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# **THE FIRST**

## **ALL-STAR FUDGY BASEBALLS AND BATS**

*1 c Carob powder*

*1/4 c Honey*

*1 c Water*

*1/4 c Peanut butter (smooth or crunchy)*

*3/4 c Wheat germ*

*3/4 c Rolled oats*

*2 tb Dry milk powder*

*1/2 c Unsweetened shredded coconut*

*1 ts Cinnamon (optional)*

*1/2 ts Grated orange rind (optional)*

In a small saucepan, combine the carob and water. Bring to a boil over low heat, stirring constantly to prevent scorching. Add the honey and peanut butter and continue cooking for about 5 minutes, or until syrup is smooth and slightly thickened.

In a large bowl, mix together the wheat germ, oats, milk powder, coconut, cinnamon, and orange rind (if desired).

Pour about one cup of the carob syrup over the dry mixture, or as much as is needed to make a pliable, dough-like consistency. Store the remainder in the refrigerator and use as an icing or to make great milk shakes.

Pinch off pieces of the dough and roll each piece between your palms into 2-inch-long tubes about the circumference of a fountain pen, tapered at one end in the shape of a baseball bat. Roll the rest into marble-sized balls.

# **GROSS BUT FUN RECIPES:**

## **BOOGERS ON A STICK**

*1 jar cheeze whiz - 8 oz.*

*green food coloring*

*25 pretzel sticks*

*waxed paper*

*1 long handled spoon*

*platter*

Melt the cheeze whiz in the microwave or on top of the stove, according to directions on the jar.

Allow the cheese to cool slightly in the jar.

Using a long handled spoon, carefully stir about three drops of green food coloring into the warm cheese, using just enough to turn the cheese a delicate snot green.

To form boogers: Dip and twist the tip of each pretzel stick into the cheese, lift out, wait twenty seconds, then dip again.

When cheese lumps reach an appealingly boogerish size, set pretzels, booger down, onto a sheet of waxed paper.

Allow finished boogers on a stick to cool at room temperature for ten minutes or until cheese is firm.

Gently pull boogers off waxed paper and arrange on a serving platter. Serves 5 to 6 booger buddies.

# **LUNCH RECIPES:**

## **APPLE PANCAKES**

*1 c Whole wheat flour  
1 c White enriched flour  
1/2 ts Salt  
1 tb Brown sugar  
1 3/4 c Milk  
2 Eggs  
2 Apples, diced*

Mix together dry ingredients. Add liquid ingredients; mix well, Add diced apples. Mix together. Bake on a hot greased skillet.

## **BANANA HOT DOG SANDWICH**

*1 Hot dog bun  
1/2 Banana  
2 tb Peanut butter;  
Toast hot dog bun. Spread peanut butter on hot dog bun. Add banana.*

### **Basic Pancakes**

<i>3 c Flour</i>	<i>2 Eggs</i>
<i>1 ts Salt</i>	<i>2 c Milk</i>
<i>1 1/2 tb Baking powder</i>	<i>2 tb Oil</i>

Mix dry ingredients then add eggs and milk and then gradually add oil.

You can add blueberries or cooked rice or 2 teaspoons of cinnamon and 2 tablespoons of sugar.

# **SNACK RECIPES:**

## **POPCORN CAKE**

*4 Qt. popped corn*  
*1/2 lb Gum drops*  
*1/2 lb Peanuts*  
*1 lb Marshmallows*  
*1/2 c Melted margarine*  
*1/2 c Corn oil*

Melt marshmallows, margarine, and corn oil. Pour over popcorn, nuts and gum drips. Mix together and pat in a bundt cake pan or angel food

cake pan. Cool.

## **MIXED FRUIT AND TOFFEE CORN**

*8 c Popped popcorn (about 1/3 to 1/2 cup unpopped)*  
*1 c Butter or margarine*  
*1 c Sugar*  
*3 tb Water*  
*6 oz Pkg. mixed dried fruit bits (1 1/2 cups)*  
*1 tb Light corn syrup*  
*1/2 c Broken pecans*  
*1/2 ts Vanilla*

Remove all unpopped kernels from popped corn. Place popcorn in a buttered 17x12x2-inch baking pan. Keep popcorn warm in a 300 degree oven while making syrup mixture. Butter the sides of a heavy 2-quart saucepan. In the saucepan combine the butter or margarine, sugar, water, and corn syrup. Bring mixture to boiling over medium heat. Cook for 8 to 10 minutes, stirring

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