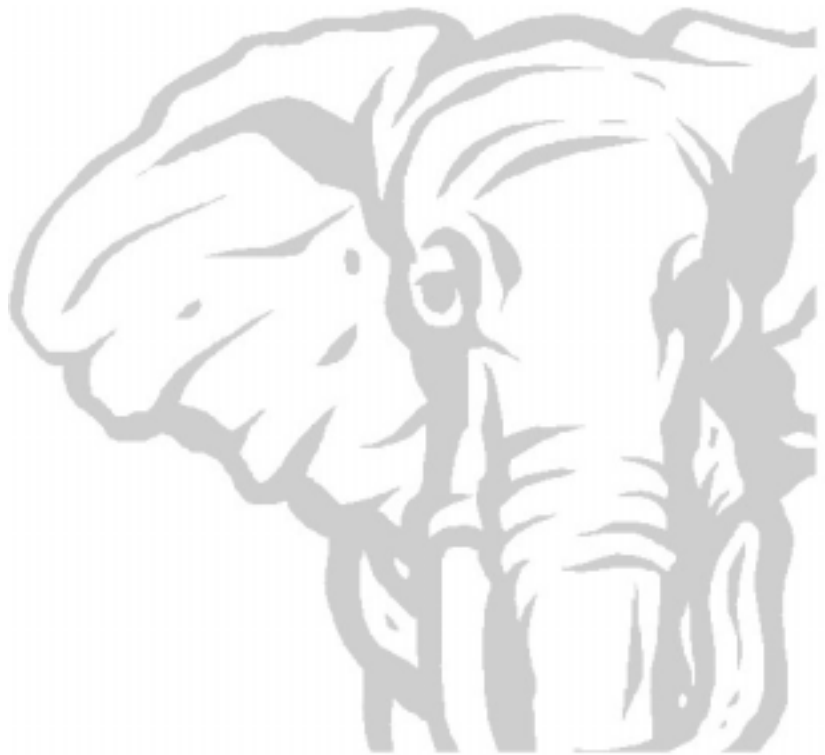


C.O.O.K.I.N.G



INTRODUCTION

Kids like to help prepare fun food almost as much as (or even more than) they like to eat it. Cooking with Cub Scouts is a wonderful way to spend time together, creating something you'll all enjoy sharing. It also provides hands-on math, science and nutrition lessons.

If you enjoy cooking, sharing your enthusiasm with your scouts is a wonderful way to help them learn. They'll like helping with washing vegetables, reading recipes, measuring ingredients and mixing batters. Be sure you have enough grownups to supervise the boys' efforts, so chances of needing first-aid skills are minimized.

Use of Themes in Cooking

We compiled a few recipes that seem appropriate to the monthly themes — or which we've named to match the themes. We suggest you browse through them all to choose the ideas that will appeal to your den. You can then change the names to match whatever theme you like!

TIPS FOR COOKING WITH KIDS

- Always have adult supervision you when cooking or baking with kids.
- Wear an apron or old clothes to avoid staining good clothes.
- Do not wear loose clothing when cooking.
- While cooking on the stove, make sure all pot handles are turned away from the edge of the stove.
- Make sure you do not put kitchen towels, potholders, food packaging or recipes books or papers on or near burners.
- Use unbreakable bowls and utensils.
- Never use metal containers, foil, wire twist ties, or dishes with metal trim in the microwave.
- Always use potholders to remove containers from the microwave.
- Never turn on the microwave without something inside it.
- Be careful when eating food cooked in the microwave because the food may be much hotter than the container.

- Make sure your kitchen has a fire extinguisher and a smoke detector.
- Don't plug too many appliances into the same outlet.
- Do not use an appliance with a frayed cord.
- Make sure that ingredients and foods that need refrigeration do not sit out too long.

