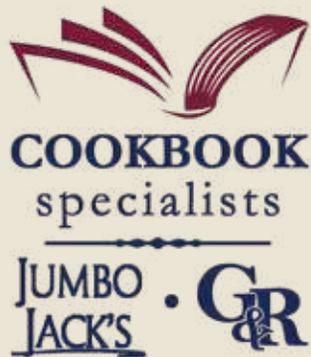


Cookbook Guide



Continuing an
Amazing Tradition
Helping you create custom
cookbooks for fundraisers,
businesses and families!



505 20th Avenue SW, Independence, IA 50644
403 Market Street, Audubon, IA 50025
800-383-1679

book@cookbookspecialists.com
www.cookbookspecialists.com





Welcome to Cookbook Specialists

Continuing the tradition of excellence creating custom cookbooks, utilizing the combined expertise of Jumbo Jack's, G&R Publishing, Brennan Printing and General Publishing and Binding.

We offer personalized customer service at the highest level and are dedicated to helping you create a quality keepsake cookbook that will be treasured for generations.

Custom Cookbooks are Perfect for:

Individuals / Groups / Businesses

Churches / Schools

Communities

Chefs / Nutritionists / Food Bloggers / Restaurant Owners

Preserving Memories

Gifts

Fundraising

We also offer:

- Calendars • Planners • Town Celebration Books • Class Reunion Books •
- Family History • Self-Published Poetry and Prose • Large Scale Printing Projects •
- Children's Books • Ready-to-Order Specialty Books •

Hours: 8am-4:30pm Monday-Thursday and 8am-12pm Friday (CST)

800-383-1679

or you can email us any time at book@cookbookspecialists.com

If you prefer, you can schedule a visit at one of our offices
(Audubon, Iowa or Independence, Iowa).

Let this be the year your cookbook is printed!



Check out our **Cookbook Blog** for help on creating and marketing your custom cookbook at <http://www.cookbookspecialists.com/blog/>
There you will find a variety of topics, so you can choose the ones that apply to your project.



Scan me

Email us today
book@cookbookspecialists.com

2

800-383-1679
www.cookbookspecialists.com

Easy, Affordable Cookbooks

Cookbook Specialists offers an easy path to a finished cookbook with these options.

Pre-Designed Options

- Pre-Designed Cover (*pages 9 to 19*)
- Standard Title Page
- Table of Contents
- 5 Personal Pages (*page 20*)
- 8 Dividers (*pages 9 to 19*)
- Choice of 6 Recipe Designs and 8 Typestyles (*page 22-23*)
- Alphabetical Index by Category
- Optional Order Form/Sales Page in the back of the book
- Plastikoil Spiral Binding (*page 26*)



Cookbook Pricing is Based on Page Count

Prices are based on average-sized recipes with directions in paragraph form. If recipes are in step form (directions on individual lines) or include extra spacing, they may take more pages than average recipes. All cookbooks will be priced on final page count once the layout process has been completed. You will receive a final quote with your proof.

We will certainly work with you to customize your book if you choose and encourage you to contact us with questions and ideas.

The contents of your recipes are not changed.

If you are mailing recipes, edit them first. Our typists will standardize abbreviations as they type your recipes. Nutritional information at the bottom of recipes will be left off to save space and allow a more economical book.

*If nutritional information is required, please be sure to specify that when sending in your recipes.



Copyright - According to the copyright office, a list of ingredients is not copyrightable. It's always a good idea to submit your recipes in your own words and with your variations added. That's what makes those recipes yours. Copyrighted images cannot be used in your cookbook unless you provide a copyright release form from that person.

Questions? Call or Email! - Reach out to us by phone or email. If we are busy helping other customers, please leave a message that includes the number to reach you. We ask that you repeat the phone number slowly so that we can get it noted and call you back right away.

800-383-1679

Office Hours: Monday - Thursday 8am-4:30pm and
Friday 8am-12pm CST.

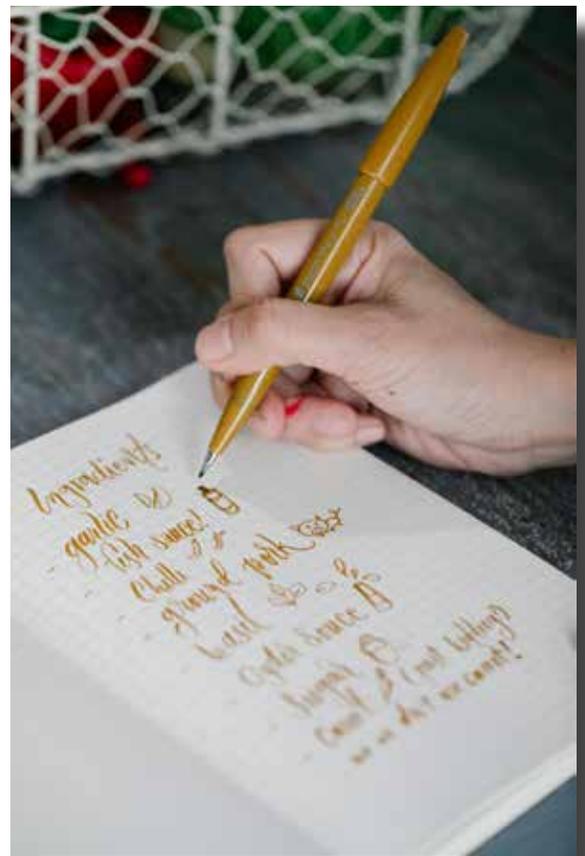
Email us today
book@cookbookspecialists.com

3

800-383-1679
www.cookbookspecialists.com

Choose Your Cookbook Journey

As you start your project consider what type of cookbook you will create. What type(s) of recipes do you want to include, how many of them and how many books you will have printed.



Book Size - We offer several book sizes.

- 5 1/2" x 8 1/2" - Our most popular and economical size.
- 7" x 8 1/2" - Suitable for books with more than 800 recipes.
- 8 1/2" x 11" - Typically used for history books and family genealogy, and occasionally for cookbooks.

Photos - Personalize your book by adding black and white photos to the personal pages in the front of the book. Or design a custom cover or dividers from your images. Personal pages can be printed in color for a nominal fee.

PLEASE NOTE: Send images as JPG, PNG or PDF files in at least 300 dpi. Photo quality in your book is only as good as the image you send in.

Customization - Your book is completely customizable and our goal is to exceed your expectations. You can submit your book print ready, or we can design and create it from scratch. We provide flexible options to create a high quality book that will become a treasured family heirloom or a valued item for fundraising or profit.



Cookbook Proof - Once we have all the information for your book and deposit (if required), we will format your book. You will receive a free PDF proof copy of your book before it goes to press. If you prefer a hard copy proof, there is a \$25 fee and the corrections must be returned before printing (see page 29).

Time Frame - Most orders take 4 to 6 weeks from the time the order is submitted.



Tips for Fundraising with Cookbooks

These tips are also useful for
Professional & Family Cookbooks

✓ Select a committee of 3 to 6 people and a chairperson. These people collect materials, plan, promote and organize sales. The chairperson will be the main contact between your group and Cookbook Specialists.

✓ For fundraising books, set a goal for the amount of money your group wishes to raise selling the cookbooks.

This will help you figure out the price to put on the book. This will also help you decide how many recipes are needed and the number of books to order.

✓ Pricing guidelines: Most groups sell books for roughly twice what they pay. For example, if your book cost is \$5 then the selling price would be \$10 to \$15. It's best to set the book price for a little higher and then offer discounts for people who purchase multiple copies. For example, books priced at \$15 each can be sold 2 for \$25. This also allows you to offer coupons or discounts for purchasing a book during an event.

✓ People providing recipes for the cookbook are called contributors. The more contributors you have, the more cookbooks you will likely sell. Give contributors an idea of how many recipes you would like them to submit and ask them how many books they would like to pre-order.

✓ Check recipes as they are submitted to make sure directions are complete. This saves you time during the proofing process. If submitting handwritten recipes to be typed, make sure they are easily readable and that the contributor's name is printed.

✓ Create a marketing plan for when your book arrives.

- Keep a pre-order list.
- Promote the book in your community with resources like social media and local media outlets.
- Check with local businesses and organizations about selling/promoting your book.
- Consider having an event like a potluck or bake sale to feature the books.
- Pre-sales are a great way to earn money before the invoice arrives. It also gives you a better idea how many books you need.



Order online or mail your order to:
403 Market Street, PO Box 247, Audubon, IA 50025

Email us today
book@cookbookspecialists.com

5

800-383-1679
www.cookbookspecialists.com

Recipe Submission

Easy Online Recipe Submission

You will receive a 10% discount off the base price for typing your own recipes!



*Check out our
YouTube Channel*

*There are videos on how to
set up a web account,
enter recipes, invite
contributors and more.*

- 1** ***Get Started***
Create a FREE, no obligation account at www.cookbookspecialists.com. Enjoy the freedom of typing your own recipes AND a per-book discount.
- 2** ***Enter and Edit Recipes***
Type recipes in your account or have contributors enter their recipes into the account using a contributor login. Recipe forms can be used to collect recipes from contributors who don't have computer access. *We offer a FREE online Recipe Library to boost the number of recipes in your book. Access the library from your web account and add up to 500 recipes! Assign your own category and/or contributor!
- 3** ***Proofread*** (before submitting)
You are responsible for proofreading your recipes/book. Before submitting, make sure all recipes are in the correct category and organized in the order you would like them to appear. Next, proofread to check for grammatical, spelling and punctuation errors and that the recipes are complete and no steps are missing.
- 4** ***Design***
Select your cookbook design right from our website and submit your order. Please note that you must initial at the bottom of the "ship to" page to finish the web submit.
- 5** ***Proofing Process***
Once we have all the information needed for your order and a deposit (if required), we will lay out your book. We will email you a free PDF proof before the book goes to press. If you prefer a hard copy proof there is a \$25 fee. Corrections and approval must be returned prior to printing. Web submitted orders usually take 2 to 5 days to complete and go to proof (see page 29 for more information on the proofing process).

Recipe Submission

Mail Your Recipes to be Typed

*For orders of 100 or more books, you can mail your recipes in to be typed by our talented group of typists for FREE (*some exceptions apply).*

Fewer than 100 books, the typing fee is \$1.00 per recipe.

1 *Gather Recipes*

Collect recipes or request at last three recipes from each contributor. Set a deadline date to ensure recipes are submitted in a timely manner. Recipe forms can be requested for free, or downloaded from our website. Recipes do not have to be on recipe forms and can be typed or handwritten. We just ask that they are submitted one recipe per 8 1/2" x 11" sheet.

2 *Organize Recipes*

Choose divider/category titles and separate recipes into those categories. Then put recipes into the order you want them to appear in each category. Number each recipe, starting with the first recipe in the first category and continuing to the last recipe in the last category. (For example: *Appetizers, Beverages & Dips 1-32, then Soups & Salads 33-67, etc.*) **Please make copies of all recipes for your use during the proofing process, as we do not return them.** If return is required, shipping will be added to your final invoice. Separate each recipe section and mark them with the divider title and the recipe numbers contained within. Envelopes, file folders or gallon storage bags work well.

