Bake at 400° F (200° C) for about 20 minutes until golden brown.

Note:

- If you do not have powdered milk, you can use 2 cups (500 mL) of milk and leave out the water.
- You can use half white flour and half whole wheat flour.

Banana Bread

Makes 1 loaf

½ cup	sugar	125 mL
½ cup	brown sugar	125 mL
3 Tbsp	oil	45 mL
1	egg	1
1 ¼ cups	mashed banana (about 3 medium)	300 mL
⅓ cup	milk	75 mL
2 ½ cups	flour	625 mL
3 ½ tsp	baking powder	17 mL
1 tsp	salt	5 mL

How to Make:

1. Heat oven to 350 ° F (180° C).
2. Grease bottom of a 9 x 5 x 3 inch (2L) loaf pan.
3. In a small bowl or plate, mash bananas with a fork and measure 1 ¼ cups (300 mL).
4. In a large bowl mix together, with a wooden spoon, sugar, oil, egg, and banana. Add milk and stir. Add flour, baking powder, and salt. Stir until mixed together.
5. Pour into loaf pan.
6. Bake at 350 ° F (180° C) for about 55 minutes, or until a wooden tooth pick put into the center comes out clean.
7. Cool for 15 minutes. Run a knife around edges of loaf and tip from pan. Cool for 30 minutes before slicing.

Note:

You can add: ½ cup (125 mL) of chopped nuts or raisins or chocolate chips

Banana Chocolate Chip Muffins

Makes 12 muffins

1 cup	mashed banana (about 3 medium)	250 mL
½ cup	sugar	125 mL
¼ cup	oil	50 mL
1	egg	1
¼ cup	milk	50 mL
2 cups	flour	500 mL
1 Tbsp	baking powder	15 mL
½ cup	chocolate chips	125 mL

How to Make:

1. Heat oven to 400 ° F (200° C).
2. In a small bowl or plate, mash bananas with a fork and measure 1 cup (250 mL).
3. In a large bowl mix together, with a wooden spoon, sugar, oil, egg, banana and milk.
4. Add flour, baking powder, and chocolate chips. Stir until mixed.
5. Fill greased muffin tins, or use paper liners in the tins.
6. Bake at 400 ° F (200° C) for about 20 minutes, or until a wooden tooth pick put into the center comes out clean.
7. Cool for 15 minutes. Tip out of tin.

Biscuits

Makes 10 - 12 biscuits

2 cups	flour	500 mL
4 tsp	baking powder	20 mL
1 Tbsp	sugar	15 mL
½ tsp	salt	2 mL
¼ cup	margarine	50 mL
1 cup	milk	250 mL

How to Make:

1. Heat oven to 450° F (230° C).
2. In a large bowl, put flour, baking powder, sugar and salt.
3. Add margarine and mix with 2 table knives or fingers until mixture is crumbly or feels like sand.
4. Add milk and stir with a fork until a soft dough is formed.
5. Put a little flour on a board or clean counter top. Put the dough mixture on the board or counter top and knead dough gently 8 to 10 times.
6. Roll or pat the dough until it is 1 inch (2 cm) thick.
7. Cut with 2 inch floured, round cookie cutter or use a glass or mug to cut the dough. Or you can just cut it into pieces.
8. Put on an ungreased cookie sheet. Bake at 450° F (230° C) for 12 to 15 minutes until browned.

Note:

- You can use 1 cup (250 mL) white flour and 1 cup (250 mL) whole wheat flour.
- The biscuits are nice served with margarine.

