

Slimming muffins are easy to make, portable

Quick, easy and portable, low-fat muffins have become a favorite food of choice for breakfast, snack or even dessert. You can make them at your leisure and then reheat and eat them whenever you wish. Using seasonal vegetables and fruits, fiber-rich grains and various types of bran, you can make a wide variety of these low-fat treats that never gets boring.

Demand for low fat foods sparked the development of light muffins that really taste good. Early fat-reduced muffins tended to be over-sweet, gummy or dry because they relied too heavily on sugar and egg whites to tenderize, moisten and leaven the batter. While small amounts of egg whites and sugar are useful, other ingredients—such as buttermilk, honey, molasses, or fruit and vegetable purees—make lighter,

moister muffins.

To keep low-fat muffins moist, it may also help to shorten the baking time and slightly increase the baking temperature, so the muffins are nicely browned on the outside, yet moist inside.

Fat adds taste, so when fat is removed from muffins, it also takes away some of the flavor. It helps to replace fat with intensely flavored ingredients, such as lemon or orange zest, raisins or other dried fruit, or cocoa powder.

Many other ideas have been developed for successful slimming muffin recipes. You can replace 1/4 cup of oil with one tablespoon oil and three tablespoons of non-fat yogurt. Don't try to pack too much whole grain flour or bran into your muffin mix—replace no more than one-half of the all purpose flour in your recipe with

whole grain flour to keep the muffins light. You can substitute two tablespoons of bran or wheat germ for all-purpose flour (or sprinkle some bran over your muffin batter just before baking.)

Don't forget the moisture and flavor that comes from fruit. Add one-half to one cup of dried or fresh fruits such as chopped apples, pears, apricots, peaches, raisins, prunes, dates, cherries, blueberries or strawberries. Try our Apple Date Muffins for breakfast or pack one in your lunch. You can use the same recipe for Carrot Raisin Muffins by substituting grated carrots for the apple and raisins for the dates.

APPLE DATE MUFFINS

1/4 cup whole wheat flour
1/4 cup all purpose flour
1/4 cup wheat bran
1 teaspoon baking powder
1 teaspoon baking soda
1 teaspoon cinnamon
1/4 cup chopped dates
1 egg, lightly beaten
1/4 cup packed brown sugar
2 tablespoons vegetable oil
1 cup low-fat milk
1 cup grated peeled apple

In a large bowl, combine the whole wheat and all purpose flours, bran, baking powder, baking soda and cinnamon; stir in the dates. In another bowl, beat the egg with the sugar and oil; stir in the milk and apple. Pour this into the flour mixture and stir just enough to moisten, being careful not to over mix.

Spoon the mixture into non-stick or paper lined medium muffin tins, filling them almost to the top. Bake in a 375 degree F. oven for about 20 minutes or until the muffins are firm to the touch.

Each of the 12 muffins contains 119 calories and 3 grams of fat. Recipe from the American Institute for Cancer Research.



NATIONAL LIVE STOCK & MEAT BOARD

Pronto pizza: Salami pizzas are an easy snack kids can make.

This easy snack is a class act

Teach your kids the art of snacking with Easy After School Salami Pizzas. Beef, cottage cheese and mozzarella cheese baked on flour tortilla crusts make a big crunch in just 25 minutes. End the school day with this super snack, and you'll be on every kid's honor roll.

EASY AFTER SCHOOL SALAMI PIZZAS

8 ounces sliced beef cotto salami, cut into quarters
8 medium flour tortillas
Vegetable cooking spray
4 medium plum tomatoes, cut crosswise into thin slices
1 can (14 ounces) quartered artichoke hearts, drained, (optional)
1/2 cup sliced green onions
1 cup shredded mozzarella cheese
1/2 teaspoon dried oregano leaves

Heat oven to 450 degrees F. Lightly spray both sides of tortillas with cooking spray.

Arrange tortillas on two large baking sheets. Bake in 450 degree F. oven 2 to 3 minutes or until slightly crisp.

Arrange an equal amount of tomatoes on each tortilla. Top with equal amounts of salami, artichoke hearts, if desired, and green onions.

Sprinkle evenly with combined cheese and oregano.

Return to oven; bake 3 to 5 minutes or until edges of tortillas are lightly browned.

Cut each into 4 wedges; serve immediately.

*akes 32 wedges.

Total preparation and cooking time: 25 minutes. Recipe from the Test Kitchens, National Live Stock & Meat Board.



AMERICAN INSTITUTE FOR CANCER RESEARCH

Marvelous muffins: Try apple date muffins for breakfast or pack one in your lunch.

Hot Line has answers to food questions

For answers to questions about food safety, nutrition and preservation, call the Food and Nutrition Hot Line, 8:30 a.m. to 5 p.m. Monday through Friday, (810) 858-0904 in Oakland County.

(313) 494-3013 in Wayne County. The Food and Nutrition Hotline is the place to call for all your food concerns. Questions on why your jam won't jelly, or how to freeze those extra tomatoes are some common requests answered daily by the trained staff of the hot line.

Have you seen Street Scene?