3 *Design Your Cookbook*

Fill out the order form and remember to include Personal Page information.

4 *Submit Your Order*

Mail your order to Cookbook Specialists, 403 Market Street, PO Box 247, Audubon, IA 50025.

5 *Proofing Process*

Once your complete order and deposit (if required) is received, we will format your book. We will email a free PDF proof (or mail a hard copy proof for \$25). It takes approximately 2 to 3 weeks to type the recipes before sending the proof (see page 29 for more information on the proofing process).

Recipe Guidelines & Punctuation

When typing your recipes, we follow these guidelines:

cup = C.

teaspoon = tsp.

tablespoon = T.

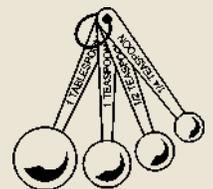
pound = lb.

ounce(s) = oz.

package = pkg.

pint = pt.

quart = qt.



- A dash will be used between quantity and package size (ex: 1-6 oz. pkg.)
- Commas will be used to separate the ingredient and description (ex: 1 onion, diced)

- We will use proper capitalization and spelling of brand names and standard cooking terms
- Directions will be typed in one single paragraph

Additional Options

Additional Submission Options for Commercial Books

PRINT READY - We accept print/camera ready files. Contact us for a free guide with formatting requirements and submission information. It is recommended you contact us **BEFORE** you start to confirm formatting. This prevents issues with margins and layout.

ELECTRONIC FILES - If you have your recipes stored in an online recipe file, word document or other electronic storage, talk to us about options.

FULL-LINE LAYOUT - Our graphic design team can take your recipe box and turn it into a custom cookbook. We can also create history books from your files. Call 800-383-1679 to discuss your options. (Layout fees and per book pricing will apply.)

SCAN / RECREATE We can scan or recreate your previous publication. For orders fewer than 100 books, scanning is \$.50 per page and retyping is \$1.00 per recipe. You must prove ownership of the book.



We print more than just cookbooks! Contact us about your history books, family books, workbooks, novels, poetry and coloring books, just to name a few! The list goes on and on!

Important Deadline Dates

If you want your books by
THANKSGIVING
Submit complete order by
October 1 for book to be typed
October 15 for online submission

If you want your books by
CHRISTMAS
Submit complete order by
November 10 for book to be typed
November 25 for online submission

Rush Order Service

Need your cookbooks faster? Our rush order service will ship your books in 20 business days from the day we receive your order and all materials. Rush order service is only available in the continental U.S. Faster service may be available if your recipes are submitted via online submission. Rush order service must be reserved. Please call to check on availability. Rush orders add 10% to your order, or \$250 minimum.

Email us today
book@cookbookspecialists.com

8

800-383-1679
www.cookbookspecialists.com



Covers & Dividers

Book Size

Our standard size is 5 1/2" x 8 1/2". However, sometimes bigger is better, so if you have more recipes or prefer the large print option, consider the 7" x 8 1/2" book (ideal for books with 800 or more recipes). There is also the 8 1/2" x 11" option, which is perfect if you want more information on a page.

Covers & Dividers

Give your cookbook a professional appearance with our pre-designed cover and divider sets. Our covers are printed on glossy cover stock with UV coating. Full color pre-designed dividers are printed on cardstock. Mix and match cover and divider sets. All covers and dividers are available in the 5 1/2" x 8 1/2" and 7" x 8 1/2" size.

Divider selections come in sets of 8, but there is no limit to the number of dividers you can have (*additional fee applies over 8 dividers). Custom covers and dividers can be submitted print-ready or created by our design team at no additional charge.

PRICING:

C
O
V
E
R

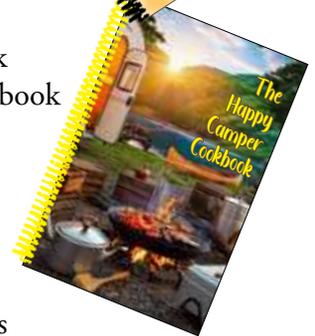
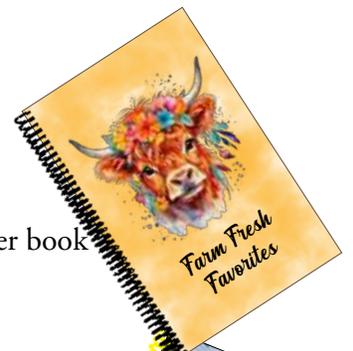
- Pre-designed full-color cover = FREE
- Custom cover = FREE
- Back cover printing = \$.10 per book for orders under 500 books
- Inside front or back cover printing = \$.05 (full color) or \$.03 (black ink) per cover per book
- OPTIONAL** - We offer ISBNs and bar codes. Contact us for pricing

D
I
V
I
D
E
R
S

- 8 black ink dividers on standard bond paper = FREE
- 8 full color dividers for orders over 200 books FREE / under 200 books = \$.25 per book
- Custom or additional black ink dividers on standard bond paper = \$.03 per divider per book
- Custom or additional full color cardstock dividers = \$.05 per divider per book
- We also offer printing on the back of the dividers at a small additional charge
\$.03 for black ink and \$.05 for color ink per divider

SAMPLE DIVIDER TITLES - use our sample titles or create your own

1. Appetizers, Beverages & Dips
2. Soups & Salads
3. Breads & Rolls
4. Vegetables & Side Dishes
5. Main Dishes & Meats
6. Desserts
7. Cookies & Candies
8. Miscellaneous



Email us today
book@cookbookspecialists.com



800-383-1679
www.cookbookspecialists.com

Covers & Dividers

The following pages show our complete selection of covers and dividers. Choose one of these or design your own!

Traditional / Kitchen Flare



Baking with Love



**Cooking Keepsakes
(designer frame)**



Kitchen Sanctuary



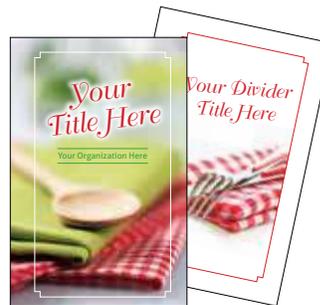
Farm Fresh



Pretty in Pink



Kitchen Comforts



Kitchen Essentials



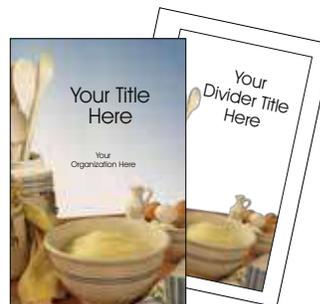
Farm Kitchen



Recipe Cards



Tea Party



Rising Dough



Whisked Away



Teatime

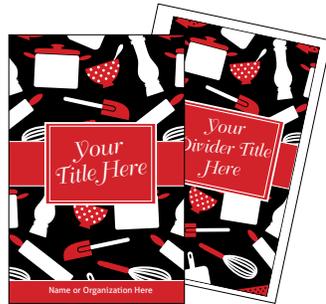
You may select a cover design and a different divider design, if you don't like the matching divider set.

Covers & Dividers

Vintage Kitchen



Home Cooking



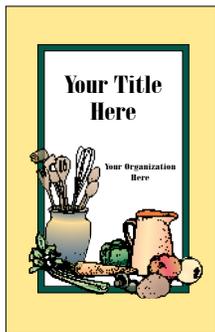
Red, White and Fabulous



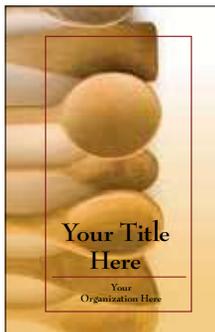
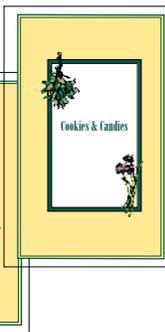
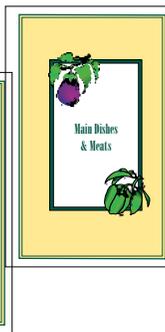
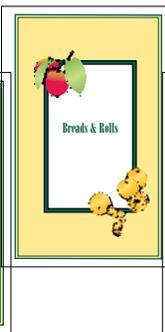
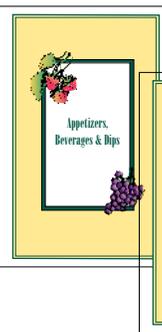
Cookstove



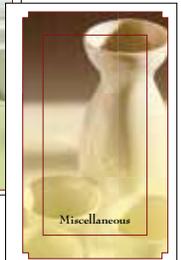
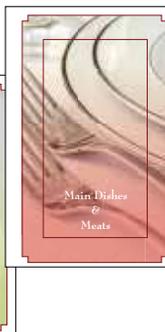
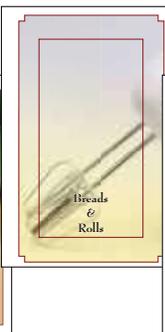
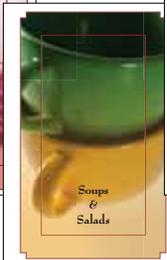
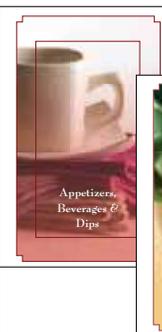
Tools of the Trade



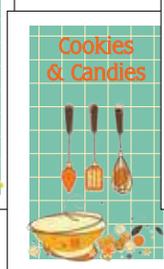
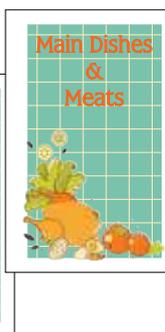
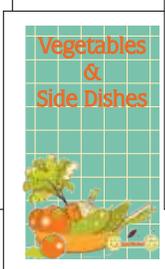
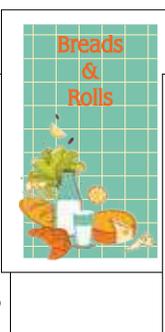
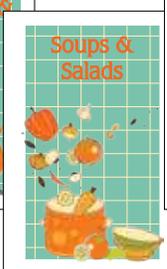
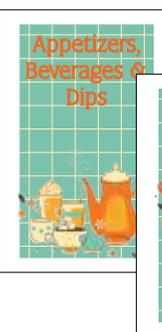
Country Cooking