Carrot Cake

Serves 12

Cake:

1 cup	sugar	250 mL
$\frac{3}{4}$ cup	oil	175 mL
3	eggs	3
1 $\frac{1}{2}$ cups	flour	375 mL
2 cups	grated carrot	500 mL
$\frac{1}{2}$ tsp	salt	2 mL
1 $\frac{1}{4}$ tsp	baking soda	6 mL
1 $\frac{1}{2}$ tsp	cinnamon	7 mL

Icing:

4 oz	cream cheese	125 g
2 $\frac{1}{2}$ cups	icing sugar	375 mL
2 tsp	vanilla	10 mL

How to Make:

Cake:

1. Heat oven to 300° F (150° C).
2. In a large bowl, beat oil and sugar together.
3. Add eggs one at a time and beat after each.
4. In another bowl, mix together dry ingredients.
5. Add the dry ingredients to the egg mixture. Beat together until well mixed.
6. Stir in carrots.
7. Bake at 300° F (150° C) 45 minutes to 1 hour in greased 9 x 13 inch (4L) pan.

Icing:

1. Soften cream cheese.
2. Add icing sugar and vanilla. Mix together and spread on cooled cake.

Note:

- This cake can be eaten plain or with icing.
- If you use the cream cheese icing, store your cake in the refrigerator.
- You can add 1 cup (250 mL) canned, drained, crushed pineapple to batter.
- You can add 1 cup (250 mL) chopped nuts to batter.

Chocolate Cake

Serves 12

1 $\frac{2}{3}$ cups	flour	400 mL
1 $\frac{1}{2}$ cups	sugar	375 mL
$\frac{2}{3}$ cup	cocoa	150 mL
1 $\frac{1}{2}$ tsp	baking soda	7 mL
1 tsp	salt	5 mL
1 $\frac{1}{2}$ cups	buttermilk	375 mL
$\frac{1}{2}$ cup	shortening or margarine or butter	125 mL
2	eggs	2
1 tsp	vanilla	5 mL

How to Make:

1. Heat oven to 350° F (180° C).
2. Grease a 9 x 13 inch (4 L) pan or 2 round layer pans.
3. In a large bowl, beat all ingredients, using an electric mixer on low speed for 30 seconds.
4. Scrape bowl. Beat on high speed for 2 to 3 minutes until all ingredients are well mixed. Pour into greased pan.
5. Bake at 350° F (180° C) until a wooden tooth pick put in the middle comes out clean. This will be about 30 to 40 minutes depending on size of the pan. Cool.
6. Frost with Chocolate Mocha frosting if you wish. (see Page 181)

Note:

- If you do not have buttermilk, add 4 tsp (20 mL) vinegar to 1 $\frac{1}{2}$ cups (375 mL) of milk and let stand for 10 minutes.
- For steps 3 and 4, you can mix with wooden spoon.

Chocolate Chip Cookies

Makes 3 dozen

2 ¼ cups	flour	550 mL
1 cup	brown sugar, packed	250 mL
½ cup	white sugar	125 mL
1 tsp	baking soda	5 mL
1 tsp	salt	5 mL
1 cup	margarine	250 mL
1 tsp	vanilla	5 mL
2	eggs	2
2 cups	chocolate chips	500 mL

How to Make:

1. Heat oven to 375° F (190° C).
2. In a large bowl, mix together margarine, brown sugar, white sugar and vanilla. Mix well. Add eggs and mix again.
3. Add flour, baking soda and salt and mix. Stir in chocolate chips.
4. Using a soup spoon, drop pieces of cookie dough onto ungreased baking sheets.
5. Bake at 375° F (190° C) for about 8 to 10 minutes.

Note:

You can add 1 cup (250 mL) chopped nuts when you stir in the chocolate chips.

Cornbread

Makes 9-12 pieces

1 cup	cornmeal	250 mL
1 cup	flour	250 mL
4 tsp	baking powder	20 mL
2 Tbsp	sugar	30 mL
½ tsp	salt	2 mL
¼ cup	margarine	50 mL
1 cup	milk	250 mL
1	egg	1

How to Make:

1. Heat oven to 425° F (220° C).
2. In a medium bowl, mix all ingredients. Stir to smooth out lumps.
3. Pour into greased 8 x 8 inch (2 L) pan.
4. Bake at 425° F (220° C) until golden brown, 25 to 30 minutes.