LINKS

Camp Cooking Guide from Troop 281

<http://www.angelfire.com/ct/cgrob123/campcooking.html>

Favorite Camp Food Recipes from Troop 281

<http://www.angelfire.com/ct/cgrob123/firebg.html>

WAGGGS-L Cyber Cookbook

<http://www.geocities.com/Yosemite/5307/toc.html>

Home Baking Association website, includes baking tips and recipes

<http://www.homebaking.org/>

Recipes for Family Camping

<http://homeparents.about.com/cs/recipescooking/a/camping.htm>

Recipes for Kids

<http://parentingteens.about.com/library/sp/blkidscook.htm>

Peace Corps. Kids World, Foods from other countries

http://www.peacecorps.gov/kids/like/index_food.html

Recipes from Hershey's Kidztown

<http://www.kidztown.com/recipes.shtml>

Netwoods Virtual Campsite, Includes lots of good resources for outdoor cooking plus Webelos outdoor cooking and Dutch Oven cooking

<http://www.netwoods.com/d-cooking.html#Methods>

Foil Cooking recipes from The Reynolds Kitchen

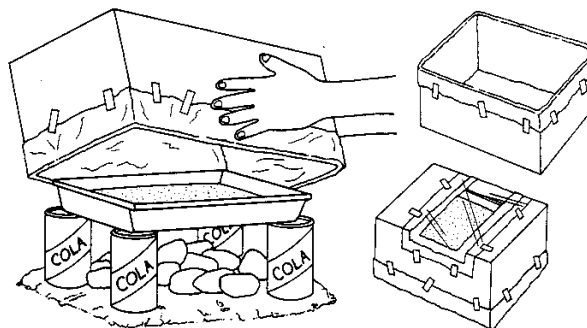
www.reynoldskitchens.com

BOX OVEN BAKING

Box oven cakes are fun to make and delicious to eat in the out-of-doors. You don't need to wait for a special occasion to make one.

Materials

- Cardboard box, approximately 12" x 16" x 14" deep for large cake; 12" square for smaller cake.
- Aluminum foil
- Scotch or masking tape
- Knife
- 4 to 6 empty 12-oz beverage cans
- Charcoal
- Plastic roasting wrap (optional)
- Cake pan
- Cake mix and/or ingredients
- Canned frosting
- Decorator frosting with fancy tip, tube or push-button can



Directions

For a 9-inch by 13-inch cake, cut the top flaps off a large box. Line the inside of the box with aluminum foil, bringing the foil around the edges and down the outer side about 4 inches. Anchor with tape. If you want to watch what is happening in your oven, cut a square hole in the solid top of the oven box, and tape clear plastic roasting wrap tightly over the hole.

Fill four empty aluminum beverage/soda cans about half full with sand or dirt, and place them in the charcoal pit so each can supports a corner of your cake pan.

Light 14 pieces of charcoal; then mix your cake.

When the charcoal is giving off even heat, spread the coals, set cake pan on the beverage cans, and place cardboard box oven over the pan. Make a small gap for air at each end of the oven by scraping some dirt away. Air circulation is needed to keep the charcoal burning.

Bake cake for the length of time specified in the recipe. Do not peek! Lifting the box will cause the oven to lose heat. If you use an 8-inch square pan and a 12-inch square box for the oven, light only 12 pieces of charcoal.

March 2004: Walk In My Shoes

Sesame Honey Balls

Ingredients:

- 1 cup sesame seeds
- 2 T honey
- ¼ tsp vanilla

Place seeds in blender container and blend until consistency of peanut butter. Add honey and vanilla and blend until smooth. Shape into ½- to ¾-inch balls. Serve in tiny paper cup liners.

Makes about 8 balls.

Blue-Ribbon Beef Nachos

Ingredients:

- | | |
|---------------------------|-------------------------------|
| 1 lb ground beef | ½ cup shredded cheddar cheese |
| 1 small onion, chopped | 1 green onion, chopped |
| 1 16-oz can refried beans | 2 T chili powder |
| 1 16-oz jar salsa | 1 tsp salt |
| 1 6-oz can chopped olives | |

Tortilla chips

Garnish:

Additional sliced olives, chopped
green onions and tomatoes

In a skillet, cook beef and onion over medium heat until meat is no longer pink; drain. Stir in all remaining ingredients except chips and garnish; heat through. Serve over tortilla chips. Top with olives, onions and tomatoes, if desired.

Makes 6 servings.