Kitchen Basics

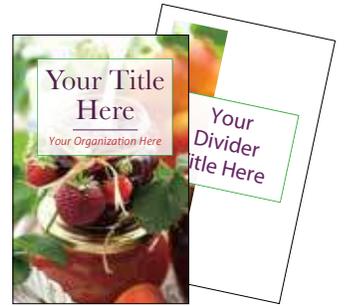


Retro



Covers & Dividers

Food / Cooking



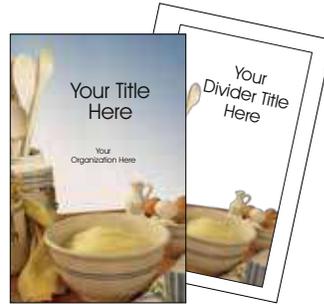
Jam Packed



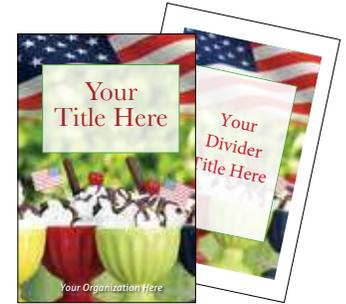
Picnic Basket



Garden Fresh



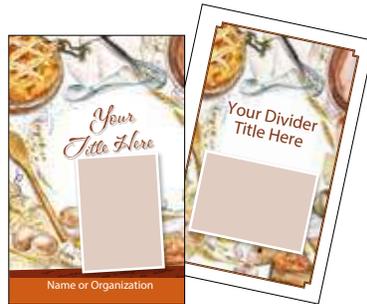
Rising Dough



Sundae Best



Pinch of This



Baker's Delight
(designer frame)



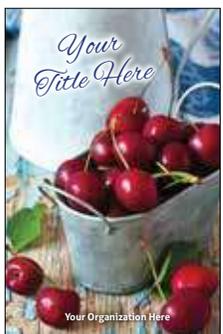
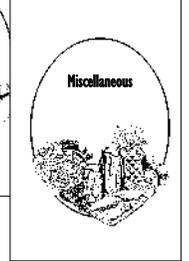
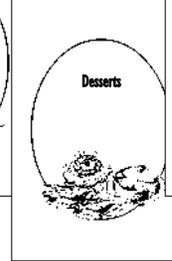
Savor the Flavor



Our Daily Bread



Foods



Sweet Cherries

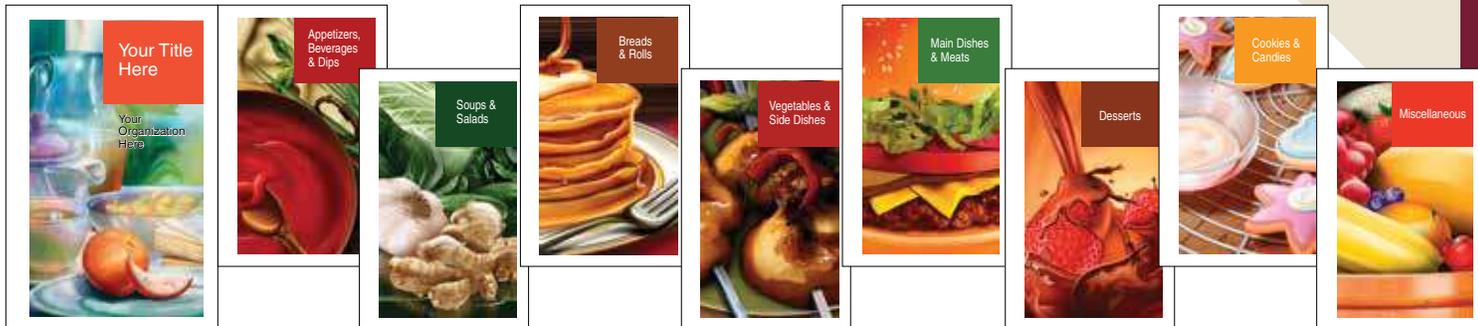


Covers & Dividers

Food / Cooking



Heart of Home



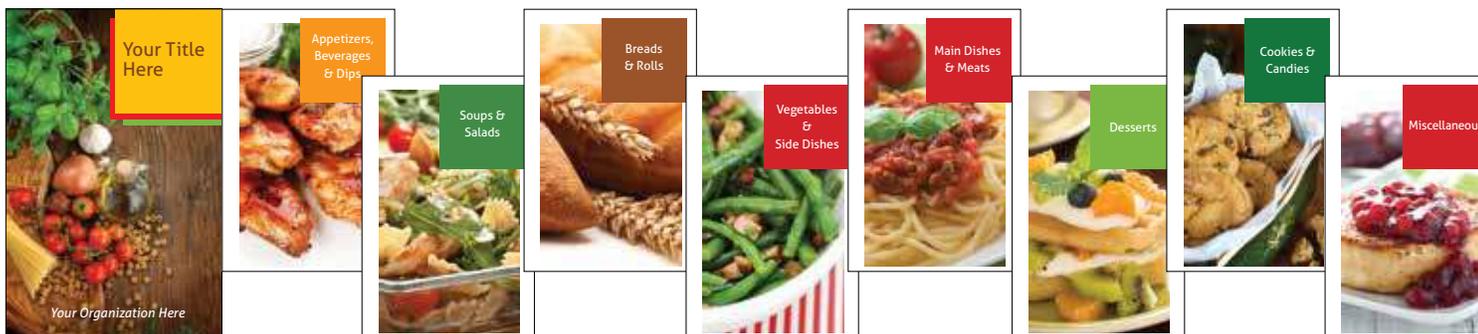
Watercolor Pitcher



Whipped Up



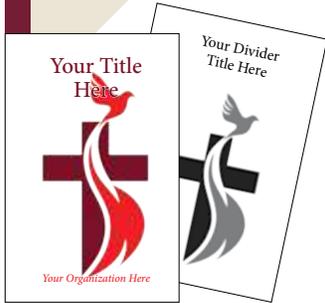
Herbs & Spice



Ingredients

Covers & Dividers

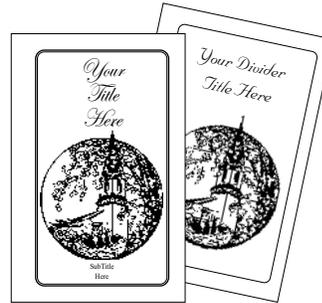
Church



Dove and Cross



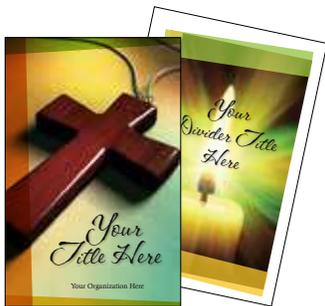
Heavenly Helpings



Country Church



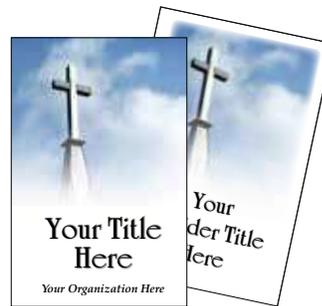
Stained Window



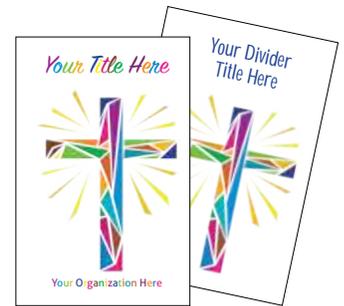
Light of the Cross



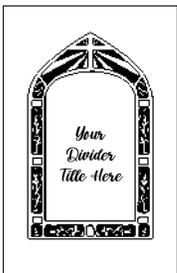
Stained Glass Window



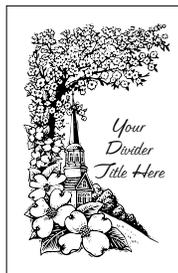
Heaven Sent



Kaleidoscope Cross

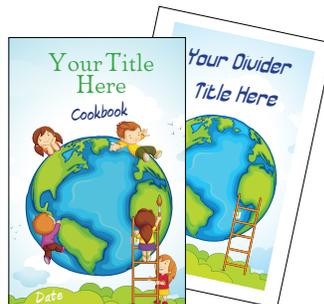


Stained Glass Window (b/w)

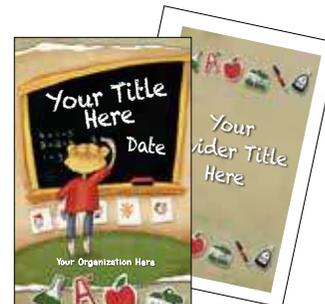


Flower Church

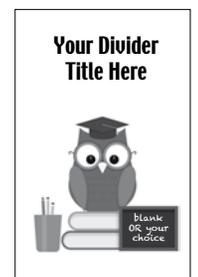
School / Children



Kid's World



School Days



Wise Owl

Your organization's logo can be added to the front cover. Talk to us about options.

Covers & Dividers

Patriotic



Americana



Waves of Grain



Home of the Brave



Patriotic (b/w)



Front Porch



Star Spangled

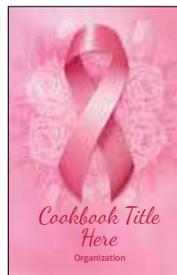


Patriotic (designer frame)

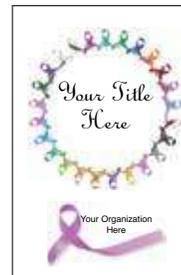
Ribbon Support



Deco Ribbon (Pink or Purple option)



Cancer - Flower Pink Ribbon



Cancer - Multi Colored Ribbons



Cancer - Dove Ribbon

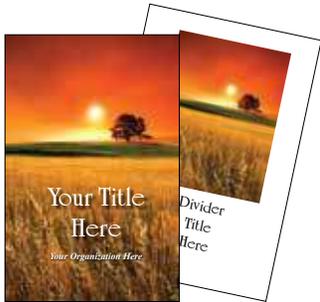
Covers & Dividers

All covers are printed on coated cover stock and UV coated. This makes them durable and easy to wipe off.