Crispy Rice Cereal Fruit Squares

Makes 12 squares

4 cups	crispy rice cereal	1 L
1 ½ cups	mixed dried fruit: (raisins, cranberries, chopped dates or apricots)	375 mL
1 cup	quick cooking oats	250 mL
1 cup	lightly packed brown sugar	250 mL
½ cup	corn syrup	125 mL

How to Make:

1. In a large bowl, mix cereal, dried fruit and oats.
2. In a small saucepan over low heat, stir brown sugar and corn syrup until sugar is melted.
3. Pour the syrup mixture over the cereal mixture. Stir until the cereal mixture is coated.
4. Press firmly into a lightly buttered 9 x 9 inch (2 L) square pan.
5. Cool. Cut into squares.

Crumb Crust Pie

**Makes enough
for one pie**

14	graham wafers OR 1 $\frac{1}{3}$ cups of crumbs	325 mL
$\frac{1}{4}$ cup	brown sugar	50 mL
$\frac{1}{4}$ cup	melted butter or margarine	50 mL
$\frac{1}{2}$ tsp	cinnamon	2 mL

How to Make:

1. Heat oven to 350° F (180° C).
2. Place melted butter, brown sugar and cinnamon in a 9 inch (1 L) pie pan.
3. Place graham wafers in a plastic bag and roll over them with a rolling pin to make crumbs. Add crumbs to other ingredients in the pie pan and mix together with a fork or your fingers.
4. Save about $\frac{1}{4}$ cup (50 mL) of the crumb mixture for the top of your pie and press the remaining crumbs on the bottom and up the sides of the pan to make a crust.
5. Bake the crust at 350° F (180° C) for about 5 minutes.

Suggested Fillings:

- Vanilla pudding (see Page 185), plain or over sliced bananas.
- Chocolate pudding (see bottom of Page 185).
- Purchased lemon pie filling mix.

Note:

- Most often this type of crust is used for a chilled pie or one with a cream or lemon filling that does not require a lot of cooking time in the oven.
- This same crust can be made using 1 $\frac{1}{3}$ cups (325 mL) of chocolate wafer crumbs.

Fruit Crisp

Serves 8

½ cup	quick-cooking rolled oats	125 mL
6 cups	peeled, thinly sliced apples or other fruit	1.5 L
½ cup	brown sugar	125 mL
⅓ cup	flour	75 mL
⅓ cup	margarine or butter softened	75 mL
1 tsp	cinnamon	5 mL

How to Make:

1. Heat oven to 375° F (190° C).
2. In a bowl, mix together oats, brown sugar, flour and cinnamon.
3. Add margarine and mix together to form large crumbs.
4. Place fruit in a 9 x 9 inch (2.5L) pan.
5. Sprinkle the crumb mixture on top.
6. Cook, with no cover, in a 375° F (190° C) oven for 30 to 40 minutes or until fruit is soft and topping is crisp.
7. Let stand for 5 minutes before serving. Can also be served cold.

Note:

- Good served topped with yogurt or ice cream.
- You can use blueberries, peaches, pitted cherries, raspberries, blackberries, pears, apricots or a combination of fruit.
- You can use some drained, canned fruit if you do not have enough fresh.

Hermit Cookies

Makes 4 dozen

1 cup	margarine	250 mL
2 cups	brown sugar	500 mL
2	eggs	2
½ cup	cold coffee	125 mL
3 ½ cups	flour	875 mL
1 tsp	baking soda	5 mL
1 tsp	salt	5 mL
1 tsp	nutmeg	5 mL
1 tsp	cinnamon	5 mL
2 cups	raisins	500 mL
1 cup	chopped nuts	250 mL

How to Make:

1. Heat oven to 400° F (200° C).
2. In a large bowl, mix margarine, brown sugar and eggs. Add coffee and mix again.
3. In a medium bowl, mix the dry ingredients: flour, baking soda, salt, nutmeg, and cinnamon.
4. Mix the dry ingredients into the margarine/egg mixture. Stir in raisins and nuts.
5. Drop by spoonfuls onto greased cookie sheets.
6. Bake at 400° F (200° C) for 8 to 10 minutes.