April 2004: Cubservation

Carrots with Bow Tie Pasta

Ingredients:

- 8 ounces of bow tie pasta (farfalle)
- One 10-ounce package of baby carrots
- 3 sprigs fresh dill
- 2 tablespoons butter
- Salt and pepper

Fill a large pot 2/3 full with water and set over high heat to boil. While the water is heating, place the carrots and pasta in a plastic pitcher. When the water boils, have the kids carefully transfer the pasta and carrots to the pot, instructing them to pour slowly so they are not splashed by the hot water. Stir occasionally with a wooden spoon, approximately 8 minutes.

When the pasta is done and slightly chewy but not hard or stiff, the carrots will be done also. Drain into a colander--be sure the kids are at a safe distance as even the steam will be very hot.

Let Scouts snip the fresh dill, stems and all, into a small bowl with scissors. Place the pasta and carrots back in the pot, melt the butter over them and add the dill. Add salt and pepper to taste. Mix thoroughly with a wooden spoon and serve immediately.

Makes 4 servings.

“Mud” Cookies

Ingredients:

- 2 cups unsweetened, dry crisp cereal
- 1 pkg milk chocolate chips
- ½ cup raisins
- ½ cup flaked coconut

Mix cereal, raisins and coconut in a large bowl. Melt chips in microwave or double boiler, then pour over cereal mixture and stir until coated. Drop a teaspoon at a time onto waxed paper.

May 2004: My Home State

The Honorable
J.C. Watts Jr.
United States Congressman, Oklahoma
Specialty Recipe

Oklahoma Mud

I am proud to be a Congressman from the Fourth District of Oklahoma. But nothing thrills me more than being called Dad or youth minister. It was such a privilege to be an influence on young lives and help steer and guide them through the tumultuous teen years. Cultural renewal in this country requires that the strong institutions like church, family, community, schools be strengthened and I got a firsthand lesson on that topic as a youth minister. This particular recipe came in handy with all of our church functions. It serves a bunch of hungry kids. We served this at a lot of church suppers when I was a youth minister.

Ingredients:

2 cups sugar
2 sticks (1 cup) margarine - melted
4 eggs
1 teaspoon vanilla
1-1/2 cups flour
1-1/2 cups coconut
1-1/2 cups chopped nuts - (pecans are great!)
3 Tablespoons cocoa
1 jar marshmallow cream
1 box powdered sugar
1 stick (1/2 cup) margarine, melted
1/2 cup cocoa
1/2 cup evaporated milk
1 Tablespoon vanilla

Cream together (first 4 ingredients) the sugar, 2 sticks margarine, eggs and a teaspoon vanilla. Mix together flour, coconut, chopped nuts, and 3 tablespoons cocoa then fold into the creamed mixture. Spread into a 9x13-inch greased and floured pan and bake at 350 degrees for 45 minutes or until done.

After removing from oven, immediately spread one jar of marshmallow cream over the top and while it cools, make icing.

Mix powdered sugar, 1 stick margarine, cocoa, evaporated milk and 1 tablespoon vanilla well and spread it over the cooled cake.

Fruit Pizza

Ingredients:

- 1 pkg Pillsbury refrigerator sugar cookies
- 1 8-oz container cream cheese
- 1 cup sugar
- Sliced fresh fruit (e.g., strawberries, bananas, pineapple, blueberries, kiwi, etc.)

Press dough onto a pizza pan and bake according to directions. Mix together sugar and cream cheese. Spread mixture over dough and top with fruit.

Serve pizza in slices like you would any pizza.

Mud-Pie Cake

Ingredients:

- 1½ cups all-purpose flour
- 1 cup sugar
- ¼ cup unsweetened cocoa powder
- 1 teaspoon baking soda
- ½ teaspoon salt
- 1/3 cup cooking oil
- 1 tablespoon vinegar
- 1 cup water
- 1 teaspoon vanilla

Directions:

- In a plastic bag, place the flour, sugar cocoa power, baking soda, and salt. Close the bag and seal. Shake to mix well. Put the flour mixture into an 8x8x2 inch baking pan.
- Use a fork to make a hole in the middle of the flour mixture. In a 1-cup liquid measuring cup, measure the oil. Add the vinegar and vanilla. Pour the oil mixture into the hole. In the same measuring cup, measure the water. Pour the water into the hole.
- Use a fork to stir together all ingredients. Bake in a 350° oven for 40 to 45 minutes. Use hot pads to remove from oven. Cool in the pan on a wire cooling rack. Top the cake with a scoop of vanilla ice cream and chocolate syrup. Serves 12.