Garden / Nature



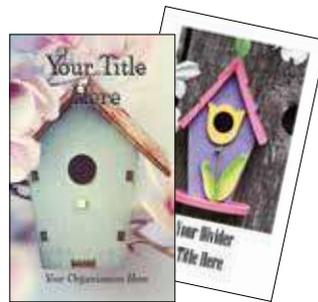
In Bloom
(designer frame)



Amber Waves



Picnic Basket



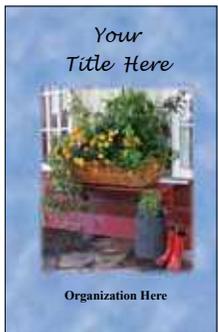
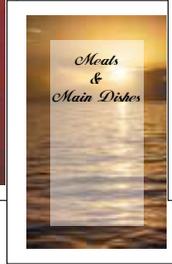
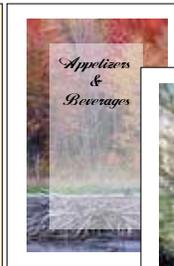
Bird House



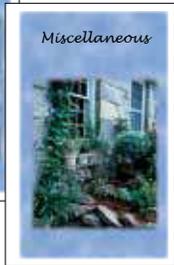
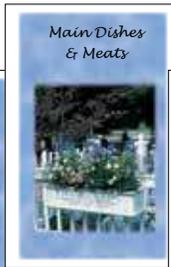
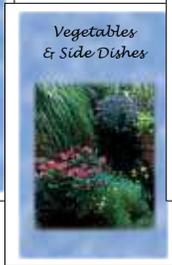
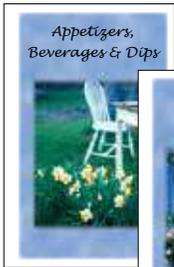
Sweet Summer



Nature



Garden

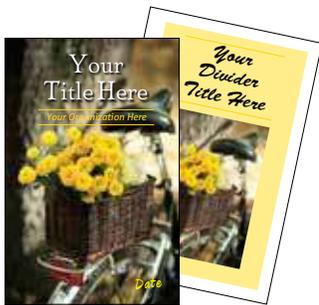


Covers & Dividers

Garden / Nature



Country



Bike Blooms



Garden Glory



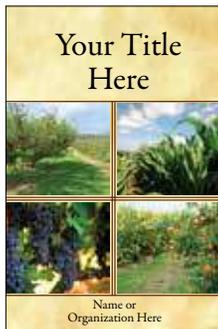
Garden Gatherings
(designer frame)



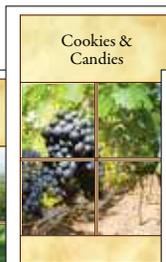
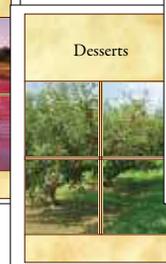
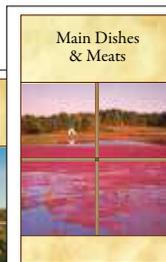
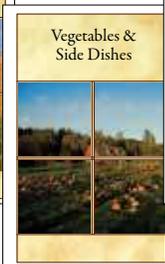
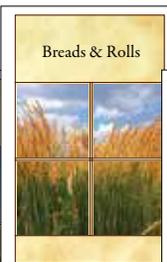
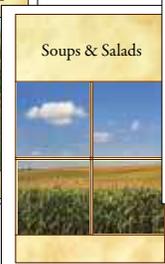
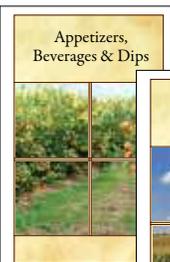
Daisy
(designer frame)



Flower Bouquet



Harvest Delight



Covers & Dividers

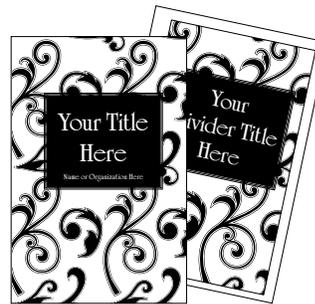
Miscellaneous



Musical Notes



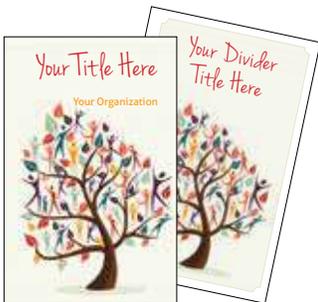
Storybook



Shabby Chic



Recipe Cards



Family Roots



Rosemaling



Wine and Barrel



Simply Elegant



Gibson Girl

8 black ink dividers on your choice of colored bond paper is FREE. Upgrade to card stock for \$.05 per divider. *Card stock paper available in white, blue, green and yellow. *Subject to availability. Astrobright colors also available - call for pricing.

Remember to provide photos or artwork for each of your dividers.

Covers & Dividers

Designer Frames

You can create a custom cover and custom dividers by simply providing your own photos, free of charge! Each design will allow for either horizontal or vertical photos, making these the easiest and most affordable way to get full-color personalized cover and dividers.



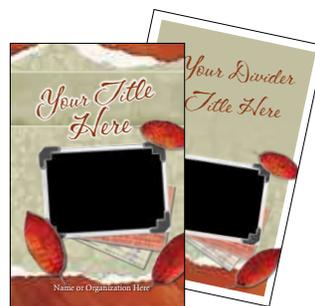
In Bloom
(designer frame)



Daisy
(designer frame)



Family Favorites
(designer frame)



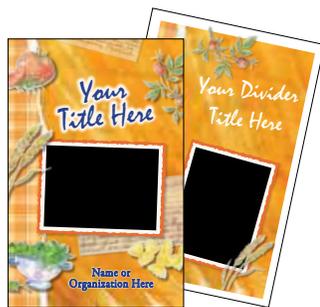
Cooking Keepsakes
(designer frame)



Baker's Delight
(designer frame)



Garden Glory
(designer frame)



Garden Gatherings
(designer frame)



Patriotic
(designer frame)



Tree of Life
(designer frame)

Front Page Options

Three standard front pages - title page, publication page and table of contents.

Title Page

Design your own;
tell us what you want;
or we will type your title and
organization here for FREE!



*More than 100 years and
10 million books worth of experience!*

*Combining the experience of
Brennan Printing, G&R Publishing,
General Publishing & Binding
and Jumbo Jack's Cookbooks.*

**This page is for The Cookbook
Specialists printing information.
You may put your ISBN or copyright
information here also.**



Table of Contents

Appetizers, Beverages & Dips.....	1
Soups & Salads.....	9
Breads & Rolls.....	17
Vegetables & Side Dishes.....	21
Main Dishes & Meats.....	29
Desserts.....	37
Cookies & Candies.....	43
Miscellaneous.....	51
Value-Added Sections	
Index	
Merchant Ad Pages	

**Cookbook Specialists will create a
Table of Contents from your
divider titles for FREE!**

Photos and Additional Pages

Turn your cookbook into a true keepsake by adding photos to your personal pages in black and white (FREE) or full-color (for a small fee of \$.05 per color page) or adding extra pages! Create your personal pages or have our design team format them for you.

Additional pages
\$.03 per page per book for black and white and \$.05 per page per book for any full-color images. Personal pages are available in sets of two pages (front and back).

Take advantage of 5 **FREE** Personal Pages of text at the front of your book to set your cookbook apart.



Ways to use your five **FREE** personal pages

- Dedication
- Company History
- A Look Back
- Thank You
- Prayers & Scriptures
- Quotes
- Personal Information
- Lined Pages
- About Your Group
- Club Information
- Cookbook Committee Information
- Family Story/History
- Photos
- Business Contact Information
- Poems
- Mission Statement
- A Special Message
- Place to Keep Notes
- Illustrations
- Maps
- Favorite Recipe Pages
- Fundraising Cause

Personal Page shown with Kitchen Essentials Border



Some of Cookbook Specialists Free Features!

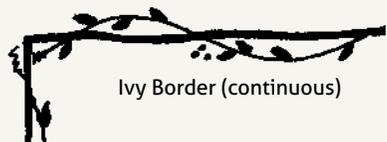
- ❖ UV coating of covers
- ❖ Plastic coil binding
- ❖ One Black and White photo in the front pages
- ❖ Five Personal pages behind the Table of Contents
- ❖ Free 90-day financing for qualifying non-profits
- ❖ Title Page
- ❖ Table of Contents
- ❖ Recipe Index
- ❖ Advanced Sales Tracker
- ❖ PDF Poster with your cookbook cover on it
- ❖ Free jpg social media image to share on your favorite site
- ❖ Recipe Forms
- ❖ Recipe Library
- ❖ Choice of free PDF proof or (small fee) hard copy one-time proof that resembles your finished book
- ❖ Choice of 3, 6 or 12 month online advertising
- ❖ 8 Free black ink divider pages
- ❖ Free full-color cover
- ❖ Free sales page in the back of the book
- ❖ Free fillers
- ❖ Free web account with discount for entering your own recipes

Additional Free Features for Signature Custom Cookbooks!

- ❖ For order of 200 or more books, we offer 8 free pre-designed full-color dividers on heavyweight paper
- ❖ For order of 100 or more books, we also offer free typing when you mail in your recipes

Personal Page shown with Circle Border Design.

Personal Page Border Options Available



Recipe Design Pages

Typestyles (font)

Available in 10 point and 12 point (see page 24)

Large print books require more pages. The final price will be based on the page count.

Avant Garde Helvetica Times Lucida Bright Tahoma Bookman Old Style Beach
Avant Garde Helvetica Times Lucida Bright Tahoma Bookman Old Style Beach

Mix and Match Recipe Designs and Fonts to fit your style

Font: Avant Garde

ORANGE SHERBET JELLO Jodi Hillen

1 large pkg. orange jello 1 pt. orange sherbet
2 C. hot water 1 medium carton Cool Whip
1 can mandarin oranges

Drain the mandarin oranges. Mix the orange jello in the hot water until dissolved. Add the sherbet and stir until melted. Refrigerate until partially set. Mix in the carton of Cool Whip, then add the mandarin oranges. Refrigerate until set.

NOTE: Another variation is raspberry jello, raspberry sherbet and raspberries.

PRETZEL SALAD Helen Raddant

1/2 C. butter, melted 8 oz. cream cheese, softened
1/2 C. sugar 1/2 C. sugar
1 C. crushed pretzels 12 oz. Cool Whip
1-20 oz. can crushed pineapple

Mix together melted butter, sugar and crushed pretzels. Spread mixture on baking pan. Bake at 375° for 7 minutes. Let cool, then break into pieces. Drain crushed pineapple. Mix together cream cheese and 1/2 cup sugar. Add well drained pineapple to it. Fold in Cool Whip, softened. Can be mixed up ahead of time. Add the pretzels right before serving.

Recipe Design #1

Design 1

- Title is left justified, bold and all capitalized.
- Contributor name top right.

Font: Times

CHEESY CORN BAKE Leon Kampman

2 T. margarine 1-3 oz. cream cheese, softened
4 tsp. flour 3-10 oz. pkgs. frozen corn
1/8 tsp. garlic powder 3 oz. diced ham
3/4 C. milk
6 oz. shredded American cheese

In large saucepan, melt margarine. Stir in flour and garlic powder. Add milk and cook and stir over medium heat until thick and bubbly. Stir in cheeses. Cook and stir over low heat until melted. Stir in corn and ham. Transfer mixture to 2-quat casserole. Bake in 350° for 45 minutes.

GARDEN MEDLEY Thomas Scott

5 strips bacon, diced 1 C. eggplant, diced
1 C. diced onion 2 medium tomatoes, sliced
4 cloves garlic, minced Pepper to taste
1 C. okra, sliced Parmesan cheese
1 C. zucchini, diced

In a heavy frying pan, cook the bacon. Add the onion, and garlic and sauté until softened. Add the okra and zucchini and cook until tender. When the okra and zucchini are tender, add the eggplant and cook until it becomes tender. Add the tomatoes, cover and simmer for 2 to 3 minutes. Add the pepper to taste and sprinkle with Parmesan cheese. Toss and serve immediately. For best color, and greatest nutrition, leave the skins on all vegetables.

