Knowledge @ Noon

GIFTS FROM THE KITCHEN

Wednesday, November 19, 2025

Marais Des Cygnes Extension District

K-STATE Research and Extension | Master Food Volunteer Marais des Cygnes District

Food Gifts from Your Kitchen

Fun to Make - Fun to Give

Have more fun during the holidays this year by personalizing your gifts. Gather the family or enlist your friends and put together a selection of attractive food gifts from your kitchen.

A gift from the kitchen is twice blessed; it gives pleasure to the giver as well as to the receiver.

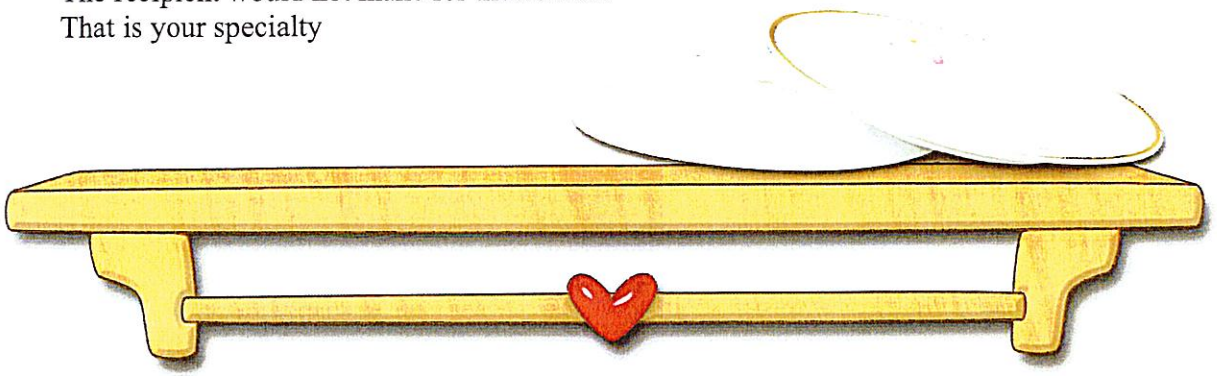
Many holidays are so commercialized that much of the true meaning of the holiday has been lost. While it is nice to give money or fancy gifts, no gift is more appreciated than those that are homemade or handmade. Those are the special gifts that come from the heart and take extra time and thought. Gifts created in your kitchen are a special way to share a little of yourself.

Food Gift Ideas

A gift from the kitchen does not need to be elaborate or be made of costly ingredients. It should be a bit out of the ordinary and something the receiver is not likely to make.

Try to match the gift of food to the food likes of the person who will receive it. When thinking about what you might give as a gift, think about something:

- You enjoy making
- You and your children or grandchildren could make together
- The recipient would not make for themselves
- That is your specialty