June 2004: Cub Rock

Rock Candy



Rock candy is a type of crystal that you can grow that not only looks pretty, but also tastes good. You will need patience to make rock candy out of sugar and water. Some steps will require adult help.

Supplies: Cooking pot, dull table knife, 2 heat-proof glass jars or small bowls

Ingredients:

- 1 cup of granulated sugar
- ½ cup of water
- food coloring

Directions:

- Put 1 cup of sugar into the pot. Add ½ cup of water, but do not stir the mixture.
- Put the pot on the stove over medium high heat. Let the mixture come to a boil and let it boil for one minute without stirring. (Adult help)
- If you would like colored candy, add a few drops of food coloring as the mixture boils.
- Carefully pour the mixture into one or two glass jars or small bowls. (Adult help)
- Let the containers sit untouched for two weeks. The crystals will gradually begin to form. Check the candy daily. When a crust forms on the surface, tap it with a dull knife to break the crust so the water can continue to evaporate. Otherwise don't move or disturb the containers.
- When the crystals are as big as you want them to be, break the candy from the container with a table knife, and enjoy a sweet and tasty treat!

Metamorphic Rocks

Make some bar-shaped cookies that are formed partly by pressure and heat, much like metamorphic rocks. After slicing them into small squares, you can see the layers or strata through the cut edges. Experiment with the ingredients to make different varieties of metamorphic rocks.

Supplies: Glass or aluminum baking pan, about 9x6x2 inches, measuring cup, hot pad, waxed paper, dull knife, spatula

Ingredients:

- ¼ cup of butter or margarine

- 1½ cups of cookie and/or graham cracker crumbs: To make your own, put cookie or graham cracker pieces between two large sheets of waxed paper and crush them with a rolling pin.
- 6 ounces of sweetened condensed milk
- 3½ ounces of flaked coconut – or crushed wheat cereal or chopped raisins
- 4 ounces of shelled and chopped nuts – or unsalted sunflower seed kernels
- 4 ounces of semisweet chocolate chips – or butterscotch, mint chocolate, or milk chocolate
- 3½ ounces of granola

Directions:

- Preheat the oven to 325° for a glass pan or 350° for an aluminum pan.
- Place the butter or margarine in the pan. Put the pan in the oven for a few minutes to melt the butter.
- Use the hot pad to remove the pan from the oven. Sprinkle the cookie or graham cracker crumbs on top of the melted butter. You can also use half cookie crumbs and half graham cracker crumbs.
- Pour the condensed milk evenly over the crumbs, trying not to disturb them.
- Sprinkle on a layer of each of the following ingredients in this order:
 - Shredded coconut, crushed wheat cereal, or raisins
 - Chopped nuts
 - Chocolate chips
 - Granola
- Place a piece of waxed paper on top of the mixture and press down all over. You can use the palm of your hand or the bottom of the measuring cup.
- Peel off the waxed paper. Use the hot pad when you put the pan back in the oven. Bake the cookies for 25 to 30 minutes until the top layer is lightly browned.
- Let the pan of cookies sit out for about 15 minutes and then refrigerate for one hour.
- When the cookies are cool, slice them into bars with the knife. Use the spatula to lift the bars out of the pan.

Earth Balls

Make a geological model that is fun to build, lets you see what the inside of the Earth would look like, and is delicious and nutritious to eat.

Supplies: Large bowl, spoon, measuring cups, waxed paper, dull dinner knife

Ingredients:

- ¼ cup of powdered milk
- ½ cup of creamy peanut butter
- ¼ cup of honey
- ½ cup pf strawberry, cherry, or raspberry jam
- ½ cup of chocolate chips

½ cup of sesame seeds or graham cracker crumbs

Directions:

- Put ½ cup of peanut butter and ¼ cup of powdered milk into the bowl. Mix it with the spoon or with your hands. Add 1 teaspoon of honey in order to make the dough stiff. You may need more (or less) honey depending on how stiff or runny the peanut butter is. Keep adding honey a little at a time until the dough feels like clay dough.
- Scoop up a small, round spoonful of dough and roll it into a ball.
- Put the ball down on a piece of waxed paper and carefully cut the ball in half. Be careful not to squash the ball when you cut it.
- Use the tip of the spoon handle to scoop out a small hole in the center of each half of the ball. The hole should be about the size of the tip of your little finger.
- Use the spoon handle tip to put a small amount of jam into the holes you have scooped out. Now place a single chocolate chip in the middle of the jam in one of the halves of the ball. Don't put a chocolate chip in the other half. You now have created the core of the earth (chocolate chip), surrounded by the molten outer core (the jam) – all surrounded by the semi-liquid magma (peanut butter mixture).
- Place the two halves of the ball back together and roll it in your hands to seal the seam.
- Pour out about ½ cup of sesame seeds or graham cracker crumbs onto another piece of waxed paper. Roll the ball around in the seeds or crumbs to thoroughly coat it. This coating is the rocky crust of the earth.
- To complete the experiment, carefully cut the ball in half again so that you can see the layer: core, outer core, magma, and crust. You can eat the Earth balls right away, or store them in a sealed container in the refrigerator.

S'more Gorp

Ingredients:

2 cups honey graham cereal
1 cup miniature marshmallows
1 cup peanuts
½ cup semisweet chocolate chips
½ cup raisins

Combine all ingredients. Store in airtight container(s).



July 2004: Fin Fun

Tuna Boats

Ingredients, Supplies:

- Rolls
- Tuna salad (made to boys' taste)
- Cheese slices
- Toothpicks or uncooked spaghetti noodles for masts

Hollow out top of roll. Fill with tuna salad. Cut cheese into triangles for sails; put on toothpicks or spaghetti noodles and insert into rolls.

Seaside Cracker Snack

Ingredients:

- 3 cups small square cheese crackers (like Cheez-Its)
- 3 cups oyster crackers
- 2 cups bite-size pretzel nuggets
- 1 small pkg buttermilk salad dressing mix
- ½ cup cooking oil

In a medium paper sack, combine the cheese and oyster crackers, pretzels and dry dressing mix. Close the bag and shake until everything is mixed together. Add the oil to the sack, and then shake again. Store in covered container.

Makes 8 cups.

Cup O'Fish

Ingredients, Supplies:

- Blue gelatin dessert, gummy fish, clear plastic cups

Make the blue gelatin dessert according to the directions on the box. Pour into clear plastic cups. Let cool in refrigerator until partially set – about an hour. When partially set, place a few gummy fish in each cup. Put them in the refrigerator until they're completely set. Eat and enjoy!



August 2004: Scouting the Midway

Soda Pop Pops

Ingredients, Supplies:

- 2 12-oz cans lemon-lime soda
- 1 14-oz can sweetened condensed milk
- ¼ cup lemon juice
- 10 wooden sticks
- 10 5-oz paper cups
- Foil

In a bowl, stir together soda, condensed milk and lemon juice. Pour into the 10 cups, and cover each with a piece of foil. Make a hole in the center of the foil with a sharp knife, and then insert a wooden stick through the hole.

Freeze 4-6 hours.

To serve, remove foil and tear off paper cup.

Makes 10 servings.

Hot Dog Pie

Ingredients:

- ½ pound ground beef
- 4 hot dogs, cut in half lengthwise and sliced
- 1 can (16 oz) baked beans
- ½ cup ketchup
- 2 T brown sugar
- 2 T prepared mustard
- 2 oz processed cheese (Velveeta), cubed
- 1 unbaked deep-dish pastry shell (9 inches)
- 4 slices American cheese

In a large saucepan, cook beef over medium heat until no longer pink; drain. Add the hot dogs, beans, ketchup, brown sugar, mustard and cheese cubes. Cook and stir until cheese is melted.

Meanwhile, lightly poke holes in pastry shell with a fork. Bake at 400 degrees for 10 minutes. Fill with hot beef mixture. Cut each cheese slice into four strips. Make a lattice topping over the pie. Bake 5-10 minutes longer or until cheese is melted.

Serves 4-6.