Recipe Design #3

Design 3

- Title is left justified, bold and all capitalized.
- Contributor name top right, bold and italicized.
- Title and contributor name are underlined.

Font: Bookman OS

FLORENTINE ARTICHOKE DIP

1-10 oz. pkg. frozen chopped spinach, thawed 1/2 C. mayonnaise
2-6 1/2 oz. jars marinated artichoke hearts 3 large garlic cloves, pressed
2 T. lemon juice
1 1/2-8 oz. pkgs. cream cheese 1 1/2 C. French bread crumbs
1 C. freshly shredded Parmesan cheese 2 T. butter or margarine, melted

Drain spinach; press between layers of paper towels to remove excess moisture. Combine spinach, artichoke hearts and next five ingredients in a bowl, stirring well. Spoon into a lightly greased 11x7" baking dish. Combine bread crumbs and butter; sprinkle over spinach mixture. Bake, uncovered, at 375° for 25 minutes. Serve with assorted crackers, bagel chips or bread sticks. Yield: 4 cups.

Guen Yaskoski

SUMMERTIME YOGURT DIP WITH FRESH VEGETABLES

1 C. yogurt 1 tsp. lemon juice
2 T. minced scallion 1/2 tsp. mustard
1/2 C. small curd cottage cheese

Combine all ingredients and blend with fork.
VEGETABLES: Separate one bunch of broccoli into bite-size pieces, leaving enough stem for a handle. Cut cucumbers into sticks. Remove top third of scallion stems (reserve for later use). Arrange all vegetables on a tray with yogurt in the center. You can use any vegetables to your taste. Enjoy!

Pauline Walker

Recipe Design #2

22

Email us today
book@cookbookspecialists.com

800-383-1679
www.cookbookspecialists.com

Recipe Design Pages Typestyles (font)

Available in 10 point and 12 point (see page 24)

Large print books require more pages. The final price will be based on the page count.

Avant Garde Helvetica Times Lucida Bright Tahoma Bookman Old Style Beach
Avant Garde Helvetica Times Lucida Bright Tahoma Bookman Old Style Beach

Mix and Match Recipe Designs and Fonts to fit your style

Font: Beach

Runzas

Julia Leisinger

1 lb. ground beef 1/4 tsp. garlic salt
1/2 C. chopped onion 1 tsp. salt
1 C. cabbage, thinly shredded 1 T. Worcestershire sauce

Brown ground beef and onion. Add remaining ingredients and cook, uncovered about 5 to 10 minutes. Roll out Refrigerator Roll Dough into a 16" square. Cut into 16 (4") squares. Place a couple tablespoons of meat mixture on each square of dough, dividing it equally. Bring the edges of the dough together and seal the dough, forming a square pocket. Turn each Runza upside down on a greased cookie sheet. Bake in a preheated 400° oven for 15 minutes. Brush the tops with margarine. Allow to cool slightly before eating.

NOTE: Add more Worcestershire if you like it a little more spicy or put on the table for an added garnish.

Mourning Beef Roast

Kathy Williams

3 to 5 lb. beef roast GRAVY:
(any cut you prefer) Beef broth from cooked roast
2 to 4 C. beef broth (1 use 2 T. cornstarch mixed with
bouillon and water) 1/4 C. cold water
Minced onions
Garlic

Preheat oven to 350°. Set beef roast in baking pan that has a lid. Pour beef broth in pan, at least to 3" deep. Sprinkle minced onion and a small amount of garlic into broth. Cover with lid. Bake at least 2 hours or more if larger cut.

GRAVY: Pour broth into saucepan. Heat to boiling. Add cornstarch mixed with cold water and stir constantly until thick. May need to add water if too thick, or more cornstarch and water mixture if not thick enough. Makes a rich beef flavored lump-free gravy.

37

Recipe Design #4

Design 4

- Title is centered and bold.
- Contributor name centered below title and italicized.

Font: Helvetica

ARTICHOKE AND CHEESE PUFFS

Jim Boggs

1 tsp. butter, to grease pan 1/8 tsp. dried oregano
1-6 oz. jar marinated 1/8 tsp. black pepper, freshly
artichoke hearts ground
1/4 C. finely chopped onion Dash Tabasco sauce
1 1/2 tsp. garlic salt 1/4 lb. sharp Cheddar cheese,
2 large eggs, beaten grated
2 T. dry breadcrumbs 1 T. parsley, chopped

Grease an 8x8" baking dish with butter. Drain marinade from artichoke hearts into a small skillet. Sauté onion in marinade for approximately 5 minutes over medium heat until onions are transparent. Set aside. Chop artichokes. Combine all ingredients. Pour mixture into prepared pan. Bake at 325° for approximately 30 minutes, until center feels firm to touch. Let cool for 10 to 15 minutes before cutting. Serve warm or freeze. Cool completely, wrap and freeze for up to three months. Reheat to serve by thawing and heating in foil at 325° for 10 minutes. Cut into large squares for a side dish or small squares for appetizers.

ARTICHOKE BITES

Maureen Wolf

1-6 oz. jar artichoke hearts 1/4 C. parsley, snipped
1 medium onion, chopped 1/4 tsp. pepper
1 clove garlic, minced 1/4 tsp. Italian seasoning
8 eggs, slightly beaten Few drops bottled hot pepper
1 C. sharp Cheddar cheese, sauce
shredded Dash Worcestershire sauce
1 C. Swiss cheese, shredded 1/2 C. fine dry breadcrumbs
1 C. Parmesan cheese, grated or cracker crumbs

Drain artichoke hearts, reserving liquid (marinade). In small saucepan, cook onion and garlic in reserved marinade until onion is tender. In blender container or food processor bowl, combine artichoke hearts, eggs, Cheddar cheese, Swiss cheese, Parmesan cheese, parsley, pepper, Italian seasoning, hot pepper sauce, and Worcestershire sauce. Cover and blend until smooth. Stir in onion mixture and breadcrumbs. Spoon mixture into greased 1 3/4" muffin pans, filling about three-fourths full. Bake, uncovered, in 325° oven for 12 to 15 minutes or until knife inserted comes out clean. Remove from pans. Serve immediately. Makes about 40.

1

Recipe Design #6

Design 6

- Title is left justified, bold and all capitalized.
- Contributor name top right and bold.
- Title is underlined.
- Ingredients bold.

Design 5

- Title is centered, bold and italicized.
- Contributor name centered below title and bold.
- Title is underlined.

Font: Lucida Bright

Buttermilk Pie

Stacy McAdams

2 cups sugar 1/2 cup melted margarine
1/4 cup flour 3/4 cup buttermilk
1 T. vanilla 1 - 9 in. or 10 in. pie shell
3 eggs

Mix all ingredients together, beating well. Pour into unbaked shell. Bake at 325° for about 45 minutes or until set and browned.

Caramel Chocolate Bars

Elvie Moller

1 1/2 cups brown sugar, 1 1/4 cups margarine
firmly packed 2 cups flour
2 cups quick oatmeal 3 T. flour
1 (12 ounce) bag chocolate 1 tsp. baking soda
chips (I use milk chocolate) 1 tsp. salt
3/4 cup caramel ice cream
topping

Preheat oven to 350°. Cream brown sugar and margarine. Add dry ingredients - except for the 3 tablespoons flour. Stir in the oatmeal. Press 1/2 of the mixture in the bottom of a greased 9x13 pan and bake for 10 minutes. Sprinkle chocolate chips over crust. Mix caramel topping with the 3 tablespoons flour. Drizzle this over the chips. Sprinkle the top with the remaining crumb mixture. Bake for an additional 15 minutes.

15

Recipe Design #5

Email us today

book@cookbookspecialists.com

23

800-383-1679

www.cookbookspecialists.com

Comparing Standard Print to Large Print

10pt font size is considered Standard Print • 12pt font size is considered Large Print

The pages below are not exact paper size.
They are simply to show comparison of the two sizes.

10pt Tahoma

12pt Tahoma

BEER NUTS		Barb Claxton
1-16 oz. jar raw peanuts	1 C. sugar	
1/2 C. water		
Preheat oven to 350°. Mix all ingredients together and boil for 15 minutes, stirring constantly. Spread on cookie sheets. Bake for 15 minutes. Turn off oven and let set for 15 minutes.		
MORNAY SAUCE		Nancy Upton
2 C. milk	1/4 C. Parmesan cheese	
4 T. butter	1/4 C. Romano cheese	
2 T. flour	Dash cayenne pepper	
In a microwave safe dish, heat milk just to almost boiling. In a heavy saucepan over medium heat, melt butter. Whisk the flour into the melted butter until a smooth paste forms. Continue to stir flour and butter until golden brown in color. Slowly add the hot milk, whisking constantly, until it has all been added. Reduce heat and slowly stir in cheeses until sauce thickens. Sprinkle with a dash of cayenne pepper and stir. Goes well with vegetables or potatoes.		
JALAPENO SALSA		Alecia Wilcox
4 C. peeled and cored tomatoes, chopped	3/4 C. chopped onions	
2 C. seeded green peppers	1 1/2 tsp. salt	
1 C. seeded jalapeno peppers, chopped	2 cloves garlic	
	1/2 C. cider vinegar	
Mix all ingredients together and cook until boiling. Reduce heat and simmer about 20 minutes. Makes 3 pints.		
		1

BEER NUTS		Barb Claxton
1-16 oz. jar raw peanuts	1 C. sugar	
1/2 C. water		
Preheat oven to 350°. Mix all ingredients together and boil for 15 minutes, stirring constantly. Spread on cookie sheets. Bake for 15 minutes. Turn off oven and let set for 15 minutes.		
MORNAY SAUCE		Nancy Upton
2 C. milk	1/4 C. Parmesan cheese	
4 T. butter	1/4 C. Romano cheese	
2 T. flour	Dash cayenne pepper	
In a microwave safe dish, heat milk just to almost boiling. In a heavy saucepan over medium heat, melt butter. Whisk the flour into the melted butter until a smooth paste forms. Continue to stir flour and butter until golden brown in color. Slowly add the hot milk, whisking constantly, until it has all been added. Reduce heat and slowly stir in cheeses until sauce thickens. Sprinkle with a dash of cayenne pepper and stir. Goes well with vegetables or potatoes.		
JALAPENO SALSA		Alecia Wilcox
4 C. peeled and cored tomatoes, chopped	3/4 C. chopped onions	
2 C. seeded green peppers	1 1/2 tsp. salt	
1 C. seeded jalapeno peppers, chopped	2 cloves garlic	
	1/2 C. cider vinegar	
Mix all ingredients together and cook until boiling. Reduce heat and simmer about 20 minutes. Makes 3 pints.		
		1

Text & Line Art Fillers

With the non-continued recipe format, there are spaces at the bottom of the recipe pages. These can be left blank or you can request fillers to be added (fillers are small quotes / sayings). We have Religious and Standard Fillers, or you can provide your own. You can also add black and white line art to your recipe pages.

