

Show 44: *Holiday Open House*

Megans Munchies

2 c Whole wheat flour
3 T Oatmeal
1 Egg; lightly beaten
1 ts Garlic powder
2/3 c Beef or chicken broth

Place flour in a bowl, add egg and broth, mix well. Blend in oatmeal and garlic powder. Roll dough into a ball, roll out on a lightly floured surface to 1/2" thick. Cut with small doughnut cutters. Re-roll scraps and repeat. Arrange on a shallow baking dish or on a sheet or parchment paper in a single layer. Cook on HIGH 10 minutes or until firm. Let cool until hardened. Store in covered container in refrigerator.

Cat Attack Cookies

Ingredients

1 cup Wheat Flour
1/4 cup plain Flour
1 teaspoon Catnip (This aids in digestion)
1 egg-raw
1/3 cup milk or "cat milk"
2 teaspoons wheat germ
1/3 cup powder milk
1 teaspoon molasses
2 teaspoons vegetable oil or butter
Procedure

Preheat oven to 350F

Mix all the ingredients together, roll out flat onto a lightly oiled cookie sheet and cut into small bite-sized pieces.

Bake for 20 minutes. Let cool and then store in a sealed container
kitty treats
A great treat to give your cats for christmas!!

Gingerbread Squares

For gift giving, place these moist squares in a parchment paper-lined gift box.

1 ¼ Cup all-purpose flour
1 t. ground ginger
1 t. ground cinnamon
½ t. baking soda

½ cup granulated sugar
½ cup low-fat buttermilk
½ cup molasses
1/3 cup butter, melted
1 large egg, lightly beaten
cooking spray

optional: powdered sugar

1. Preheat oven to 350
2. Lightly spoon flour into dry measuring cups, level with a knife. Combine flour, ginger, cinnamon and baking soda, stirring with a whisk.

3. Combine granulated sugar and next 4 ingredients in a large bowl, stirring with a whisk. Stir in flour mixture. Pour batter into a 9-inch square baking pan coated with cooking spray.
 4. Bake at 350 for 25 minutes or until a wooden pick inserted in center comes out clean. Cool in a pan on a wire rack.
- Cut 1 ¾ inch squares for gift giving, makes 25.

Warm Walnut Sauce

1 Cup packed brown sugar
½ cup heavy whipping cream
¼ cup corn syrup
2 T butter or margarine
½ cup chopped walnuts
½ t. vanilla extract

Combine brown sugar, cream, corn syrup and butter in a saucepan. Bring to a boil over medium heat, stirring constantly. Reduce heat; cook and stir 5 minutes longer. Remove from heat, stir in walnuts and vanilla. Serve warm over the gingerbread.

Holiday Trail Mix

½ Cup nuts (almonds are a good choice)
½ Cup dried cranberries
¼ cup sunflower seeds
¼ Cup carob chips
¼ cup peanuts

Mix all the ingredients together and keep in the refrigerator for freshness.

Place in clear holiday bags, tied with a ribbon. Take with you when you go shopping for a healthier way to snack on the run.

Makes about 12 servings.

Café 5050 Friendship Potpourri Pie

1 terra cotta saucer
1 scoop potpourri
1 handful of dough

1. Make the dough: 2 cups flour, 1 cup salt, 1 cup water. Combine the dry ingredients with a large spoon, then, slowly add the water. Knead till consistency feels good.
2. Fill the saucer with potpourri. Using a floured board, cut the dough into strips using a pizza cutter or a plastic knife. Arrange dough like a pie crust around the edge of the saucer. Use a fork or your fingers to make the edges pretty. You can make a lattice design on top.
3. Bake at 315 for about 30 minutes or until golden brown. Serve, but do not eat!

Once your pie has cooled on a wire rack, top it with dried orange slices or cinnamon sticks or fresh bay leaves or fresh pepper berries.

Every year you can freshen your pie by adding a few drops of essential oil and baking it again.

Winter Bird Feeder

Sugar cones
Smooth peanut butter
String
Birdseed

1. Use a thick needle or awl to pike two holes across from each other, just below the rim of a small sugar cone.

2. thread twine or sturdy string through holes; tie a knot.
3. Spread creamy peanut butter on cone with a plastic knife, then roll in birdseed.
4. Tie bird feeder to a branch and listen for the "thank you" chirps!

Pinecone Winter Bird Feeder

Pine Cone
Smooth peanut butter
Birdseed
String

Tie a piece of string at the top of the cone, making it long enough to tie on to a tree branch upon completion. Using a plastic knife, spread the peanut butter in between the cracks and crevices of the cone. Roll in the birdseed. Tie up outside and get your camera ready!

Festive Fruit Punch

A variety of fruity flavors mingles in this rosy refreshing punch.

1 Can (48 oz) pineapple juice
1 can (12 oz) frozen orange juice concentrate, thawed
 $\frac{3}{4}$ cup lemonade concentrate
1 cup water, divided
 $\frac{1}{2}$ cup sugar
2 large ripe bananas
1 package (20 oz) frozen unsweetened whole strawberries, thawed
2 liters ginger ale, chilled

In a punch bowl or large container, combine pineapple juice, orange juice concentrate, lemonade concentrate, $\frac{1}{2}$ cup water and sugar. Place bananas, strawberries and remaining water in a blender. Cover and process until smooth. Stir into the juice mixture. Cover and refrigerate. Just before serving, stir in gingerale.

Yield: 25-30 servings (about 5 quarts)