September 2004: Time In a Capsule

Out-of-this-World Smoothies

Ingredients:

- 2 medium ripe bananas
- 1 8-oz can crushed pineapple, drained
- 1½ cups milk
- ½ cup fresh or frozen unsweetened sliced strawberries
- 2 T honey
- 5 ice cubes
- Whipped topping, chocolate syrup and maraschino cherries

In a blender, combine the first 5 ingredients; cover and process until smooth. Gradually add ice, blending until slushy. Pour into chilled glasses. Garnish with whipped topping, chocolate syrup and cherries.

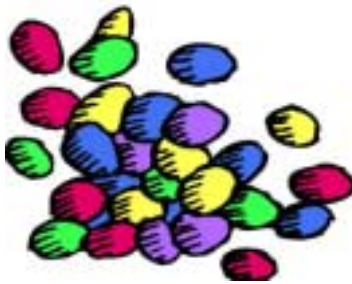
Yield: 4 servings.

Flying Saucer Candies

Ingredients, Supplies:

- ½ cup honey
- ½ cup crunchy peanut butter
- ½ cup dry milk
- Waxed paper

In a small bowl, mix honey and peanut butter. Stir in dry milk, a few spoonfuls at a time, until blended. Divide dough into four parts and roll out each into a snake-like shape. Wrap each “snake” in waxed paper and place in refrigerator for one hour. Remove from refrigerator and slice each into candy-size pieces.



October 2004: It's A Circus of Stars

Peanut Clusters

Ingredients:

- 1 6-oz pkg chocolate chips
- 1 12-oz pkg butterscotch pieces
- 1 12-oz pkg salted Spanish peanuts

Combine chocolate and butterscotch pieces in heavy 2-quart saucepan. Cook on medium heat until melted. Stir once during melting. Stir in peanuts. Drop by teaspoons onto waxed paper. Let set until firm. Store in airtight container.

Makes 3½ - 4 dozen.

Pizza Corn Dog Snacks

Ingredients:

- 1 16-oz pkg frozen corn dogs, thawed
- ½ cup pizza sauce
- 3 T chopped olives (optional)
- 1 4½-oz jar sliced mushrooms, drained (optional)
- ¼ cup shredded mozzarella cheese

Remove stick from each corn dog, and cut into one-inch slices. Place on an ungreased baking sheet. Spread with pizza sauce. Top with olives and mushrooms (if desired); sprinkle cheese on top.

Bake at 350° for 15-20 minutes or until the cheese is melted and corn dogs are heated through.

Yield: 30 pieces.



November 2004: Cub Scout Collectors

Apple Peanut Salad

Ingredients:

- 4 medium apples, diced
- 3 cups salted dry roasted peanuts
- 1 carton (8 oz) frozen whipped topping, thawed

In a large bowl, coming the apples, peanuts and whipped topping. Cover and refrigerate until serving.

Makes 10 servings.

Oreo Balls

Ingredients:

- 1 pkg. Oreo cookies (regular size)
- 1 8-oz. pkg cream cheese (softened)
- 1 pkg. white choc chips (I use the choc 'bark' blocks)

Crush the entire pkg of Oreos (try a food processor it works really good). **We used a LARGE zip lock baggie and DD does the crushing...works great!**

Mix the softened (room temp) cream cheese into the cookie mixture. **Just drop it in the bag and keep 'mushing'**

Form into balls, about 1 inch, and put them in the freezer to harden a bit.

Melt the white chocolate in a double boiler. ***I just use the white choc. 'blocks' from the store (for making candy and such) & melt in the microwave**

Remove balls from freezer, place on wax paper, then either drizzle the white chocolate over balls or dip them **We dip them** into the white chocolate. Refrigerate.

You have to keep these refrigerated MMMMMMMMM good and RICH!



Honey Peanut Apple Dip

Ingredients:

- 1 pkg (8 oz) cream cheese, softened
- 1 cup finely chopped peanuts
- 2/3 cup honey
- 1 tsp vanilla extract
- Sliced apples

In a small mixing bowl, beat cream cheese until smooth. Beat in the peanuts, honey and vanilla until combined. Serve with apples. Refrigerate leftovers.

Makes 2 cups.



December 2004: Holiday Food Fare

Microwave Peanut Brittle

Ingredients:

- 1¼ cups salted dry-roasted peanuts
- ¼ tsp ground allspice
- 1 cup sugar
- ½ cup light corn syrup
- 1 tsp butter (no substitutes)
- 1½ tsp baking soda
- 1 tsp vanilla

Coat a 15x10-inch pan (or piece of aluminum foil) and metal spatula with nonstick cooking spray; set aside.