A \$3.00 placement fee for images placed in spaces non-continued recipes create.

Images placed with specific recipes will have an hourly layout fee.

Continued or Non-Continued Recipe Format

Recipes will be printed on white bond paper in a continued recipe format (recipes may start on one page and finish on another) or non-continued recipe format (recipes are not continued from one page to the next, unless an excessively long recipe). This will increase the page count of your book.

Regardless of recipe format, the final book price is based on the number of pages.
Your book price will be adjusted accordingly with the proof.

Continued

SOUTHWESTERN CHICKEN POTPIES Anonymous

1 T. vegetable oil	1-13 3/4 oz. can chicken broth
3 T. flour	1-10 oz. can Mexicali corn
1 medium onion, diced	1-4 1/2 oz. can chopped chicken
1 1/2 lbs. shredded cooked chicken	green chilies
1 T. chili powder	1 large tomato, diced
3/4 tsp. salt	1 tube refrigerated corn biscuits
1/2 tsp. pepper	

Preheat oven to 350°. In a large skillet over medium high heat, heat vegetable oil. Add diced onions and cook 4 minutes, until softened. Add cooked chicken, chili powder, salt and pepper and cook for 5 minutes. In a medium bowl, whisk together chicken broth and flour. Stir mixture into skillet along with corn and chopped green chilies. Cook for 5 minutes, remove from heat and stir in diced tomatoes. Transfer mixture to 8 individual disposable foil tart pans or eight 1 1/2 cup ramekins. Divide corn biscuits into individual biscuits and roll out slightly. Place 1 biscuit over chicken mixture in each foil pan or ramekin. Cut an X in each biscuit. Bake in oven for 15 minutes, until top is browned and filling is bubbly. Makes 8 servings.

"GIDDY" GRINDERS Ron Frank

6 hoagie or sub buns	1 bag shredded mozzarella cheese
1 lb. ground beef	
1 can Manwich Sloppy Joe mix	

First, I would just like to say, I have no idea why they are called Giddy Grinders. My stepdad's aunt, from whom this recipe was borrowed (with some minor changes of my own) called them this.

(continued on next page)

1

Brown 1 pound crumbled ground beef; drain. Stir in 1 can Manwich sauce; heat through. Lightly butter hoagie buns and place on cookie sheet. Fill buns with the Manwich/ground beef mixture prepared earlier. Preheat oven to about 250°. Now lightly sprinkle cheese (or sprinkle heavy, your choice) over meat and place cookie sheet in oven on middle rack. Allow cheese to melt and buns to toast lightly and in a few minutes you've got yourself a tasty sandwich.

POTATO PANCAKES Lisa Weston

1/4 C. milk	2 T. flour
1 egg	3/4 tsp. salt
2 C. diced raw potatoes	1/4 tsp. baking powder
1 small onion, quartered	

Put all ingredients in order listed in blender or food processor, cover and blend on high just until all pieces of potatoes go through blades, about 10 seconds. Do not overblend or potatoes will be liquefied. Pour in small amounts onto a hot griddle, greased or frypan. Fry until brown on both sides, turning once.

STEAK MARINADE Roger Kramer

1 tsp. garlic salt	1 tsp. celery seed
1/2 tsp. dry mustard	1 T. honey
3/4 C. water	1 T. vinegar
1/4 C. soy sauce	1/2 tsp. ground ginger

Place pieces of round steak or ribeyes in a shallow glass pan. Mix all ingredients in a medium bowl. Pour marinade over the meat, cover tightly. Refrigerate overnight or for 8 hours. Remove meat from marinade and broil.

2

These pages are not exact paper size. They are simply to show comparison of the continued vs non-continued layout.

Non-Continued

SOUTHWESTERN CHICKEN POTPIES Anonymous

1 T. vegetable oil	1-13 3/4 oz. can chicken broth
3 T. flour	1-10 oz. can Mexicali corn
1 medium onion, diced	1-4 1/2 oz. can chopped chicken
1 1/2 lbs. shredded cooked chicken	green chilies
1 T. chili powder	1 large tomato, diced
3/4 tsp. salt	1 tube refrigerated corn biscuits
1/2 tsp. pepper	

Preheat oven to 350°. In a large skillet over medium high heat, heat vegetable oil. Add diced onions and cook 4 minutes, until softened. Add cooked chicken, chili powder, salt and pepper and cook for 5 minutes. In a medium bowl, whisk together chicken broth and flour. Stir mixture into skillet along with corn and chopped green chilies. Cook for 5 minutes, remove from heat and stir in diced tomatoes. Transfer mixture to 8 individual disposable foil tart pans or eight 1 1/2 cup ramekins. Divide corn biscuits into individual biscuits and roll out slightly. Place 1 biscuit over chicken mixture in each foil pan or ramekin. Cut an X in each biscuit. Bake in oven for 15 minutes, until top is browned and filling is bubbly. Makes 8 servings.

If you see someone without a smile - give him one of yours.

1

"GIDDY" GRINDERS Ron Frank

6 hoagie or sub buns	1 bag shredded mozzarella cheese
1 lb. ground beef	
1 can Manwich Sloppy Joe mix	

First, I would just like to say, I have no idea why they are called Giddy Grinders. My stepdad's aunt, from whom this recipe was borrowed (with some minor changes of my own) called them this.

Brown 1 pound crumbled ground beef; drain. Stir in 1 can Manwich sauce; heat through. Lightly butter hoagie buns and place on cookie sheet. Fill buns with the Manwich/ground beef mixture prepared earlier. Preheat oven to about 250°. Now lightly sprinkle cheese (or sprinkle heavy, your choice) over meat and place cookie sheet in oven on middle rack. Allow cheese to melt and buns to toast lightly and in a few minutes you've got yourself a tasty sandwich.

POTATO PANCAKES Lisa Weston

1/4 C. milk	2 T. flour
1 egg	3/4 tsp. salt
2 C. diced raw potatoes	1/4 tsp. baking powder
1 small onion, quartered	

Put all ingredients in order listed in blender or food processor, cover and blend on high just until all pieces of potatoes go through blades, about 10 seconds. Do not overblend or potatoes will be liquefied. Pour in small amounts onto a hot griddle, greased or frypan. Fry until brown on both sides, turning once.

2

Here you can see a sample of a filler and how it's used to fill space at the bottom of the page caused by non-continued recipe layout.

Plastic Coil Colors

Plastic coil is our standard and most popular binding and is included in the book pricing, but we do offer several other options for binding. See pages 30-33 for other binding options (call for pricing on the binding options).



For orders of 48 or fewer books, black coil will be used.

Merchant Ad Pages

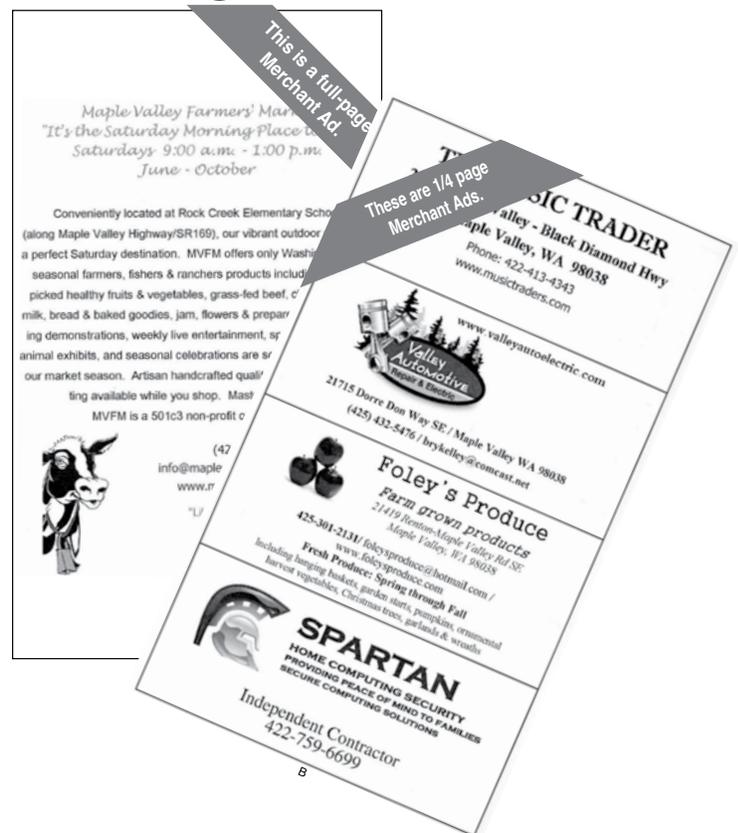
Merchant Ad Pages

Selling ad space to local businesses is a great way to boost your profits or fund your book costs. Simply set your price per ad (most groups double or triple the price of the ad). Ads can also be sold to members of your group as dedication or memorial pages. Ad pages are located behind the index and are in black and white.

Ad Space	Price/Ad	Set your Price/Ad	Size
1/4 page	\$10*	Suggested \$20-\$40	2" x 3"
1/2 page	\$20*	Suggested \$40-\$80	4 1/2" x 3"
Full Page	\$40*	Suggested \$80-\$120	4 1/2" x 7 1/2"

Request or download a free Merchant Ad guide for more information.

*This price is for Cookbook Specialists setting up the ads. If you send print ready ads, the price is \$5.00 per ad.



Sales Coupon

Have a FREE sales coupon placed at the back of your book letting people know how to order more copies! See order form or web account to fill in the information to be included.

How to Order

Order additional copies of this cookbook as an ideal gift for family and friends.

Send check or money order along with order form below to:

Cookbook Specialists' Sample Cookbook
505 20th Ave SW • Independence, IA 50644
403 Market St., PO Box 247 • Audubon, IA 50025
Phone: 800-383-1679

Or Go To:
www.cookbookspecialists.com

Please send me _____ copies of your cookbook at \$ _____ each, plus \$ _____ shipping and handling per book ordered.

Mail books to:

Name _____
Address _____
City _____
State _____ Zip _____

Free PDF Poster

Request a free PDF poster that you can print to market your cookbook. The poster is available after your cover has been approved, as we add an image of your cover to the poster.

You can also request 1 free printed copy to be mailed.



Cookbooks For Sale Post

Request to have your cookbook put on our web page to alert your potential customers that your book is finished and ready for purchase. We do NOT sell your books for you, but we will post your contact information with your book image to direct the potential buyer how to contact you to get a copy. This is a service we offer to our customers for FREE.

You can also request a free social media post (on our social media page) with your cookbook cover to help your group spread the word about your cookbook.

A TO Z CANNING, FREEZING & TIPS

248 pages of delicious tried-and-true recipes, canning, freezing, household and gardening tips, as well as numerous home remedies to cure what ails you. For any size family and large gatherings such as weddings. A little bit of everything, from Pizza Sauce to Bologna to Frogmore Stew to Freezer Coleslaw to Cough Syrup to How to Fix Salty Soup to Caring for Poinsettias to Killing Weeds, and everything in between.