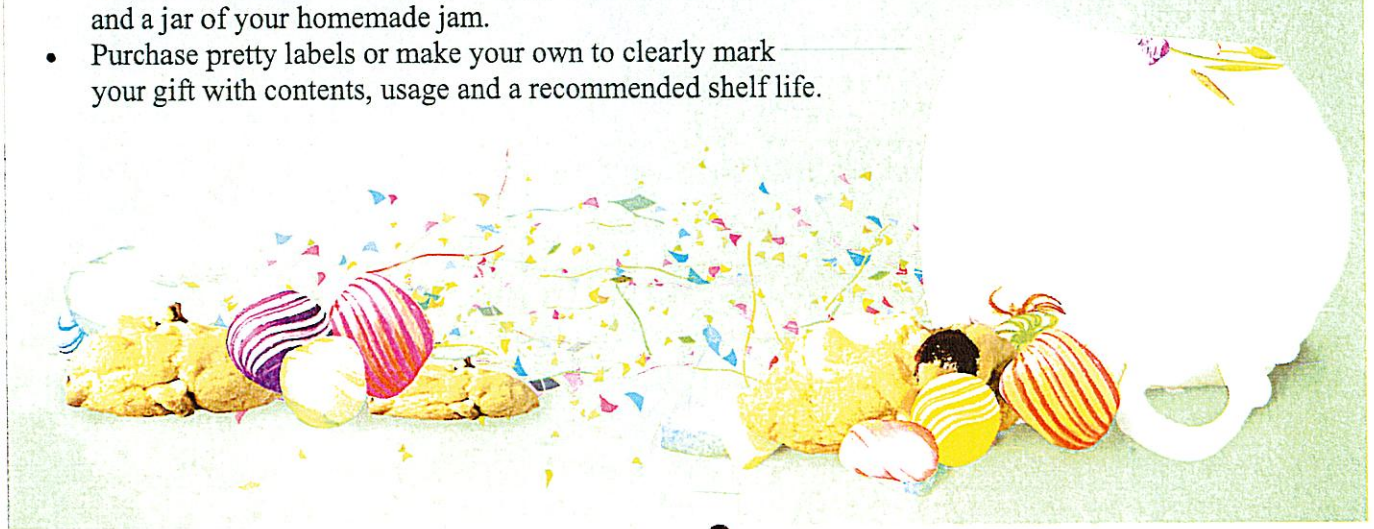


Presenting the Gift

The way the gift is presented can be almost as important as the food itself. In some cases it is nice to use a container that will be used after the food in or on it has disappeared. Flea markets and yard sales are great places to shop for these kinds of giveaway containers. Here are a few suggestions:

- A loaf of bread tied to a cutting board accompanied by a bread knife
- Tea or coffee blend in a bright canister or in a tea or coffee cup
- Jams, jellies, and other spreads in a reusable container with a spoon or spreader attached.
- Anything wrapped in a tea towel.
- Cookies in a flowerpot lined with plastic wrap instead of a cookie jar
- Unusually shaped cookies packed with their cutter
- A myriad of shaped jars, cruets, and bottles are readily available and relatively inexpensive to add to the presentation of your gift from the kitchen
- Metal tins are available in many shapes, colors, patterns and sizes. Line with a nonreactive colored tissue paper before loading it with goodies. Moist foods should also be wrapped in cellophane or plastic wrap.

- Gift bags are inexpensive. Most are plastic coated, making them a good choice for moist foods. You can easily make a "peek" window in these pretty bags by cutting out a square or shape from the side of the bag and gluing or taping cellophane or plastic wrap to cover the opening. Staple bags shut, tack on a bow. Or, line with pretty tissue paper, allowing the paper to peek out the top. You can also decorate your own bags for that added personal touch.
- Over-sized coffee mugs and soup mugs make good reusable containers for food gifts. Fill a bit over-flowing the brim. Place on the center of a large piece of colored cellophane, gather the ends at the top and secure with a ribbon.
- Baskets are always a favorite. You can decorate them with paint or line with a pretty linen napkin. Create gift baskets that have a central theme. Some ideas include:
- "Breakfast Basket" Make your favorite quick bread, wrap it in cellophane and tie with a pretty ribbon. Include a jar of homemade jam.
- "Movie Night Basket" Make flavored popcorn and package it in nice bags with ribbons. Then add a couple of boxes of your favorite movie theater candy and a gift card for a free movie.
- "Sugar Cookie Basket" Make your own vanilla sugar and place in a pretty jar. Include your favorite recipe for sugar cookies, some cookie cutters and some cookie decorating supplies (sprinkles, colored sugar, etc.).
- Pick up orphan plates and platters at yard sales, flea markets, thrift store, or store bargain bins to use for giving cookies and cakes.
- Save empty potato chip cans (such as Pringles). Wash insides and let them dry thoroughly. Use decorative contact paper or glue on gift-wrapping paper to cover the outside of the can. Stack cookies or fill with spiced nuts or candies, seal, and top with a fancy bow.
- Miniature kitchen tools are cute, functional, and make great package decorations such as mini egg whisks.
- Lidded clear plastic containers even come in colors and can be used to hold various food items from snack mixes, to cookies, to candy. Dress them up by gluing a fabric or paper skirt around the bottom and coordinating insert into the outer indentation of the lid. A bow on top completes the package.
- Make a holiday food gift on a dressed up platter, tray or framed mirror.
- Purchase special decorated gift boxes, bags and other decorated containers for a quick and easy package for your favorite homemade goodies.
- Foil pans have the benefit of being portable and disposable and perfect to put holiday goodies in. Add some ribbon or bows and you have a quick and easy gift.
- Remember anything goes! Containers can include cookie jars, soup pots, bowls, cake pan, pie plate, pottery bowls, mugs, parfait glasses and more.
- You do not have to make every item in your basket or gift container. Example: make a gift basket with store-bought tea, local honey, cloth napkin, mugs, jam pot, silver spoon and a jar of your homemade jam.
- Purchase pretty labels or make your own to clearly mark your gift with contents, usage and a recommended shelf life.



