

Healthy cream pie wins Golden Banana Award



Silvana Carporuscio of Pure'n'Simple vegetarian restaurant in Rochester, Albion, everyone healthy can taste good at the Go Bananas! Marketplace Fair at Hudson's in Oakland Mall.

Carporuscio won the Golden Banana award for best dessert on Thursday. Her Banana Cream Pie doesn't contain any sugar. "I was so surprised I

1 tablespoon lemon juice
1 9-inch pie shell
Set aside 1/2 cup of shredded coconut and toast in the oven at 350 for 10 minutes. Cut any banana, enough to make one cup, into small pieces. Slice up the remaining bananas and line the pie shell. Combine the rest of the ingredients into a large bowl. Mix with a spoon and add into the pie shell. Top with toasted shredded coconut and refrigerate for at least one hour before serving.

Also competing were Chef Donald Tidderington, The Mid-

town Cafe; Chef Paul Gross, The Whitney; Chef Shirley Robertson, Malibu; Executive Chef Dan Lowry and Mike Sierck, Fishbone's Rhythmic Kitchen Cafe.

Chief Gross from The Whitney placed second with his Banana Cream Cones.

Congratulations to Marilyn Frederick of Buford who surpassed over 75 cooks to place third at the North Central Regional Chili Cook-Off on May 2 in Saline. David Brach of Garden City won the Best Booth Contest at the Renegade Chili

Cook-Off on May 3.

The cook-offs are part of the The Great Chili Cook-Off, a benefit for the National Kidney Foundation of Michigan.

Betty Crocker tip of the week:

Take advantage of pastels in planning a spring buffet. Serve a side dish of melon salad with honeydew and cantaloupe and for dessert, rainbow sherbet with decorated sugar cookies.

Make great granola in microwave

NUTTY FRUIT GRANOLA

2 1/2 cups regular rolled oats
1/2 cup coconut
1/2 cup coarsely chopped walnuts, almonds or pecans
1/2 cup sesame seed
1/2 cup toasted wheat germ

1/2 cup honey
1/4 cup cooking oil
3/4 cup mixed dried fruit bits
1/2 cup chopped pitted dates

Line a 15x10x1-inch baking pan with foil, set aside. In a large microwave-safe mixing bowl combine rolled oats, coconut,

chopped nuts, sesame seed and toasted wheat germ. Combine honey and cooking oil; add to the oat mixture. Stir until evenly coated.

Cook, uncovered, on 100 percent power (high) for 8 to 10 minutes or until mixture is toasted, stirring every 2 minutes

for the first 4 minutes, then every minute.

Stir in the mixed dried fruit bits and dates. Spread the granola mixture in the foil-lined pan. Cool. The mix will crisp during standing. When cool, break into clumps. Store in an airtight container for up to 2 weeks.

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Tuesday, May 19, 1992
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- Women and Heart Disease: Healthy Lifestyles for the 90s
- Looking Your Best: Cosmetic Surgery in the 90s
- Managing Daily Stress, Depression and Anxiety
- Breast Cancer: Beating the Odds
- Getting Pregnant in the 90s - What's New in Infertility

The program includes seminars and lunch with nationally-known model and motivational speaker Judy Carter.

Location: Administration Building, Beaumont, Royal Oak, 3601 West Thirteen Mile Road, at Woodward
Fee: \$10 for the day program; includes lunch.

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