Available for individual sale (\$20.00 per book plus shipping) or by the case (30 in a case, \$525.00 plus shipping). Call for pricing or to order - contact Luke Wise at 555-304-2683.

Website post sample

Finalizing Your Order

If your book is being **MAILED** to be typed, please check the following:

- Order form is complete
- Recipes have been organized into categories and numbered
 - Recipe style and font have been selected
 - Coil color has been noted
 - Deposit has been included

Mail to:

Cookbook Specialists
PO Box 247
403 Market St.
Audubon, IA 50025

If your book is **WEB SUBMISSION**, please check the following:

- Contact information is complete
- All Cookbook Design elements have been reviewed
 - Recipes have been proofed and organized
- Deposit has been entered and confirmation received

Submitting Your Cookbook

You must submit all information, materials and graphics for your cookbook at one time. Recipes and graphics submitted after the initial file is submitted are subject to additional charges as it requires more time for our customer service and production staff.

Information submitted after the initial book submission will incur a minimum \$25.00 fee. This fee is for each set of additional information submitted. If a large amount of additional information is submitted or recipes and information are moved around, there will be a \$60/hour alteration fee billed to the account.

We also offer *two free cover* proofs. Additional proofs after the initial two will incur an alteration fee (minimum \$10) and an additional proof fee (\$10 each proof).

If deadline dates given to you by customer service are not met, we cannot guarantee your project will arrive on time. Any special scheduling accommodation will incur a rush charge, together with the scheduling alteration time. A minimum scheduling alteration charge is \$50.00, with a rush charge of \$250.00 when there are less than 2 weeks given to complete your project after proof approval.

Proofing After Your Book Is Put Together

We will e-mail you a free PDF proof OR we can mail a hard copy proof for a \$25.00 charge (which may delay book production). Minor repairs (typos) can be made. **Mark all changes in red** and return via mail or scan and email the changes. If scanning the pages is not an option, you can list the book page number, recipe title and correction location detailed in an email. Be sure to send all the corrections at once, not a few at a time. We do all the corrections at one time.

We make the first 30 minutes of your alterations free, after that alterations are made based on a \$60/hourly rate. However, if we have to move or add recipes or anything that causes repagination, there will be additional charges regardless of how long it takes, based on that hourly rate (please see Submitting Your Cookbook on page 28).

Any errors we (Cookbook Specialists) have made will be corrected at no charge. All alterations will be checked in house prior to printing.

Cookbook Stands



Cookbook stands are a great way to display cookbooks and to add on sales. They also help keep your cookbook looking clean by keeping your newly-purchased cookbook off the counter where it's easy to read.

Pricing:

1- 99 stands - \$2.00 each
100 – 199 stands - \$1.75 each
200 and up \$1.50 each.

Binding Options

Saddle Stitch

Saddle stitch binding is great for small books (those with fewer pages), but it has limitations. This method is great for pamphlets and magazines with fewer than 64 pages and the page count must be in multiples of 4.

The saddle stitch binding technique takes full sheets of paper stapled together in the center. Then the entire book, including the cover, is folded in half along the line of the staple. This is definitely a cost-effective binding method because no glue is used. Saddle stitch books can be produced very quickly and efficiently. It is also a very eco-friendly process since it wastes no paper glue.

Advantages of Saddle Stitching to Consider :

- This type of binding is less expensive
- Quick turnaround time
- Perfect for small or large projects – hand size brochures or large books
- Can use a self-cover (all pages are on the same type of paper) or separate cover (the cover is on a different type of paper than the inside sheets).



Plastic Coil Binding

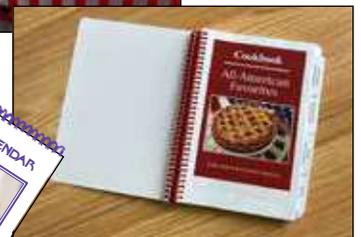
Plastic coil binding (also called Spiral Binding) is our most economical binding option for books over 52 pages. This binding is an incredibly durable and flexible way to bind books, making it one of the most popular document binding solutions on the market today. A coil looks like a spiral-bound notebook, with a continuous plastic spine that spins around into many loops. There are many colors to choose from (48 or fewer books will default to black coil), enabling you to coordinate the binding with your theme or cover color. Coil works great for all publications - cookbooks, calendars, history books, etc. It is very popular as the coil binding allows the book to lay flat or even fold back on itself to take up less space on the table or counter.

Plastic Coil Binding with Tabbed Dividers:

Tab dividers have an approximate half-inch section that extends past the face of a book or multi-page document. The purpose of the divider is to assist the reader to easily find a particular section of the book. These dividers are available with or without mylar reinforcement on tab.

*100 book minimum on tabs or mylar tabs.

**See coil color samples on page 26.



Binding Options

Twin Loop / Wire - O Binding

Twin-loop wire binding, also known as Wire-O binding or double-loop binding, is a bookbinding method that involves threading a double-looped wire through a series of closely spaced square holes punched along the edge of a stack of pages. The wire is then crimped at both ends to keep the pages securely bound together.

Wire-O binding is a popular and professional binding method for a wide range of documents, such as reports, proposals, calendars and journals. It allows the pages to lie flat when opened and provides a sleek, modern appearance.



This is a book WITHOUT a frosted cover.

\$\$\$\$\$



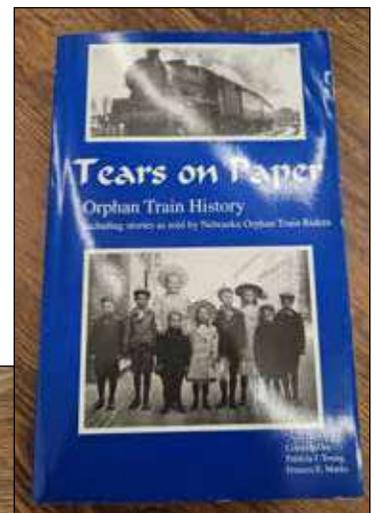
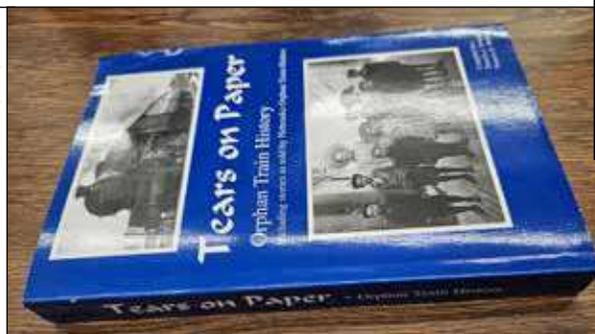
This is the same book with a frosted cover.

It mutes the color and helps protect it for high usage.

\$\$\$\$\$

Perfect Bound

Perfect bound is the most common technique for binding soft cover books. It is a method that is commonly used in magazines, books, journals and catalogs of all sizes. The perfect binding process uses glue to hold the pages to the spine. Importantly, the spine is part of the front cover. So, the front cover is bent to create the spine and then the pages are glued to this small section. This means there is no seam between the front cover and the spine, creating a smoother, more aesthetic front edge. Perfect bound also allows for better wrap-around printing. Books do not open flat with this method. This type of binding adds about 4 weeks to production time after proof approval.



\$\$\$\$\$

Binding Options

Two-Piece Hard Bound

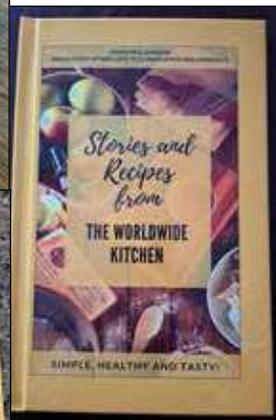
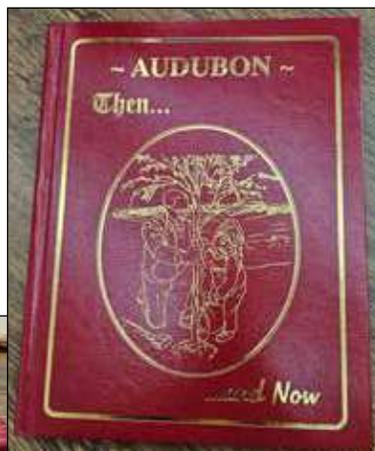
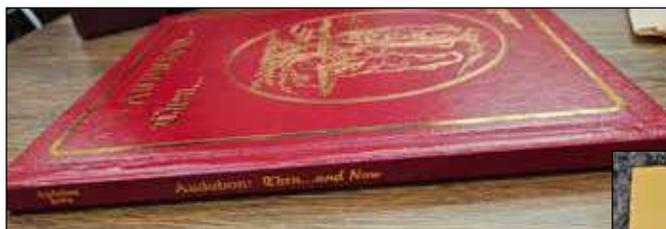
Two-Piece Hard Bound (also known as Two-Piece Boards) refers to the process where the front and back covers of the book are created on two separate boards. The cover is non-flexible and is supported by a paper-wrapped board, making it incredibly durable. This option allows the book to lay flat when open. The book and boards are bound with plastic coil. This cover is used where a high-end look is desired. The boards take approximately 6 weeks to create after proof approval.



\$\$\$\$\$

Adhesive Case Bound

Adhesive case binding (also known as hard cover binding) refers to the binding of a book in which a separate case bound cover is involved. The cover is non-flexible and is supported by a paper-back board, making it incredibly durable. Format can be portrait or landscape. This type of binding takes 5-6 weeks in addition to printing time after proof approval.



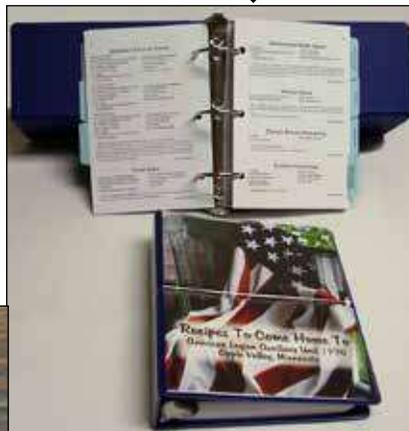
\$\$\$\$\$

Binding Options

3-Ring Binder

A 3-Ring Binder offers metal snap rings to hold hole-punched papers. The binders themselves are vinyl covered and a linear design can be printed directly on the vinyl (silkscreen) or a full color picture can be printed on a separate cover stock and inserted into a permashield entrapment and heat sealed to finish the binder. There are two styles of binder available - the regular 3-ring binder and a snap-back easel binder, which bends in the middle and will stand up by itself on the counter or shelf. The binders take approximately 4-6 weeks for production after proof approval.