UNIVERSITY OF IDAHO
College of Agriculture

GIFTS FROM YOUR KITCHEN

Christmas *Birthdays*
Anniversaries *Good Neighbors*
When Friends Are Leaving

BARBARA BRANTHOOVER

IDAHO Agricultural
Extension Service

BULLETIN 306
July 1959

GIFTS FROM YOUR KITCHEN

BARBARA BRANTHOOVER*

We all know what it is to shop for a gift of just the right sort and be unable to find it. The experience leaves us tired, disgusted, and with that feeling that tells us "it may not be worth it after all." Sometimes we give up and send money or some second-rate gift without personality, originality, or any of the qualities that make up the thoughtful gift.

We think most about gifts at Christmas time, but we often want to give at other times, too. Gifts show thoughtfulness for sick friends; they show our regard for neighbors and friends, and the concern we feel when someone we have come to care for leaves our neighborhood.

Here are simple suggestions that may help you to solve such a problem the next time you have to go "gift hunting." The materials are right in your own kitchen or garden. The gift will be the more appreciated because you had a hand in producing it rather than buying it from a store. Try some of the suggestions. Other folks have used them and have had a great deal of satisfaction from them.

GIFT IDEAS

1. Tie a bright red ribbon on a huge winter squash to make a welcome gift.
2. Assemble small jars to carry a variety of your favorite salad dressing to a special friend.
3. Share a jar of mincemeat or a bottle of catsup from your pantry shelf.
4. A pint of whipping cream can give your city cousins a real treat.
5. Give a roll of unbaked cooky dough. Include directions for baking.
6. Put a dozen farm-fresh eggs in a gaily decorated box. Tuck in your favorite omelet recipe if you want to.
7. Make a jar of spicy barbecue sauce. Wrap it gaily. Send it with padded "barbecue mitts" to the "chef" of the family.
8. Make up herb bouquets for gifts to those who "have everything."
9. Use a large garden basket as the container for your home grown fruits or vegetables. Fill the basket with squash or apples. Decorate with shiny, green leaves and red berries.
10. Pack clusters of evergreen sprigs with jars of your choicest jams and jellies.
11. Sew two mesh dish cloths together to make a bag for fruits, vegetables or nuts. Decorate with cones or seedpods.
12. For friends with freezer storage space, wrap up a recipe's worth of your special casserole, or other frozen taste treat. Tape on instructions for final preparation.
13. Give fragrant sugar-coated doughnuts in a gay, red cellophane-covered basket.
14. Bake individual steamed puddings in custard cups. Tie the hard sauce in a waxed paper bag to accompany the gift-puddings.
15. Put salted or spiced nuts in paper cartons covered with aluminum foil.
16. Wrap individual mincemeat pies in cellophane. Tag each one for the person to whom it is to go.
17. Bake tender loaves of oatmeal or bran bread in glass bread pans to give to your busy homemaker friends.
18. Make a gift box from an empty cereal carton for your cooky assortment.

HOLIDAY BAKING

For America, holiday baking can be a friendly mingling of Old World tradition with New World adaptations. In true neighborly fashion we have exchanged recipes with our friends around the world. Food speaks

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an international language and a friendly one, too. Originally many of our traditional holiday delicacies had their own stories. Gradually the stories have changed and been forgotten, but the bread and cookies still belong to holidays and gift giving. And many of us are finding such foods as good for summer time gifts or gifts in other seasons of the year as they are for Christmas or other holidays. Try some of them the next time you need a gift with individuality.

German Stollen looks like a huge Parkerhouse roll studded with fruits and nuts. Vanocka, made by piling braid upon braid of dough to form a scalloped loaf, is the Bohemian version. The Feast Cake of Greece is three round loaves baked together to resemble a three-petaled flower. Basic sweet yeast dough is the foundation for all of these.

Foundation Sweet Dough

2 packages yeast (compressed or dry granular)
¼ cup lukewarm water
1 cup milk
¼ cup butter
½ cup sugar
1 teaspoon salt
2 eggs, beaten
1 teaspoon grated lemon rind, if desired
5 cups sifted flour (about)

Soften yeast in water between 95° and 105°. (Near 95° for compressed yeast and near 105° for active dry yeast.) Scald milk. Add butter, sugar and salt. Cool to lukewarm (95° or less). Add flour to make a thick batter. Add yeast, eggs, and lemon rind. Beat well. Add enough more flour to make a soft dough. Turn out on lightly floured board and knead until satiny. Place in a greased bowl, cover and let rise until double in bulk. When light, punch down. Shape into tea rings, rolls, or coffee cakes. Let rise until double in bulk. Bake in a moderate oven 375° for 25 to 30 minutes for coffee cakes, 20 to 25 minutes for rolls. Yield: Two 12-inch tea rings or about 3½ dozen rolls.