Note:

- You can leave out the cinnamon or nutmeg if you don't have these spices, or have allergies.
- You can add chopped dates in place of the raisins.
- You can use water instead of cold coffee.

Oatmeal Chocolate Chip Cookies

Makes 5 dozen

1 cup	margarine, softened	250 mL
1½ cups	brown sugar, packed	375 mL
2	eggs	2
1 tsp	vanilla	5 mL
2 cups	flour	500 mL
1 tsp	baking powder	5 mL
½ tsp	baking soda	2 mL
2 cups	oatmeal	500 mL
2 cups	chocolate chips	500 mL

How to Make:

1. Heat oven to 350° F (180° C).
2. In a large bowl, mix margarine and sugar together. Add eggs and mix again. Add vanilla and mix.
3. Add remaining ingredients and stir with large wooden spoon. Mix well.
4. Drop by spoonfuls onto greased baking sheets.
5. Bake at 350° F (180° C) for 8 to 10 minutes.

Note:

You can add 1 cup (250 mL) coconut or 1 cup (250mL) raisins.

Oatmeal Peanut Butter Bars

Serves 12

1 cup	peanut butter	250 mL
3 ½ cups	rolled oats	875 mL
½ cup	brown sugar	125 mL
½ cup	coconut	125 mL
½ cup	corn syrup	125 mL
½ cup	sunflower seeds	125 mL
⅓ cup	margarine	75 mL
½ cup	raisins	125 mL
½ cup	chocolate chips	125 mL
2 tsp	vanilla	10 mL

How to Make:

1. Heat oven to 350°F (180°C).
2. In a large bowl, stir together peanut butter, margarine, brown sugar, corn syrup, and vanilla. Stir until smooth.
3. Add all other ingredients and stir well.
4. Press into a greased 9 x 13 inch (4 L) pan.
5. Bake at 350°F (180°C) for 20 to 25 minutes.
6. Cool before cutting into squares.

Note:

- You can use honey for the corn syrup.
- You can use chopped nuts in place of the sunflower seeds.

Oatmeal Date Cake

Serves 12

1 cup	rolled oats	250 mL
1 ½ cups	boiling water	375 mL
1 cup	flour	250 mL
1 tsp	baking soda	5 mL
¼ tsp	salt	1 mL
½ cup	margarine	125 mL
1 cup	packed brown sugar	250 mL
1 tsp	vanilla	5 mL
1 cup	chopped dates	250 mL
½ cup	chopped walnuts	125 mL

How to Make:

1. Heat oven to 350 ° F (180° C).
2. In a small bowl, mix together oats and boiling water. Let stand until cool.
3. In a separate bowl, mix together flour, baking soda and salt.
4. In a large bowl, cream together margarine and brown sugar.
5. Add vanilla, rolled oats mixture and flour mixture to the margarine and brown sugar mixture. Mix well.
6. Stir in dates and walnuts.
7. Pour mixture into a greased 9-inch (2.5 L) square baking pan and bake at 350° F (180° C) for 30 to 35 minutes or until a tooth pick put in the center comes out clean.
8. Set aside to cool.

Note:

Frost with Chocolate Mocha frosting if you wish. (see Page 181)

Mocha Icing

Makes icing for one cake

2 Tbsp	margarine	30 mL
1 ½ cups	icing sugar	375 mL
2 tsp	cocoa powder	10 mL
1 Tbsp	strong coffee, cooled	15 mL
1 tsp	vanilla	5 mL

How to Make:

1. In a bowl, mix together margarine, icing sugar, cocoa, vanilla, and coffee until fluffy.
2. If necessary, thin with extra coffee to make it easy to spread.
3. Spread over cooled cake.

