



## On the Go . . .

### BACKPACK SNACK BARS

3/4 cup thawed frozen orange juice concentrate	1/2 cup butter, softened
1/2 cup quick-cooking rolled oats	1/2 cup sugar
1/2 cup chopped dried apricots	1/2 cup fancy molasses
1/2 cup chopped pitted prunes	1 egg
1/2 cup raisins	2 cups flour
1/2 cup chopped nuts	1/4 tsp salt
1/4 cup chopped dates	1 tsp baking soda
1/4 cup wheat germ	1 tsp ginger
1 tbsp sesame seeds	1 tsp cinnamon

Combine first 9 ingredients (orange juice concentrate through sesame seeds) in a bowl. Using medium speed of an electric mixer, beat together butter and sugar. Beat in molasses and egg until blended. Combine next 5 ingredients (flour through cinnamon) and stir into molasses mixture. Add fruit mixture and blend well. Spoon batter into a greased 9x13 inch baking dish; spread evenly. Bake at 325°F for 35 minutes or until golden brown. Cool in pan on a rack. Cut into 1x3 inch bars. Wrap individually in plastic wrap. May be frozen. Makes 3 dozen bars.

### NO-BAKE CEREAL BARS

1/2 cup (125 mL) honey	1/8 tsp (0.5 mL) salt
1/4 cup (50 mL) peanut butter	2 cups (500 mL) shredded bran cereal
1/4 cup (50 mL) packed dark brown sugar	1/2 cup (125 mL) sliced almonds
2 tbsp (25 mL) butter	1/2 cup (125 mL) dried cranberries or raisins
2 tsp (10 mL) cinnamon	1/2 cup (125 mL) shelled pumpkin seeds
1 tsp (5 mL) vanilla	1/2 cup (125 mL) sunflower seeds

Line a 9 inch (23 cm) square baking pan with nonstick foil. Combine honey, peanut butter, brown sugar and butter in a large saucepan. Bring to a boil over medium heat, stirring constantly. Remove from heat and stir in cinnamon, vanilla and salt. Stir in bran cereal, almonds, cranberries, pumpkin seeds and sunflower seeds until blended. Press mixture into prepared pan. Cover and refrigerate until firm. Cut into bars. Wrap each bar individually in plastic wrap. Store in a cool dry place for up to 1 week. May be frozen. Makes 16.

**Cook's Note:** *The ATCO Blue Flame Kitchen used Post 100% Bran Cereal in this recipe.*

### DENVER BREAKFAST MUFFINS

1 1/4 cups (300 mL) flour	1 cup (250 mL) milk
1/4 cup (50 mL) cornmeal	2 tbsp (25 mL) butter, melted
2 1/2 tsp (12 mL) baking powder	1 egg
1/2 tsp (2 mL) baking soda	3/4 cup (175 mL) finely chopped ham
1 tsp (5 mL) dry mustard	1/2 cup (125 mL) shredded cheddar cheese
1/8 tsp (0.5 mL) cayenne pepper	1/4 cup (50 mL) thinly sliced green onion

Combine first 6 ingredients (flour through cayenne pepper) in a bowl. Whisk together milk, melted butter and egg until blended. Pour milk mixture into flour mixture, stirring just until combined. Gently fold in ham, cheese and green onion. Spoon mixture into greased or paper-lined muffin cups, filling cups three-quarters full. Bake at 375°F (190°C) for 25 minutes or until a cake tester inserted in centre comes out clean. Cool muffins in pan for 10 minutes. Serve warm or at room temperature. May be refrigerated for up to 2 days. Makes about 10 - 12 muffins.

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### **CARROT YOGURT MUFFINS**

2 1/4 cups (550 mL) flour	1/4 tsp (1 mL) nutmeg
3/4 cup (175 mL) sugar	2/3 cup (150 mL) yogurt
2 tsp (10 mL) baking powder	1/4 cup (50 mL) oil
1 tsp (5 mL) cinnamon	1 egg
3/4 tsp (3 mL) baking soda	1 tsp (5 mL) vanilla
1/2 tsp (2 mL) ginger	2 1/2 cups (625 mL) shredded carrots
1/2 tsp (2 mL) salt	

Combine first 8 ingredients (flour through nutmeg) in a bowl. Whisk together yogurt, oil, egg and vanilla until well blended. Add to flour mixture and stir just until blended. Fold in carrots. Spoon batter into paper-lined muffin cups, filling cups three-quarters full. Bake at 375°F (190°C) for 22 - 25 minutes or until muffins test done. Cool muffins in pans for 5 minutes. Remove from pans and cool on racks. Makes 16.

### **CRUNCHY CEREAL TREATS**

1/3 cup (75 mL) sesame seeds	1 cup (250 mL) dried cranberries or raisins
1/3 cup (75 mL) sunflower seeds	1/4 cup (50 mL) peanut butter
1/3 cup (75 mL) chopped almonds	2 tbsp (25 mL) butter
1/3 cup (75 mL) chopped walnuts or pecans	1 pkg (400 g) miniature marshmallows
1/3 cup (75 mL) sweetened flaked coconut	1 tsp (5 mL) vanilla
3 1/2 cups (875 mL) crisp rice cereal	

In a frypan, combine sesame seeds, sunflower seeds, almonds and walnuts. Cook over medium heat, stirring frequently until lightly toasted, about 3 minutes. Add coconut; continue to cook, stirring frequently, until coconut is golden brown. Remove from heat; cool. Combine coconut mixture with cereal and cranberries in a bowl; set aside. In a Dutch oven, combine peanut butter, butter and marshmallows. Cook over low heat, stirring frequently, until marshmallows are melted and mixture is smooth. Stir in vanilla. Gently stir in cereal mixture. Spoon mixture into a greased 9x13 inch (23x33 cm) baking pan. Using greased hands, press mixture into an even layer. Cool and cut into bars. Store, layered with wax paper, in an airtight container for up to 1 week. May be frozen. Makes 24 bars.

### **BREAKFAST BISCOTTI**

1/4 cup (50 mL) butter, softened	1 tsp (5 mL) baking powder
1 cup (250 mL) firmly packed brown sugar	1/4 tsp (1 mL) salt
3 eggs	1 tbsp (15 mL) cinnamon
1 1/2 tsp (7 mL) vanilla	1 cup (250 mL) toasted walnuts or pecans, coarsely chopped
1 tsp (5 mL) grated orange peel	1 1/2 cups (375 mL) dried fruit (cranberries, raisins and chopped apricots)
1 cup (250 mL) whole wheat flour	
2 cups (500 mL) flour	

Cream butter and sugar together until fluffy. Beat in eggs, vanilla and orange peel. Stir in next 5 ingredients (whole wheat flour through cinnamon) and blend until smooth. Work in nuts and fruit, by hand if necessary. Divide dough in half. On a lightly greased baking sheet, shape dough into 2 logs about 4 inches (10 cm) wide and 3/4 inch (2 cm) high. Place logs 3 inches (7.5 cm) apart. Bake at 350°F (180°C) for 25 - 30 minutes or until biscotti is crusty on top. Cool for 10 minutes. Transfer to a cutting board and cut each log diagonally into 1/2 inch (1.25 cm) thick slices. Place slices, cut side down, on baking sheet. Bake at 275°F (140°C) for 20 minutes, turning once. Cool on racks. Makes about 2 dozen.