One of the most gracious "good neighbor" gifts imaginable is a fresh holly wreath coffee cake for Christmas breakfast. The Swedish tea ring with cinnamon roll petals becomes a really festive wreath when you decorate with sugar icing and dot it with candied cherries and bits of citron.

Try baking a Christmas tree coffee cake. You can make one simply by swirling rolls of dough back and forth on the baking sheet to form the tree. All sorts of holiday sweets anchored in the branches will give the tree sparkle. Wrap it in bright cellophane for the friend you want to please. It's a gift that carries real heart-warming spirit.

QUICK BREADS

Date Bread

1 cup chopped dates
1 teaspoon soda
1 cup boiling water
1 cup sugar
1 egg
½ teaspoon vanilla
1¾ cups all-purpose sifted flour
½ cup chopped walnuts
3 Tablespoons melted butter

Dissolve soda in water and pour over dates. Mash well with potato masher and cool. Combine all the remaining ingredients. Add the date mixture. Pour into well greased 9" x 5" x 3" loaf pan. Bake in a moderate oven (350°) for about 1 hour, or until a wooden pick thrust into the center comes out clean.

Cranberry Nut Bread

2 cups cranberries (washed and cut in half)
¾ cup coarsely cut pecans
1 egg
1/3 cup orange juice
2/3 cup water
2 Tablespoons butter, melted
2 cups sifted all-purpose flour
1 cup plus 2 tablespoons sugar
1¾ teaspoons baking powder
1 teaspoon salt
½ teaspoon soda
1 teaspoon grated orange rind

Mix the cranberries with half the sugar. Let stand while preparing rest of ingredients (about ½ hour). Sift remaining sugar, flour, baking powder, salt and soda together. Combine the well beaten egg with the orange juice and water. Add melted butter. Add liquid all at once to dry ingredients. Stir only enough to moisten all ingredients. Add nuts, orange rind and cranberries. Blend, but do not overmix.

Pour into well greased 9" x 5" x 3" loaf pan and **let stand** 20 minutes. Bake in moderate oven (350°) for about 70 minutes or until it tests done. Let set in pan 10 minutes before removing.

TREATS FROM YOUR COOKIE JAR

Holiday time is cooky time. Cookies make nice fill-ins for the boxes you send to the folks away from home. Many kinds of cookies are simple and fun to make. Here are some varieties that pack well:

Dream Bars

½ cup shortening
½ teaspoon salt
½ cup brown sugar
1 cup sifted flour

Mix ingredients well. Pat into unoiled 9" x 12" pan. Bake 15 minutes in 350° oven or until slightly brown.

Blend following ingredients and spread over this layer:

1 cup brown sugar
1 teaspoon vanilla
2 beaten eggs
2 Tablespoons flour
½ teaspoon baking powder
¼ teaspoon salt
1½ cups coconut
1 cup chopped nuts

Bake 15 to 20 minutes in 350° oven. Cut while still warm. Makes 30 cookies 1" x 2".

Chocolate Delights

2 cups sifted flour
1 teaspoon baking powder
1 teaspoon salt
½ cup lard
¾ cup chopped nuts
1 cup sugar
2 eggs
1 teaspoon vanilla
1 (8-oz. pkg.) chocolate bits

Sift flour with baking powder and salt. Cream lard, add sugar and continue creaming. Add eggs and vanilla and beat until fluffy. Add sifted dry ingredients. Mix thoroughly. Spread in greased 8" x 12" pan. Sprinkle with chocolate bits, spread with meringue, sprinkle with nuts. Bake in 350° oven for 35 to 40 minutes.

Meringue

2 egg whites — 1 cup brown sugar — 1 teaspoon vanilla

Beat egg whites until stiff. Add sugar and vanilla slowly and continue beating until smooth.

When cookies are cool cut in 2-inch squares. Makes 24 squares.