It's hot! It's cool. Check it out. Every Thursday.

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CITY OF FARMINGTON HILLS OAKLAND COUNTY, MICHIGAN

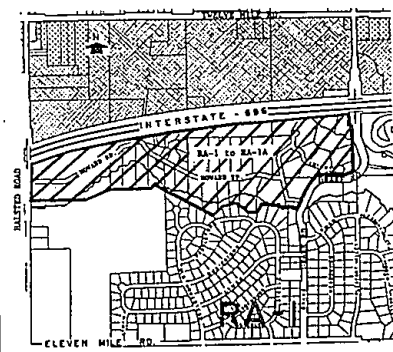
PLANNING COMMISSION PUBLIC HEARING NOTICE ZONING MAP AMENDMENT

DATE: NOVEMBER 16, 1995
TIME: 7:30 P.M.
PLACE: Farmington Hills City Hall
31555 Eleven Mile Road
Farmington Hills, MI 48336
ITEM: Rezoning Request B-9-05

PLEASE TAKE NOTICE that the Farmington Hills Planning Commission will give formal consideration to a proposed amendment to the official Zoning Map of the City of Farmington Hills by amending Section 34.32 of the City Code by changing the zoning classification of the following parcel of property as follows:

Rezoned from RA-1, Single-Family Residential District to RA-1A,

Single-Family Residential District.
Side-walk No. 23-17-301-010-011; 23-17-176-001, 002, 004, 005, 009, 011, 012, 015 thru 021; 23-17-177-001 thru 004, 007, 009, 009; 23-17-276-001 thru 013, 015 thru 020; 23-17-277-001, 002, 003; 23-17-401-003, 004, 025, 026, 027, 030, 032, 033, 034; 23-17-428-002, 003.



CROSS-HATCHED AREA DENOTES PROPERTY TO BE REZONED

A part of the E. 1/4 and the W. 1/4 of Section 17, T1N, R9E, City of Farmington Hills, Oakland County, Michigan, commonly known as the Historic Howard Road Subdivision Homeowners Association.

The proponent in this matter is Torkild Nielsen, President of the Historic Howard Road Homeowners Association.

Any person who is interested in this proposed zoning map amendment is invited to participate in the discussion of the proposed zoning change at the public hearing above mentioned. Copies of the Zoning Text, Zoning Map and Application for Rezoning may be reviewed at the Planning Office, Farmington Hills City Hall at 31555 Eleven Mile Road, Farmington Hills, Michigan on any business day between 8:30 a.m. and 4:30 p.m.

DALE A. COUNTAGAN, Director
Planning & Community Development
City of Farmington Hills

Rezoning Request No. B-9-05
Phone: 473-9543

Published: October 30, 1995

DR. MORTON R. DEMAK, D.D.S.
of Farmington
Is pleased to announce that
DR. KAREN L. SMEREC, D.D.S.
has joined his staff as an
associate in the practice of
**General Dentistry For
Adults and Children**



Dr. Smercek is a graduate of the University of Detroit, Henry School of Dentistry. Prior to completing the degree of Doctor of Dental Surgery, Dr. Smercek was the dental hygiene at this office. She is also a graduate of the University of Michigan School of Dental Hygiene.

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HOURS BY APPOINTMENT, Evening & Saturday Appointments Available

ADVERTISEMENT WESTMORELAND AND HARCOURT WATER MAIN EXTENSION - SAD C274 CITY OF FARMINGTON HILLS OAKLAND COUNTY, MICHIGAN

Sealed bids will be received until 10:00 a.m., local time, on Thursday, November 9, 1995, at the City Clerk's Office of the City of Farmington Hills, 31555 Eleven Mile Road, Farmington Hills, Michigan, at which time and place all bids will be publicly opened and read.

The work shall consist of furnishing all labor, materials, equipment, and incidental items to construct a sidewalk, including the following estimated quantities:

12" and 8" Water Main.....3400 LR
12" and 8" Gate Valves and Wells.....5 each
Fire Hydrants.....5 each

Miscellaneous items of construction as set forth in the Proposal

Plans and Specifications will be available Monday, October 30, 1995, at the City Clerk's Office of the City of Farmington Hills, 31555 Eleven Mile Road, Farmington Hills, Michigan. A fee of Twenty-Five (\$25.00) Dollars, CHECK ONLY, made payable to the City of Farmington Hills, will be required on the project plans and specifications which will be non-refundable.

A certified cashier's check or bid bond payable to the City of Farmington Hills, Oakland County, Michigan, in the amount equal to five (5%) percent of the bid, shall be submitted with each bid.

The successful bidder will be required to furnish satisfactory Performance, Labor and Material, and Maintenance and Guarantee Bonds.

The City reserves the right to reject all bids and to waive irregularities in bidding. No bid may be withdrawn after the scheduled closing time for receiving bids for at least sixty (60) days.

No proposal will be received unless made on blanks furnished and delivered to the City Clerk on or before 10:00 a.m., Local Time, November 9, 1995.

CITY OF FARMINGTON HILLS
Kathryn A. Dorman, City Clerk