

## Applesauce Bars

NEWS CANADA

- 1/2 cup packed brown sugar
- 2 eggs
- 1/3 cup canola oil

Here's a fun snacking cake that was developed by Emily Richards P.H. Ec. for the Heart and Stroke Foundation. It has lots of apple taste and is perfect to tuck into kids' lunches to tote along or when friends are coming over for a visit.

Makes 24 bars

- 1 1/2 cups whole wheat flour
- 1/2 cup wheat bran
- 1/4 cup ground flax
- 1 tablespoon baking powder
- 2 teaspoons cinnamon
- 1/2 teaspoon ground nutmeg
- Pinch cloves (optional)
- Pinch salt
- 2 cups unsweetened applesauce

In large bowl whisk together flour, bran, flax, baking powder, cinnamon, nutmeg, cloves (if using), and salt.

In another bowl, whisk together applesauce, brown sugar, eggs, and oil. Pour over flour mixture and stir until moistened.

Scrape batter into greased and parchment paper-lined 13x9-inch baking pan and spread evenly. Bake in 350 degree F oven for about 35 minutes or until cake tester inserted in center comes out clean. Let cool completely and cut into bars.

Tip: Use a cookie cutter to cut out your favorite shapes for the kids.

—www.newscanada.com



MAUREEN ZEBIAN/THE EPOCH TIMES

## English Muffin Mini Pizzas

BY MAUREEN ZEBIAN  
EPOCH TIMES STAFF

What is a mother's dream? The kids preparing their own lunch.

English Muffin Pizza is a simple recipe that the kids will love to make and eat. Most kids like to stick to just pepperoni on their pizza, but maybe they will try different vegetables if they are the chefs.

A good idea is to make homemade pizza sauce and freeze the sauce in ice cube trays. It takes just a minute in the microwave to heat up, and a cube is plenty of sauce for one English muffin.

If you don't have time to make your own sauce, a great alternative is buying Contadina Pizza Sauce in a squeeze bottle.

- 15 ounces Contadina Pizza Sauce, squeeze bottle
- 4 English muffins, halved
- 1/4 cup sliced olives
- 12 slices pepperoni
- 1/2 cup mozzarella cheese
- 1/4 cup Parmesan cheese
- Vegetables (such as mushrooms, green pepper, onion, broccoli, pineapple)

Preheat oven to 350 degrees F. Put English muffin halves, with the holes-side up, on baking sheet and bake for 5 minutes. Remove and spread sauce on muffins. Layer the pepperoni and vegetables and top with cheese.

Put back into the oven and bake additional 10-12 minutes until the cheese is melted.

DELICIOUS: English muffin mini pizzas.



MAUREEN ZEBIAN/THE EPOCH TIMES

SUPER: Healthy Granola made with roasted nuts, ground flax and maple syrup.

## Healthy Granola Mix

BY MAUREEN ZEBIAN  
EPOCH TIMES STAFF

- 1/2 cup whole almonds
- 1/2 cup cashews
- 1/3 cup honey
- 1/2 cup real maple syrup
- 4 tablespoons canola oil
- 1/4 cup ground flax
- 1/3 cup dried raisins
- 1 teaspoon vanilla extract

Preheat oven to 350 degrees. Grease a 13 by 18 by 1-inch sheet pan. Put oatmeal and nuts in bowl and toss with oil. Put in oven and bake for 15 minutes. In small bowl whisk together honey, maple syrup, flax, vanilla, and raisins. Pour honey mixture over granola and toss well. Bake for additional 25 minutes.

This is healthy treat that is easy to make and tastes exceptionally delicious. It tastes great as a topping over yogurt and fresh fruit.

- 2 cups of rolled oats

## Easy Cereal Snack Bars for Kids

BY RACHEL PAXTON

Peanut Butter Rice Krispies Squares

- 2/3 cup butter
- 4 cups miniature marshmallows or 1 package (10 oz., about 40) regular marshmallows
- 6 cups Rice Krispies cereal
- 1 cup salted peanuts or 1/4 cup peanut butter

It's hard to find easy, after-school snacks for kids. These cereal bar recipes are easy to make with breakfast cereals.

Cheerio Bars

- 1/2 cup peanut butter
- 1/2 cup sugar
- 1/2 cup honey
- 3 cups Cheerios cereal
- 1 cup salted peanuts

Bring sugar and honey to a boil in large saucepan. Remove from heat, stir in peanut butter until blended. Pour in Cheerios and peanuts, and mix until well coated. Press mixture into buttered 13x9x2-inch baking dish. Let cool and cut into squares.

Melt butter in large saucepan over low heat. Add marshmallows and stir until completely melted. Stir 1/4 cup peanut butter or peanuts into marshmallow mixture just before adding cereal. Remove from heat. Stir in cereal until well coated. Press mixture into buttered 13x9x2-inch baking dish. Cut into squares.

Rachel Paxton is a freelance writer and author of *What's for Dinner?* an e-cookbook containing



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EASY TO MAKE: Cheerio Bars made with peanut butter.

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