Oat bran craze is healthy

She then asked her daughter, Bar-bara, who works at Hewlett-Packard in Novi, to "take some to the office. See what people have to say about them, and ask what they'd pay for

them."
Shortly after, calls came in from
the office and from the Macomb
Oakland Regional Center where
Massellink worked as a clinical psychologist. The orders totaled more
than 200 muffins a week.

than 200 mulfins a week.

LAST NOVEMBER, Masselink took a class in Macomb on starting your own business. That same month see incorporated Mulfins and More and is presently producing more than 2,500 address mulfins a week.

As a regular member of the Vic Tanny Executive Cub in Bioonfield Hills, Masselink thought the mean at the juice bar wasn't quite up to par and asked them to try her oat bran mulfins. Now, Mulfins and More's mulfins are a standard at Vic Tanny Cocutons at Somernet, St. Clair Shores, Sterling Heights and, of course, Bloomfield Hills.

The mulfiles also are sold at the

Ross Roy cafeteria in Detroit, the Quarton Market in Birmingham, the Market Basket in Franklin and Bir-

Quarton Market in simmingiam, the Market Basket in Franklin and Bir-mingham Druga.
Each muffin is made of natural ingredients cut bran, wheat flour, corn oil, rolled oats, wheat bran, un-bleached flour, brown sugar, honey, nonfat milk, egg whites, leavenings, spices, fruit juices, fresh fruits of frozen fruits (depending upon avail-ability) and nonfat yogurt.
No sait, no preservatives, critifi-cial flavoring or artificial sweetners. The favorites, or stan-dard, generally available are blue-berry, raspberry, and plain made with some purced fruit and black raspberry.

MASSELINK WILL make multins to order, make them wheat free for those who are altergic. She recently made the Pittlikin muffin available. One of my favorite new items at her bakery is the no-cholesterol cookies with raisins, as well as those made with chocolate chunks and nuts. Yum!

To see Masselink and her staff in action stop by Muffins and More at

smooth. Add remaining ingredients and mix well. Let stand 10 minutes to thicken. Mix well and topy by the stand to the sta

MAPLE SPICE GEMS
Yield 18 bite-size mulfins — preparation time 10 minutes, cooking time
8-10 minutes
% cup whole wheat pastry flour

% cup out bran 1 % teaspoons baking powder

231 N. Eton. Hours are 8 am. to 2 pm. Saturday-Sunday, 6:30 am to 1 pm. Monday-Wednesday, and 6:30 am to 1 pm. Monday-Wednesday, and 8:30 am to 8 pm. Tursday-Friday.
For more information on cooking with oat bran, 'The Low Cholesterol Oat Plan' by Barbara Earnest and Sharon Schlesinger has been recently published by Hearst Books and is available at most bookstores. The book presents ways to lower and control your cholesterol level by adding oats and oat bran to your dally diet.
Besides some 300 pages of recipes, there are tips on ways to add oats to your cooking, as well as a glossary of oat grains. Recipes are simple home-style cooking.
Barbara Earnest was born in Quaker Oat country, Oedar Rapids, lowa, and is executive director of the Green Guertlina, a horticulture Coauthor Sarah Schlesinger is an adjunct professor at Pace University in New York, and since 1980 abe has been involved in experimentation and the study of dietary causes of arterial disease.

's teaspoon cinnamon
3 tablespoons peanut or safflower oil
3 tablespoons maple syrup
% cup skim milk
% cup rainin
% cup chopped pecans
Oil small gem or mini-muffin tins
or line with baking cups. Preheat
oven to 375 degrees. Mix flour, oat
bran, baking powder and cinnamon
in a large bowl. Combine oil, maple
syrup and milk in a second bowl.
Add to flour mixture and mix. Fold
in raisius and pecans. Fill with
battler and bake for 8 to 10 minutes
or until lightly browned. Turn out
ooto wire racks to cool.

Carefully select foods that are handy, fast

in conveolence foods to maintain ne-tritional content, improve keeping quality, and enhance appearance, texture and flavor. If you or your family have a dietary restriction, or are concerned about fat, sugar, sodium and addi-tives, you may prefer to prepare foods yourself. Which food form to buy or use is a personal decision. If your cooking

Which food form to buy or use is a personal decision. If your cooking akilis are limited, some convenience products may be the answer. Convenience toods offer ways to save time and effort by eliminating preparation activities such as cleaning, peeling, mixing and cooking.