FANTASY FUDGE

1 12 OZ. PACKAGE CHOCOLATE CHIPS

1 C. CHOPPED NUTS

3 C. SUGAR

2/3 C. EVAPORATED MILK

1 t. VANILLA

¾ C. BUTTER

1 7 OZ. JAR MARSHMALLOW CRÈME

Combine sugar, butter, and evaporated milk, bring to a rolling boil, stirring constantly (don't burn). Boil 5 minutes over medium heat, stirring constantly. Remove from heat. Stir in chocolate chips. Add marshmallow crème, nuts, and vanilla and beat until blended. Pour into a greased 9 x 13 inch pan and let harden.

Beverly Burke

PANERA CREAM CHEESE POTATO SOUP

4 C. CHICKEN BROTH

4 C. POTATOES, PEELED AND CUBED (I USE 6+ C.)

¼ C. MINCED ONIONS

½ t. SEASONED SALT

¼ t. WHITE PEPPER

¼ t. GROUND RED PEPPER

8 OZ. CREAM CHEESE, CUT INTO CHUNKS AND THEN AT ROOM TEMPERATURE.

Combine all ingredients except cream cheese. Bring to a boil and boil until potatoes are tender. Smash a few of the potatoes to release the starch to thicken. Reduce to low heat. Add cream cheese. Cook over low heat until cream cheese melts.

Note: this is the 'old' Panera potato soup recipe. They discontinued selling it but brought it back recently with a different version (not nearly as good IMO) I'd keep this one handy-it's delicious.

Beverly Burke

Parmesan Basil Tomato Soup (Slow Cooker)

2 Tbsp butter, unsalted

1 cup chopped onions

2 diced medium carrots

1 (15 oz) can unsalted tomato sauce

2 (28 oz) cans San Marzano Tomatoes

¼ cup roasted garlic cloves

¼ cup sun dried tomatoes

1 Tbsp Sugar

¼ tsp dried basil

½ tsp Italian Seasoning

4 cups low sodium broth (chicken or vegetable)

1 parmesan rind (optional)

1 bay leaf

3 Tbsp basil pesto

2 Tbsp Balsamic vinegar

1 cup packed fresh Basil leaves

1-2 cups half and half

Nutrition Facts

Amount per 1 serving (12.6 oz)	358 g
Calories 131	**From Fat** 56
	% Daily Value*
Total Fat 6.4g	10%
Saturated Fat 2.3g	12%
Trans Fat 0.1g	
Cholesterol 8mg	3%
Sodium 197mg	8%
Total Carbohydrates 15g	5%
Dietary Fiber 2g	10%
Sugars 5g	
Protein 6g	12%
Vitamin A 95% • **Vitamin C** 98%	
Calcium 7% • **Iron** 8%	

* Percent Daily Values are based on 2000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

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1) Heat the butter in a large skillet over medium heat. Add the onions and cook until they start to turn translucent, about 2-3 minutes. Add the carrots and continue to cook for 1-2 minutes, stir them around so they cook evenly.

2) Transfer the cooked vegetables into a 6 quart or larger slow cooker. Add the tomato sauce, tomatoes, roasted garlic, sun-dried tomatoes, sugar, dried basil, Italian seasoning, broth, Parm. rind (if using) bay leaf, basil pesto and balsamic vinegar. Cover and cook on Low for 6-8 hours, or 3-4 hours on high.

Easy Pumpkin Spice cake

1 spice cake mix
1 bag cinnamon chips
1 can pumpkin
Mix all together.
Bake in Bundt pan that has been greased at 350 degrees for 40 minutes. Test with pick. Serve with whipped cream.

Gayle Plummer MFV

Nutrition Facts

Amount per 1 serving (3.3 oz)	92 g
Calories 199	**From Fat** 18
	% Daily Value*
Total Fat 2.1g	3%
Saturated Fat 1.2g	6%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 531mg	22%
Total Carbohydrates 46g	15%
Dietary Fiber 2g	9%
Sugars 23g	
Protein 3g	5%
Vitamin A 124% • **Vitamin C**	3%
Calcium 11% • **Iron**	12%

* Percent Daily Values are based on 2000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

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Nutrition Facts

Amount per 1 serving (1.4 oz)	39 g
Calories 129	**From Fat** 90
	% Daily Value*
Total Fat 10.1g	16%
Saturated Fat 2g	10%
Trans Fat 1.7g	
Cholesterol 50mg	17%
Sodium 156mg	7%
Total Carbohydrates 6g	2%
Dietary Fiber 0g	2%
Sugars 1g	
Protein 4g	7%
Vitamin A 38% • **Vitamin C**	0%
Calcium 2% • **Iron**	4%

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Dressing

1 loaf bread crumbs
Handful of onions and celery, diced
Giblets, cooked and chopped
1 stick of melted oleo
1/2 t. sage
Combine ingredients and mix in enough water to make soppy. Pour over some of the giblet stock. Bake for 1 hour at 350 or until brown.

