

## Easy drop cookies school lunch treat

The school year brings lots of reasons to keep the cookie jar filled. There are lunches to pack, class parties, bake sales and Saturday soccer parties, to name just a few. And nothing goes as well with an after-school glass of milk as a cookie or two.

Drop cookies are one of the easiest kinds of cookies to make. Generally, all of the ingredients are mixed in a single bowl and the dough is "dropped" onto cookie sheets and baked. Among the best known and loved drop cookie is the oatmeal cookie.

Oatmeal cookies are versatile, too. You can start with a basic cookie and customize it by stirring in dried fruit, chocolate morsels, peanut butter chips, granola, nuts, crushed toffee, jelly beans, even gum drops.

Apple Sauce Raisin Chews were developed in the Quaker Kitchens where oatmeal cookies have been baked since 1908. Kids will love their soft, chewy texture and cinnamon apple flavor. Moms will appreciate the nutrition wholegrain oats provide and the fact this oatmeal cookie is not as sweet because applesauce is used in place of some of the sugar.

Choco-Peanut Butter Bars are another take-to-school winner. They're easy to make, taste like a cross between a candy bar and cookie and will withstand the rigors of a book bag. Bake these

irresistible treats ahead and store in the freezer, or wait until the day you need them. They're that quick!

### APPLE SAUCE RAISIN CHEWS

- 1 cup (2 sticks) margarine, softened
- 1 cup firmly packed brown sugar
- 1 cup applesauce
- 1 egg
- 1 teaspoon vanilla
- 2 cups all-purpose flour
- 1 teaspoon baking soda
- ½ teaspoon salt (optional)
- 1 teaspoon ground cinnamon
- 2½ cups Quaker oats (quick or old fashioned)
- 1 cup raisins

Heat oven to 350 degrees. Beat margarine and sugar until creamy. Add applesauce, egg and vanilla; beat well. Gradually add combined flour, baking soda, salt and cinnamon; mix well. Stir in oats and raisins.

Drop by rounded tablespoons onto ungreased cookie sheet. Bake 11 to 13 minutes or until light golden brown. Cool 1 minute on cookie sheet. Remove to wire rack; cool completely. Store covered at room temperature. Yield: about 4 dozen.

**Nutrition Information:** One bar, Calories 100, Carbohydrate 18g, Protein 1g, Cholesterol 5mg, Total Fat 1g, Cholesterol 5mg.



Delicious Fiber Ig, Sodium 65mg. Percent of calories from fat: 37

### CHOCO-PEANUT BUTTER BARS

- 1 cup firmly packed brown sugar
- ½ cup (1 stick) margarine, softened
- ½ cup peanut butter
- 1 egg
- 1 teaspoon vanilla
- 1 cup all-purpose flour
- ½ teaspoon baking soda
- 1½ cups Quaker oats (quick or old fashioned, uncooked)
- 1 cup (6 ounces) semi-sweet chocolate pieces

Heat oven to 350 degrees. Beat and brown sugar, margarine and peanut butter until creamy. Add

egg and vanilla; beat well. Add flour and baking soda mix well. Stir in oats and chocolate pieces. Spread into ungreased 13 by 9-inch baking pan. Bake 20 to 25 minutes or until golden brown and edges pull away from sides of pan. Cool completely. Cut into bars. Yield: about 2 dozen.

**Nutrition Information:** One bar, Calories 180, Carbohydrate from fat 81, Protein 3g, Cholesterol 22g, Total Fat 9g, Cholesterol 10mg, Dietary Fiber 1g, Sodium 90mg. Percent of calories from fat: 45

## Elite Sweets visit icing on the cake



KEELY WYONIK

Livonia was the icing on the cake.

Miller and his assistants, including Brian Tamm who was one of Garvey's former students, helped the students decorate cakes.

"It was really neat, and helpful," said 10th-grader Laura Orouke. "They brought huge spatulas, frosting bags that don't break or tear, and turntables."

Garvey frequently invites professionals into her classroom to share their knowledge with the students. It also gives the students, some of whom will continue their culinary training, a taste of the real world.

Even students who don't plan restaurant careers, leave Garvey's classroom knowing how to cook and bake. "These kids have got to eat better," she said. "Fast foods are not the answer. Fresh is best."

If you're thirsty for a warm treat, nutrition counselor Gail Posner of Southfield recommends Diet Ceramion Hot Cocoa. "It's a rich, warm and creamy chocolate beverage with only 25 calories per serving and less than one gram of fat," she said. It's available at Shopping Center Market.

Meet Chef Bill Orlady who will prepare recipes from his cookbook "A Safari of African Cooking" and autograph copies of his book, noon to 2 p.m. in the Marketplace

at Hudson's Northland and 6-8 p.m. at Hudson's Fairlane on Monday, Oct. 26.

Nancy Bayer from the Cory Cafe/Gourmet Connection in Plymouth will be at Kitchen Glamor in Novi, Redford, West Bloomfield and Rochester this week. She'll show how to make puff pastry treats like Zeaty Pesto Pinwheels and Puffed Parmesan Twists. There is a \$3 fee for this class. For times and location, call 537-1300.

If you've ever wondered about the "heart-healthy" benefits of olive oil, call the International Olive Oil Council hot line. The hot line is open 9 a.m. to 5 p.m. Monday through Friday, Eastern time, call 1-800-232-0548.

Detroit Pistons Star Isiah Thomas, and Stroh's Ice Cream Company are launching a line of flavors of ice cream that they they created (together), for the kids and adults of Michigan. It marks the first time that a sports celebrity has been involved in the creation and marketing of ice cream in America. Stay tuned for details.

**Tip of the week:** Submerge a lemon in water for 15 minutes before squeezing. It will yield much more juice.



## Alastair the Cook

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## New cookbooks designed for kids in the kitchen

AP — Got a budding young chef in your house? Two new cookbooks designed for kids can provide instruction — and inspi-

ration.

"The Pillsbury Doughboy's Kids' Cookbook" (Doubleday, \$15) is a 72-page cookbook with

30 recipes that have passed the taste test with a group of 4- to 8-year-olds.

"Betty Crocker's Boys and

Girls Microwave Cookbook" (Prentice Hall, \$15) is a 154-page cookbook with 100 recipes.

Meet Chef Bill Orlady who will prepare recipes from his cookbook "A Safari of African Cooking" and autograph copies of his book, noon to 2 p.m. in the Marketplace

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**Alastair the Cook**

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