In a 2-quart microwave-safe glass bowl, combine sugar and corn syrup. Microwave, uncovered, on high for 4 minutes; stir. Add peanuts and allspice, and stir until blended. Heat on high 4-5 minutes longer or until mixture turns a light amber color (mixture will be very hot). Stir in butter. Microwave 45 seconds longer. Quickly stir in baking soda and vanilla until mixture foams and becomes light colored.

Immediately pour mixture onto prepared pan and spread as thinly as possible with prepared spatula. Cool. Break into pieces.
Makes about 1 pound.

Reindeer Food

Ingredients:

- 3 cups pretzels
- 5 cups Crispix cereal
- 3 cups Cheerios®
- 3 cups dry roasted peanuts
- 1 pound white chocolate -- see directions
- 6 ounces red and green M&M's

Mix the pretzels, cereals and peanuts in a large bowl.

Melt the chocolate (I just use the white coating, like almond bark or vanilla bark, from the baking section). Usually, it's easiest to melt in the microwave. Pour melted chocolate over mixture and stir gently to coat.

Spread mixture on 2 waxed paper lined cookie sheets. Sprinkle M&M's on top (or you can add with cereal mixture if you want to have them coated) .
Let cool and dry. Break into pieces. Store in an airtight container.

January 2005: Cub Scouts Spread the News

Reporters' Favorite Crunch Mix

Ingredients:

- 1 cup animal crackers
- 1 cup miniature teddy bear-shaped chocolate graham cracers
- 1 cup miniature pretzels
- 1 cup salted peanuts
- 1 cup M&M's
- 1 cup chocolate- or yogurt-covered raisins

In a bowl, combine all ingredients; mix well. Store in airtight container.

Makes 6 cups.

Chocolate Spoons

These tasty treats turn a cup of warm milk or cocoa into something extra special; they also make great gifts for coffee-drinking parents.

Ingredients:

- 2 cups (a 12-oz pkg) semi-sweet or white chocolate chips or candy melts
- 35 to 45 heavy-duty plastic spoons
- 2 tsp solid shortening (optional)

Equipment:

- 2 large cookie sheets or jellyroll pans
- Waxed paper
- Heat-proof glass measuring cups

Cover cookie sheets with waxed paper.

Place one cup of the chocolate pieces in a heat-proof measuring cup. A smaller, deeper cup gives best results.

Microwave chocolate at 50% power for 1 minute. Remove cup and stir. Continue microwaving at 50% power, stirring every 30 seconds, until chocolate is melted and smooth. DO NOT overheat chocolate.

To thin chocolate, add 1 tsp solid shortening per cup of chocolate pieces; stir gently.

Dip plastic spoons in melted chocolate to cover the bowl of the spoon. Remove excess chocolate by tapping tip gently against the side of the measuring cup. Place on prepared pan. Repeat with remaining spoons. If chocolate thickens, return it to the microwave for 30 seconds at 50% power, then stir gently.

Repeat with second cup of chocolate pieces.

Cool thoroughly before wrapping individually.

Makes 35 to 45 chocolate spoons.



February 2005: It's a Scouting Celebration

Heavenly Hash

Ingredients:

- 2 cups cold cooked rice
- 1 8¾-oz can crushed pineapple
- ¼ cup sliced maraschino cherries
- 1 cup miniature marshmallows
- Dash salt
- 1 cup whipping cream

Lightly mix rice, drained pineapple, cherries, marshmallows and salt. Chill well. Just before serving, whip cream and fold into rice mixture. Pile into dessert dishes and top with additional cherries, if desired.

Makes 6 servings.

Hot Apple Cinnamon Fluffs

Ingredients:

- 32 oz apple juice or apple cider
- 7 oz marshmallow cream or fluff
- 1 tsp vanilla
- 1 tsp cinnamon
- ½ tsp nutmeg

Heat apple juice and pour into 4 mugs. Put marshmallow fluff in stainless steel bowl and fold in vanilla, cinnamon, and nutmeg. Spoon the marshmallow mixture on top of the warm juice and serve.

Makes 4 servings.