Gayle Plummer MFV

Chocolate Covered Peanuts

½ Package Chocolate Almond Bark

1 jar salted peanuts

Melt almond bark according to package directions. Stir in jar of peanuts. Drop by teaspoon-full on to parchment paper.

Debi Doering

Nutrition Facts

Amount per 1 serving (0.8 oz)	23 g
Calories 120	**From Fat** 60
	% Daily Value*
Total Fat 6.7g	10%
Saturated Fat 4.2g	21%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 18mg	1%
Total Carbohydrates 13g	4%
Dietary Fiber 1g	3%
Sugars 12g	
Protein 2g	3%
Vitamin A 1% • **Vitamin C**	0%
Calcium 4% • **Iron**	3%

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Fiesta Dip Mix

Spices for mix:

1 ½ tsp dried parsley

1 ½ tsp dried minced onion

¾ tsp dried chives

1 ½ tsp chili powder or crushed red pepper

¾ tsp ground cumin

¼ tsp salt

To make the dip:

½ cup sour cream or yogurt

½ cup mayonnaise

In a medium bowl combine the ingredients and whisk together. Refrigerate 2-4 hours before serving.

Debi Doering

Nutrition Facts

Amount per 1 serving (1 oz)	29 g
Calories 123 **From Fat** 112	
	% Daily Value*
Total Fat 12.4g	19%
Saturated Fat 2.9g	14%
Trans Fat 0g	
Cholesterol 11mg	4%
Sodium 185mg	8%
Total Carbohydrates 2g	1%
Dietary Fiber 0g	1%
Sugars 0g	
Protein 1g	3%
Vitamin A 5% • **Vitamin C** 1%	
Calcium 3% • **Iron** 2%	

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Cucumber sandwich

Cucumber Sandwiches (Allrecipes)
Serves 35
1 8 oz pkg cream cheese
1/2 cup mayo
1 pkg dry Italian salad dressing mix
2 loaves French bread cut into 1" slices
2 medium cucumbers sliced
1 pinch dried dill weed
In medium bowl mix cream cheese, mayo and Italian salad dressing mix. Refrigerate 6 hours or overnight. Spread the mixture onto slices of French Bread. Top with cucumber slice and sprinkle with dill weed.
Debi Doering

Nutrition Facts

Amount per 1 serving (1.7 oz)	47 g
Calories 105	**From Fat** 35
	% Daily Value*
Total Fat 4g	6%
Saturated Fat 1.6g	8%
Trans Fat 0g	
Cholesterol 8mg	3%
Sodium 202mg	8%
Total Carbohydrates 14g	5%
Dietary Fiber 1g	3%
Sugars 2g	
Protein 3g	7%
Vitamin A 2% • **Vitamin C** 1%	
Calcium 2% • **Iron** 6%	

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Big Batch Sugar Cookies

2 cups Butter

2 cups Sugar

2 Eggs

2 tsp Vanilla

6 cups Flour

1 tsp Baking Powder

1 tsp Salt

Cream Butter and Sugar. Add Eggs and Vanilla. Mix Dry ingredients and add to butter mixture. Mix well. Chill in 3 large pancake shaped discs wrapped in saran wrap for 15-30 minutes. Preheat oven to 350. On parchment paper roll out dough between 1/8-1/4" thick using a rolling pin with a stocking sleeve on it. If you're having difficulty with your dough breaking in delicate areas, try chilling the dough more, this will often help. Bake on cookie sheet for 8-10 minutes or until the cookies are slightly browned on the edges. This recipe will make approximately 3-4 dozen average sized cookies.

Kim Wernsman

Nutrition Facts

Amount per 1 serving (1.3 oz)	36 g
Calories 160 **From Fat**	71
	% Daily Value*
Total Fat 8g	12%
Saturated Fat 4.9g	25%
Trans Fat 0.3g	
Cholesterol 28mg	9%
Sodium 120mg	5%
Total Carbohydrates 20g	7%
Dietary Fiber 0g	2%
Sugars 8g	
Protein 2g	4%
Vitamin A 5% • **Vitamin C**	0%
Calcium 1% • **Iron**	4%

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Vanilla dipped Gingersnaps

2 ½ c sugar, divided

1 ½ c oil

2 eggs

½ c dark molasses

4 c All Purpose Flour

4 tsp Baking Soda

1 Tbsp. Ground Ginger

2 tsp. Cinnamon

1 tsp. Salt

10 oz. Vanilla Almond Bark. Coarsely chopped.