Peanut Butter Cookies

Makes 6 dozen cookies

1 cup	margarine	250 mL
1 cup	brown sugar, packed	250 mL
1 cup	sugar	250 mL
2	eggs	2
1 cup	peanut butter	250 mL
3 cups	flour	750 mL
2 tsp	baking soda	10 mL
¼ tsp	salt	1 mL

How to Make:

1. Heat oven to 375°F (190°C).
2. In a large bowl, mix with an electric mixer or wooden spoon, margarine, brown sugar and white sugar until mixed.
3. Add eggs and continue mixing until smooth. Mix in peanut butter.
4. Stir in flour, baking soda and salt and mix well.
5. Shape dough into small balls. Place on ungreased cookie sheet. Make sure there is space between the balls. Press with a fork to flatten a bit. Dip the fork in flour if it becomes sticky from the dough.
6. Bake at 375°F (190°C) for 12 to 15 minutes or until the edges start to brown.

Peanut Butter Granola Bars

Serves 6 to 9

¼ cup	honey	50 mL
¼ cup	peanut butter	50 mL
½ tsp	vanilla	2 mL
1 ¼ cups	oatmeal	300 mL
2 Tbsp	sunflower seeds	30 mL
½ cup	raisins	125 mL
2 Tbsp	sesame seeds	30 mL

How to Make:

1. Heat oven to 350° F (180° C).
2. Heat honey, peanut butter and vanilla in the microwave for 45 seconds on high or in a saucepan over medium heat until well mixed.
3. Mix oatmeal, sunflower seeds, raisins and sesame seeds in a bowl and add honey, peanut butter, vanilla mixture. Mix well.
4. Press into an ungreased 8 inch (2L) square pan and bake at 350° F (180° C) for 15 to 20 minutes.

Note:

Makes about 9 bars. Great with a glass of milk.

Pear Topped Gingerbread Cake

Serves 8 to 10

Topping:

¼ cup	margarine, melted	50 mL
½ cup	packed brown sugar	125 mL
1 can (28 oz)	pear halves, drained	796 mL

Cake:

¼ cup	margarine, softened	50 mL
¼ cup	packed brown sugar	50 mL
2	eggs	2
1 cup	applesauce	250 mL
½ cup	molasses	125 mL
1 ½ cups	flour	375 mL
2 tsp	ginger	10 mL
1 tsp	baking powder	5 mL
1 tsp	baking soda	5 mL
1 tsp	cinnamon	5 mL

How to Make:

Topping:

1. In a bowl mix together butter and brown sugar. Spread on the bottom of a 9-inch (2.5L) square or round baking pan.
2. Lay pears on top, cut side up.

Cake:

1. Heat oven to 350° F (180° F).
2. Mix butter and brown sugar together. Add eggs and beat until well mixed. Stir in applesauce and molasses.
3. In another bowl, mix together flour, ginger, baking powder, baking soda and cinnamon. Stir into applesauce mixture.
4. Spoon batter over pears. Bake for 45 minutes or until a toothpick put in center of the cake comes out clean.
5. Run a knife around the edges of the cake and turn over onto a serving plate. Leave the pan in place for 1 to 2 minutes to allow all the topping to drip down. Serve warm or cool.

Vanilla Pudding

Serves 4

2 cups	scalded milk	500 mL
3 to 4 Tbsp	cornstarch	45 to 60 mL
¼ cup	sugar	50 mL
1 pinch	salt	1
1 tsp	vanilla	5 mL

How to Make:

1. To scald milk, place in a heavy saucepan over medium heat and heat until a scum forms on the top of the milk.
2. In a small bowl mix the sugar, cornstarch and salt.
3. Stir the sugar mixture into the hot milk in the saucepan and cook at low heat, stirring constantly, until pudding is smooth and thick (about 15-20 minutes).
4. Cool slightly. Add vanilla.

Note:

- Using 4 Tbsp (60 mL) of cornstarch makes a thicker pudding.
- To make **chocolate pudding** use 3 Tbsp (45 mL) of cornstarch and ⅓ cup (75 mL) sugar. Add 1 square of melted chocolate or 3 Tbsp (45 mL) of cocoa to the sugar, cornstarch mixture before mixing with milk.
- To serve, you can alternate layers of cooked pudding and fruit such as sliced bananas, berries, peaches, oranges or pineapple pieces.
- You can also sprinkle with chopped nuts, toasted coconut, chocolate chips or a spoon of jam or jelly.