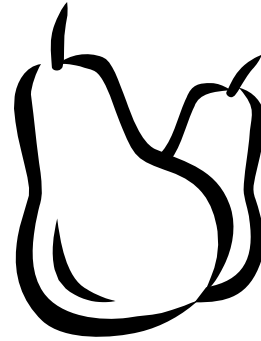


Peanut Butter Fruit Crisp

Ingredients:

Serves 4

- 1- 16 ounce can sliced fruit (peach, pear or apricot)
- 8 Tbsp flour
- 3 Tbsp packed brown sugar
- 8 Tbsp rolled oats
- 1/8 tsp ground cinnamon
- 2 Tbsp peanut butter
- 1 1/2 Tbsp softened margarine



Directions:

1. Preheat oven to 375°F.
2. Drain fruit and place in a 1 quart casserole dish.
3. In a mixing bowl, stir together flour, brown sugar, oats and cinnamon.
4. Add peanut butter and margarine and mix with a fork until crumbly and sprinkle over fruit.
5. Bake at 375°F for 20 minutes or until golden brown. Serve warm.

Source: Fast and Flexible Recipes; Purdue Extension

Applesauce Raisin Oatmeal Bars

Ingredients:

Serves 24

- | | |
|--------------------------|----------------------|
| 1 cup shortening | 1 3/4 cups flour |
| 1 cup packed brown sugar | 1 Tbsp baking powder |
| 1/2 cup granulated sugar | 1 tsp cinnamon |
| 2 eggs | 1/4 tsp salt |
| 1 tsp vanilla | 3 cups rolled oats |
| 3/4 cup applesauce | 1 cup raisins |



Directions:

1. Preheat oven to 350°F. Grease a 13x9x2 inch pan.
2. Cream together shortening, brown sugar, and granulated sugar.
3. Mix in eggs, vanilla and applesauce.
4. In another bowl, stir together flour, baking powder, cinnamon and salt. Add to creamed mixture. Stir in rolled oats and raisins.
5. Spoon batter into greased pan. Bake for 30-35 minutes or until golden brown.
6. Cool completely, divide into 24 cookie bars. Store in an air tight container.

Source: Fast and Flexible Recipes; Purdue Extension

Fruity Homemade Oatmeal

Ingredients:

- 1 1/2 cups water
- 3/4 cups rolled oats
- 2 Tbsp raisins
- 1 cored and chopped apple
- 1 tsp cinnamon

Serves 2



Directions:

1. Remove skin and core from the apple. Chop into small pieces.
2. Pour water into saucepan. Bring water to a boil on medium heat.
3. Stir in oatmeal, raisins, chopped apple and cinnamon.
4. Turn heat to low and cook for 5 minutes, stirring often.

Source: USDA Food Stamp Nutrition Connection

Drop Biscuits

Ingredients:

- 2 cups bakery mix
- 1/4 cup vegetable oil
- 3/4 cup water

Makes 10 biscuits



Directions:

1. Preheat oven to 400°F. Lightly grease baking sheet.
2. Add oil and water to the dry mix. Stir just until all ingredients are all wet.
3. Drop spoonfuls of batter 4 inches apart on baking sheet.
4. Bake 10-12 minutes until lightly brown.

Biscuit Ideas:

*Cheese Biscuits: Add 1/3 cup grated sharp cheese to dry ingredients.

*Herb Biscuits: Add 1 teaspoon Italian herb mix to dry ingredients.

Source: Washington State University Extension, funded by USDA FSP and state and local government agencies.
<http://cru.cahe.wsu.edu/CEPublications/em4700/em4700.pdf>