Combine 2 cups sugar and oil, mix well. Add eggs one at a time, beating well after each addition. Stir in molasses.

Combine Flour, baking soda, ginger, cinnamon and salt in a separate bowl; gradually blend into molasses mixture.

Shape dough into 1 inch balls and roll in remaining sugar; place 2 inches apart on ungreased baking sheets. Bake at 350 for 10-12 minutes. Remove to wire racks to cool.

In a microwave safe bowl, melt almond bark, stir until smooth. Dip each cookie halfway, allow excess to drip off. Place cookies on wax paper to harden.

Makes about 7 dozen

Gooseberry Patch Christmas Book 9

Ginger Snap Cookie

¾ c shortening

1 c Sugar

¼ c Molasses

1 Egg

2 c Sifted Flour

¼ tsp. Salt

2 tsp. Baking Soda

½ tsp. Ground Cloves

1 tsp. Cinnamon

1 tsp. Ginger

Cream shortening and sugar until fluffy. Add molasses and egg, beat well.

Add sifted dry ingredients and mix thoroughly. Make into approximately 1 inch balls. Shake in a cup with a small amount of sugar.

Place on an ungreased baking sheet and bake at 375 for 10-12 minutes. A red hot on top of the ball before cooking adds flavor and decoration.

Makes approx.. 3 dozen, double recipe for 6 dozen

Vanilla Dipped Gingersnaps

Nutrition Facts

Amount per
1 serving (0.8 oz) 22 g

Calories 104	**From Fat** 45
	% Daily Value*
Total Fat 5.1g	8%
Saturated Fat 1.3g	6%
Trans Fat 0g	
Cholesterol 1mg	0%
Sodium 93mg	4%
Total Carbohydrates 14g	5%
Dietary Fiber 0g	1%
Sugars 9g	
Protein 1g	2%
Vitamin A 0% • **Vitamin C**	0%
Calcium 1% • **Iron**	2%

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Ginger Snap Cookie

Nutrition Facts

Amount per
1 serving (0.7 oz) 21 g

Calories 92	**From Fat** 38
	% Daily Value*
Total Fat 4.4g	7%
Saturated Fat 1.1g	5%
Trans Fat 0.6g	
Cholesterol 0mg	0%
Sodium 89mg	4%
Total Carbohydrates 13g	4%
Dietary Fiber 0g	1%
Sugars 7g	
Protein 1g	2%
Vitamin A 0% • **Vitamin C**	0%
Calcium 1% • **Iron**	3%

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Chocolate Truffle Cookies

Nutrition Facts

Amount per
1 serving (0.8 oz) 21 g

Calories 100	**From Fat** 52
	% Daily Value*
Total Fat 6g	9%
Saturated Fat 3.8g	19%
Trans Fat 0.2g	
Cholesterol 10mg	3%
Sodium 32mg	1%
Total Carbohydrates 12g	4%
Dietary Fiber 1g	2%
Sugars 7g	
Protein 1g	2%
Vitamin A 2% • **Vitamin C**	0%
Calcium 1% • **Iron**	3%

