Feast on fall flavors in a lower-fat muffi

See related story on Taste ". HARVEST PUMPKIN MUFFINS
TOPPING

- 1/4 cup oats (quick or old-fash-loned, uncooked)

 1 tablespoon firmly packed brown sugar

 1/8 teaspoon pumpkin pie
- MUFFINS
- 1 1/2 cups all-purpose mount cup oats (quick or old-fash-loned, uncooked)
 3/4 cup firmly packed brown

sugur
2 teaspoons baking powder
1 1/2 teaspoons pumpkin ple spice
1/2 teaspoon baking toda
1/2 teaspoon baking toda
1/2 teaspoon baking toda
1/4 cue chepped pecans
(optional)
1, cue conand pumpkin

- 1 cup canned pumpkin
- 3/4 cup skim milk 3 tablespoons vegetable cil 2 egg whites, lightly beaten
- Heat oven to 400 degrees F. Line 12 medium muffin cups with paper baking cups or spray bot-toms only with vegetable cooking

spray. For topping, combine all ingredients; set aside. For nutflins, combine dry ingredients; mix well. Combine pumpkin, milk, oil and egg whites; mix well. Combine pumpkin, milk, oil and egg whites; mix well. Add to dry ingredients; mix just until dry ingredients are moistened. Do not over mix. Fill muffin cups almost full; aprinklo evenly with topping. Bake 22 to 25 minutes or until a wooden pick inserted in center comes out with a few moist crumbs clinging to it. Cool muffins 5 minutes in pan on wire rack; remove from pan. Serve warm. (1 dozen)

Nutrition information: 1 muffin, colories 190, colories from fat 40, total fat 4s, satu-rated fut 0.5g, Cholesterol Orag, Sodium 115mg, Carbohydrate 35g, Dietary Fiber 2g, Protein 4g.

APPLESAUCE **OATMEAL MUFFINS**

- TOPPING
 1/4 cup oats (quick or old-fash-laned, uncooked)
 1 Tablespoon firmly packed brown sugar
 1/8 teaspoon ground clindamon
- MUFFINS 1 1/2 cups outs (quick or old-fashioned, uncooked)

1/4 cups all-purpose flour
 1/2 cup firmly packed brown
 sugar
 1 teaspoon baking powder
 3/4 teaspoon baking soda

- 3/4 teaspoon ground cinnamon 1 cup applesauce, any type 1/2 cup skim milk
- 2 Tablespoons vegetable oil 1 egg white, lightly beaten

Heat oven to 400 degrees F. Line 12 medium mussin cups with paper baking cups or spray bot-toms only with vegetable cooking spray. For topping, combine all ingredients; set aside. For

muffins, combine dry ingredients; nix well. Combine applesauce, milk, oil and egg white; mix well. Add to dry ingredients; mix just until dry ingredients are moistened. Do not over mix. Fill muffin cups almost full; aprinkle evenly with topping. Bake 30 or 24 minutes or until golden brown. Cool muffins 5 minutes in pan on wire rack; remove from pan. Serve warm. (1 dozen).

Natising information: I muffin Colorier.

Nutration information: I muffin, Calorire 170, calories from fat 30, total fat 3g, satu-nated fat 0g, choicstered 0mg, sodium 105mg, carbohydrut 31g, dietary fiber 2g, protein 4g, *Recipes from Quaker Oats.

RSO Guild hosts gala dinner, auction

tickets to Detroit Red Wing and Piston games, weekend get-aways, theater tickets, jewelry, art, and even a fur cents will be auctioned at a benefit for the Rochester Symphony Orchestra on Oct. 25. Tickets are still available for the Gala Dinner and Auction at Great Oaks Country Club, 777

Great Oaks Boulevard, (near corner of University and Livernois)
Rochester.

The evening, hosted by the Rochester Symphony Orchestra Guild, begins with cocktails (cash bar) 6:30 p.m., and silent

nuction.

Entertainment during the cocktail hour will be provided by La Forza — Barbara Ogar, flute

Dinner will be served at 8 p.m. Tickets are \$45, call (810) 651-4181.
If you don't have time for dinner, come at 9 p.m. to participate
in an evening of spirited bidding
conducted by Du Mouchelle Galleries.
There is no charge to attend
the auction, and refreshments

will be available for purchase. Many items, ranging in value from \$50 to \$3,000, will be nuc-

tioned.
This special event is presented

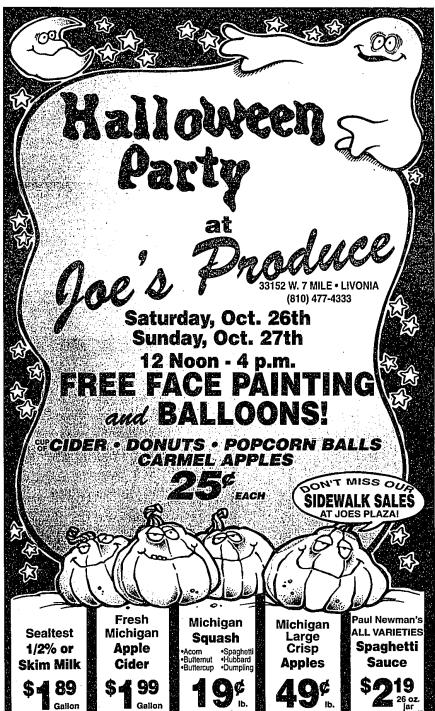
every two years.

Proceeds will benefit the Rochester Symphony Orchestra, which is celebrating its 36th anniversary season this year.

COOKING CALENDAR

■ Tri-County Celiae Sprue Support Group Meeting 7:30 p.m. Tuesday, Oct. 29, Southfield Probyterian Church, 21575 W. 10 Mile Road U4 mile cast of Labacy fea-tures Dr. Joseph Murray, assistant professor of medicine at the University of Iowa who

received his medical training in Galway, Irewhich serves 50-60 new Cellac patients a year. Call (610) 601-6120 or (313) 274-9232 for information. Meetings include informa-tion on gluten-fren foods, recipe sharing





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