In a modern household, everyone is bury, and eating becomes a rushed affair with little time to prepare elaborate meals. The key to choosing convenience foods wisely is to read the label and assess if these ingredients if it noy our "good" food and health plan. Beware of saturated fast products, sodium-laden and sugar-coated foods with little nutritional value. value.
THERE ALSO CAN BE pitfalls in

value.
THERIE ALSO CAN BE pitfalls in choosing another kind of convenience food, fast foods. Don't snack at a fast food restaurant. These are full meals. A large hamburger with cheese and other toppings can average 535-980 caiories. That's a meal!
A croissant can range up to aircuse a structure as many calories as a regular whole wheat hun. Order french fries without salt. If possible, spread them out on a nap-kin to soak up the excess oil. Or better yet, order a plain baked potar to can equal one-half teaspoon. The sodium in a stulfed, baked potar one can equal one-half teaspoon more, whereas a regular plain baked potato has only a frace.



Lois Thieleke

home economist, Cooperative Extension Service

Use salad bar savvy at the fast food restaurants. Go heavy on the greens and raw vegetables, easy on the mayonnaise-based salads, skip the bacon bits and olives. If possible fill up on saind so you won't want so much of the beef, chicken, fried fish or plays.

rings, fries, sundaes and cookies of-ten have more calories, fat, sodium and sugar than the entire entree. Consider just ordering the "basics" at the drive-through window and take them home and enjoy a fast

meal with some non-fat milk, fruit and vegetables.

Many of the fast food establishments have begun to focus more attention on nutrition by featuring "Light Menus." You can easily balance out occasional fast food mealy making good food choices the rest of the meals during the day.

PAST FOODS to keep at home, at work or in your car are low-fat your, fresh fruit, dried fruits, raisins, fresh vegetables, whole wheat crack-ris, boxes or cans of fruit judice, oatmeal raisin cookies or bran muffus.

one coupon per family. Coupon 15.00 purchase required, ex-ng tobacco, alconolic beverages

GR) BONUS COUPON

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Flour

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value. Limit one coupon for any one product. Cou-

Recipes reprinted from "The Low Cholesterol Oat Plan" by Barbara Earnest and Sarah Schlesinger, \$17.95, Hearst Books (an affiliate of William Morrow & Co., N.Y.).

APPLE WALNUT CHEWS
Yield 72 cookies — cooking time 20
minutes, preparation time 25 minpackage (8 ounces) date pieces (1

A cups)
's cup water
's cup water
's cup water
leup grated apple with skins
's cup peanut or safflower oil
'tesspoon vanille actract
's cup chopped walnuts
's tesspoon sail (optional)
2 cups rolled oats
1 cup oat bras
In a saucepan, simmer 1 cup of the
date pieces in water for 5 minutes.
Mash with a fork into a purce. Add
apple and oil and beat well with a
wooden spoon until mixture is

New potatoes good baked

This recipe is from an article on "Fall Menus with Easy Elegance" in he October Issue of Bon Appetit.
NEW POTATOES BAKED WITH
BAY LEAVES AND LEMON
t pounds red new potatoes, quart-

ered % cup plus 2 tablespoons fresh lem-on juice 1 % teaspoons dried oregano, crum-bled

bled I teaspoon grated lemon peel I teaspoon salt I teaspoon salt I teaspoon salt I teaspoon freshly ground pepper I teappoon freshly ground pepper I teappool freshly ground pepper Position rack in center of oven and preheat to 375 degrees. Lightly cell large shallow baking dish. Add potatoes to dish. Mix lemon juice, creamo, lemon peel salt and peoper greamo. lemon peel salt and peoper greamo. lemon peel salt and peoper potatoes to dish. Mix femon juice, oregano, lemon peel, sali and pepper in bowl. Whilsk in oil. Pour over potatoes, toess well. Tuck bay leaves around potatoes. Bake until potatoes are golden brown and knife pierces centers easily, turning potatoes every 10 minutes, about 45 minutes. Discard bay leaves. Adjust seasoning. Serves 8.

Try onion relish with frankfurters

AP — Grilled hotdogs taste super with this onion relish. It's good with brats and burgers, too.

ZIPPY ONION RELISH large onious, finely chopped (3

starte oncome, there tabuped (corps)
2 tablespoors water
4 ceps tomato sauce
3 tablespoors ketchup
1 14 teaspoors sugar
4 teaspoor graile salt
44 teaspoor graile salt
44 teaspoor crushed dried ore gep

In a 2-quart saucepan combine onloss and water. Bring to boiling reduce beat. Add tomato sauce, thether, sugar, oregano, garlic sall, and red pepper. Simmer, covered, about 20 minutes or until onloss are just tender. Serve hot or chilled with meats. Store remaining sauce in refrigerator for up to 2 weeks. Makes meats. Store remaining sai frigerator for up to 2 week 40 one tablespoon servings.



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Pork

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Loin Half Pork Loins 1.49

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1.39

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