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Poppy Seed Bread

3 eggs

2 ¼ c. sugar

3 c. Flour

1 ½ t. Baking powder

1 ½ t. Salt

2/3 c. Oil

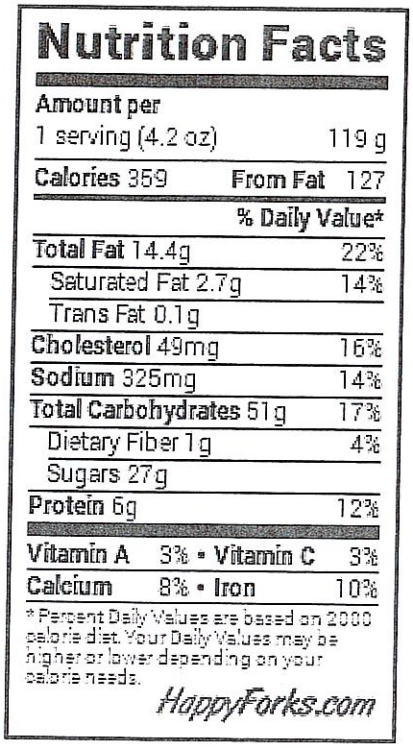
1 ½ c. Milk

1 ½ t. Vanilla

1 ½ t. Almond Flavor

1 ½ t. Butter Flavor

1 ½ t. Poppy Seeds



Nutrition Facts

Amount per 1 serving (4.2 oz)	119 g
Calories 359	**From Fat** 127
	% Daily Value*
Total Fat 14.4g	22%
Saturated Fat 2.7g	14%
Trans Fat 0.1g	
Cholesterol 49mg	16%
Sodium 325mg	14%
Total Carbohydrates 51g	17%
Dietary Fiber 1g	4%
Sugars 27g	
Protein 6g	12%
Vitamin A 3% • **Vitamin C** 3%	
Calcium 8% • **Iron** 10%	

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Glaze

¼ c. Orange Juice

¾ c. Powdered Sugar

½ t. Butter Flavor

½ t. Almond Flavor

½ t. Vanilla Extract

Mix all ingredients and bake at 350 for 1 hour. This makes 2 loaves. Cool for 5 minutes and pour on glaze.

Karen Nelson

Spritz Cookies

1 c. sugar

2 c. butter

2 eggs

3 ½ c. Flour

1 ½ tsp. Almond Flavoring

Cream butter and sugar. Add eggs, beat well. Add flavoring and flour. Mix well. Put in cookie press, and make into desired shape on to ungreased cookie sheet. Bake 8-10 minutes at 350 degrees.

Karen Nelson

Nutrition Facts

Amount per 1 serving (0.9 oz)	25 g
Calories 120 **From Fat**	70
	% Daily Value*
Total Fat 7.9g	12%
Saturated Fat 4.9g	25%
Trans Fat 0.3g	
Cholesterol 27mg	9%
Sodium 64mg	3%
Total Carbohydrates 11g	4%
Dietary Fiber 0g	1%
Sugars 4g	
Protein 1g	3%
Vitamin A 6% • **Vitamin C**	0%
Calcium 1% • **Iron**	3%

* Percent Daily Values are based on 2000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

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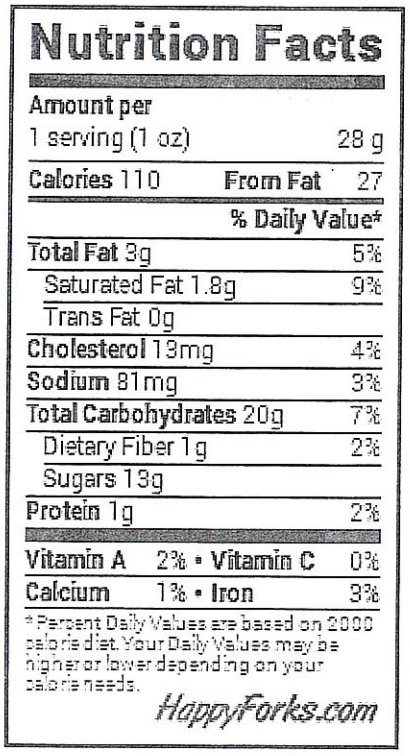
Chocolate Double Chocolate Chip Mint Cookies

Makes 24 small/medium cookies Preheat oven to 375 degrees.

1 cup flour
½ teaspoon baking soda
½ cup unsalted butter
½ granulated sugar
2 teaspoons vanilla
1/3 cup cocoa powder
½ teaspoon salt
½ cup light brown sugar
1 large egg
1 cup Ghirardelli Peppermint Mix in Bark

In a mixing bowl, mix together flour, cocoa powder, baking soda and salt.
In another mixing bowl, beat butter and sugars until light and fluffy.
Add egg and vanilla.
Add flour mixture, then stir in chip mix.
Scoop 1 ½ tablespoon size balls of the dough 2 inches apart onto a cookie sheet.
Bake 10 minutes.

From Judy Welter



Nutrition Facts

Amount per 1 serving (1 oz)	28 g
Calories 110 — **From Fat**	27
	% Daily Value*
Total Fat 3g	5%
Saturated Fat 1.8g	9%
Trans Fat 0g	
Cholesterol 13mg	4%
Sodium 81mg	3%
Total Carbohydrates 20g	7%
Dietary Fiber 1g	2%
Sugars 13g	
Protein 1g	2%
Vitamin A 2% • **Vitamin C**	0%
Calcium 1% • **Iron**	3%

* Percent Daily Values are based on 2000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

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