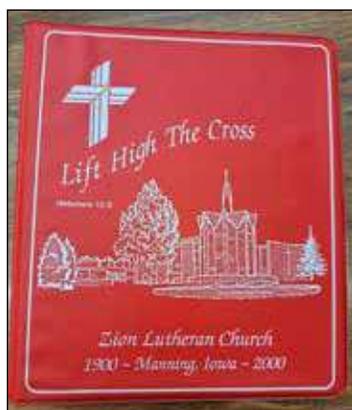
3-ring binder with permashield entrapment



3-ring binder



\$\$\$\$\$



3-ring binder with screenprint

We provide personalized customer service. A highly-trained member of our team will talk you through your project and help you as much as you would like.

We offer Design and Layout, but not copyrighting. You can design the entire piece yourself, or we can work together - with us creating part of the project and you creating the other part. We go above and beyond to ensure that the product you end up with is the product you were picturing.



Scan to find Cookbook Specialists on Facebook

Value-Added Sections

Add more value, pages and bulk to your book by adding an extra section filled with information or recipes.

Cooking & Nutritional Tips (\$.25 per book for each 16-page section)

This section has all your favorite kitchen references, including substitutions, guide for spices & seasonings, food storage, cooking temperatures and so much more!

Cooking & Nutritional Tips	
Common Kitchen Pans	2
Equivalents for Cooking Ingredients	3
Substitutions	4-5
Healthy Substitutions	6
Troubleshooting Baking Failures	7
Guide for Spices & Seasonings	8
Food Storage	9-10
Measurements/Equivalents	11-12
Cooking Temperatures	13
Healthier Food Choices	14
Manage Your Portions	15
Food Allergy Awareness	16

Common Kitchen Pans	
When a recipe calls for...	Total Volume of Various Special Baking Pans...
4 cup baking dish:	Tube Pans:
- 9 inch pie plate	- 7-1/2 x 3 "Bundt" tube (6 cups)
- 8 x 1-1/4" layer cake pan	- 9 x 3-1/2" fancy tube or "Bundt" pan (9 cups)
- 7-3/8 x 3-5/8 x 2-1/4" loaf pan	- 9 x 3-1/2" angel cake pan (12 cups)
6 cup baking dish:	- 10 x 3-3/4" "Bundt" or "Crownbust" pan (12 cups)
- 8 or 9 x 1-1/2" layer-cake pan	- 9 x 3-1/2" fancy tube (12 cups)
- 10" pie plate	- 10 x 4" fancy tube mold (Kugelhopf) (16 cups)
- 8-1/2 x 3-5/8 x 2-5/8" loaf pan	- 10 x 4" angel cake pan (18 cups)
8 cup baking dish:	Spring Form Pans:
- 8 x 8 x 2" square pan	- 8 x 3" pan (12 cups)
- 11 x 7 x 1-1/2" baking pan	- 9 x 3" pan (16 cups)
- 9 x 5 x 3" loaf pan	Ring Mold:
10 cup baking dish:	- 8-1/2 x 2-1/4" mold (4 1/2 cups)
- 9 x 9 x 2" square pan	- 9-1/4 x 2-3/4" mold (8 cups)
- 11-3/4 x 7-1/2 x 1-3/4" baking pan	Charlotte Mold:
- 15 x 10 x 1" jellyroll pan	- 6 x 4-1/4" mold (7 1/2 cups)
12 cup baking dish or over:	Brioche Pan:
- 12-1/5 x 8-1/2 x 2" glass baking pan (12 cups)	- 9-1/2 x 3-1/4" pan (8 cups)
- 13 x 9 x 2" metal baking pan (15 cups)	
- 14 x 10-1/2 x 2-1/2" roasting pan (19 cups)	

Equivalents for Cooking Ingredients	
Apples (1 lb.)	3 or 4 medium
Bananas (1 lb.)	3 or 4 medium
Beans, dried (1 lb.)	5 to 6 cups cooked
Berries (1 quart)	3-1/2 cups
Bread (1 slice)	1/2 cup crumbs
Cheese, grated (1/4 lb.)	1 cup
Chocolate, square (1 oz.)	1 T. melted
Cream (1/2 pint)	1 cup
Cream, heavy (1 cup)	2 cups whipped
Flour, all-purpose (1 lb.)	4 cups sifted
Gelatin (1 envelope)	1 T. fresh
Herbs, dried (1 tsp.)	1 T. fresh
Lemon (2 to 3 T. juice)	1-1/2 tsp. grated rind
Macaroni (1 cup dry)	2-1/4 cups cooked
Meat, diced (1 lb.)	2 cups
Mushrooms (1 lb.)	5 to 6 cups sliced
Nuts, shelled (1/4 lb.)	1 cup chopped
Onion (1 medium)	1/2 cup chopped
Orange (6 to 8 T. juice)	1/3 to 1/2 cup pulp
Potatoes (3 medium)	1-3/4 to 2 cups mashed
Rice (1 cup uncooked)	3 cups cooked
Spaghetti (1/2 lb.)	3-1/2 to 4 cups cooked
Sugar, confectioners (1 lb.)	4-1/2 cups unsifted
Sugar, granulated (1 lb.)	2 cups
Tomatoes (1 lb.)	3 or 4 medium
Walnuts in shell (1 lb.)	1-3/4 cups chopped

Substitutions	
For:	You Can Use:
1 T. cornstarch	2 T. flour OR 1-1/2 T. quick cooking tapioca
1 C. cake flour	1 C. less 2 T. all-purpose flour
1 C. all-purpose flour	1 C. plus 2 T. cake flour
1 square chocolate	3 T. cocoa and 1 T. shortening
1 C. melted shortening	1 C. salad oil (may not be substituted for solid shortening)
1 C. milk	1/2 C. evaporated milk and 1/2 C. water
1 C. sour milk or buttermilk	1 T. lemon juice or vinegar and enough sweet milk to measure 1 C.
1 C. heavy cream	2/3 C. milk and 1/3 C. butter
1 C. heavy cream, whipped	2/3 C. well-chilled evaporated milk, whipped
Sweetened condensed milk	No substitution
1 egg	2 T. dried whole egg and 2 T. water
1 tsp. baking powder	1/4 tsp. baking soda and 1 tsp. cream of tartar OR 1/4 tsp. baking soda and 1/2 C. sour milk, buttermilk or molasses; reduce other liquid 1/2 C.
1 C. sugar	1 C. honey; reduce other liquid 1/4 C.; reduce baking temperature 25°
1 C. miniature marshmallows	About 10 large marshmallows, cut up
1 medium onion (2-1/2" dia.)	2 T. instant minced onion OR 1 tsp. onion powder OR 2 tsp. onion salt; reduce salt 1 tsp.
1 garlic clove	1/8 tsp. garlic powder OR 1/4 tsp. garlic salt; reduce salt 1/8 tsp.
1 T. fresh herbs	1 tsp. dried herbs OR 1/4 tsp. powdered herbs OR 1/2 tsp. herb salt; reduce salt 1/4 tsp.
Bread crumbs	Use crushed corn or wheat flakes, or other dry cereal. Or use potato flakes.
Butter	Use 7/8 cup of solid shortening plus 1/2 teaspoon of salt.

Substitutions	
For:	You Can Use:
Fresh milk	To substitute 1 cup of fresh milk, use 1/2 cup each of evaporated milk and water. For 1 cup of whole milk, prepare 1 liquid cup of nonfat dry milk and 2-1/2 teaspoons butter or margarine.
Sugar	Use brown sugar, although it will result in a slight molasses flavor.
Superfine sugar	Process regular granulated sugar in your blender.
Red and green sweet pepper	Use canned pimientos.
Vanilla extract	Use grated lemon or orange rind for flavoring instead. Or try a little cinnamon or nutmeg.
Flour	Substitute 1 tablespoon cornstarch for 2 tablespoons of flour. Or try using instant potatoes or cornmeal.
Buttermilk	Use 1 tablespoon of lemon juice or vinegar and enough fresh milk to make 1 cup. Let it stand 5 minutes before using.
Ketchup	Use a cup of tomato sauce added to 1-1/4 cups of brown sugar, 2 tablespoons of vinegar, 1/4 teaspoon of cinnamon and a dash of ground cloves and allspice.
Unsweetened chocolate	Use 1 tablespoon of shortening plus 3 tablespoons of unsweetened chocolate to equal 1 square of unsweetened chocolate.
Corn syrup	Use 1/4 cup of water or other type of liquid called for in the recipe, plus 1 cup of sugar.
Eggs	Add 3 or 4 extra tablespoons of liquid called for in the recipe. Or, when you're 1 egg shy for a recipe that calls for many, substitute 1 teaspoon of cornstarch.
Cake flour	Use 7/8 cup of all-purpose flour for each cup of cake flour called for in a recipe.
Fresh herbs and spices	Use 1/3 the amount of dried herbs or spices. Dried herbs are more concentrated.
Honey	To substitute 1 cup of honey, use 1-1/4 cups of sugar and 1/4 cup of water or other liquid called for in the recipe.

Healthy Substitutions	
For:	You Can Use:
Bacon	Canadian bacon, turkey bacon, smoked turkey or lean prosciutto (Italian ham).
Bread, white	Whole-grain bread.
Cream	Fat-free half and half, evaporated skim milk.
Eggs	Two egg whites or 1/4 C. egg substitute for each whole egg.
Flour, all-purpose (plain)	Whole wheat flour for half of the called for all-purpose flour in baked goods.
Ground beef	Extra-lean or lean ground beef, ground chicken breast or turkey breast.
Lettuce, iceberg	Arugula, chior, collard greens, dandelion greens, kale, mustard greens, spinach or watercress.
Mayonnaise	Reduced-calorie mayonnaise-type salad dressing or reduced-fat mayonnaise.
Meat	Three times as many vegetables as the meat on pizzas or in casseroles, soups, and stews.
Milk, whole	Reduced fat or fat-free milk.
Oil-based Marinades	Wine, balsamic vinegar, fruit juice or fat-free broth.
Pasta, white	Whole wheat pasta.
Rice, white	Brown rice, wild rice, bulgur or pearl barley.
Salad dressing	Fat-free or reduced-calorie dressing or flavored vinegars.
Soups, creamed	Fat-free milk-based soups, mashed potato flakes, or pureed carrots, potatoes or tofu for thickening.
Soy sauce	Sweet and sour sauce, hot mustard sauce or low-sodium soy sauce
Sugar	In most baked goods you can reduce the amount of sugar by one-half intensity by adding vanilla, nutmeg or cinnamon.
Syrup	Pureed fruit, such as applesauce, or low-calorie, sugar-free syrup.
Table salt	Herbs, spices, citrus juices (lemon, lime, orange), rice vinegar, salt-free seasoning mixes or herb blends.

Troubleshooting Baking Failures	
Biscuits	6. Cakes fall may be caused by using insufficient flour, under baking, too much sugar, too much fat or not enough baking powder.
1. Rough biscuits caused from insufficient mixing.	7. Uneven browning may be caused from cooking cakes at too high a temperature, crowding the shelf (allow at least 2" around pans) or using dark pans (use bright finish, smooth bottomed pans).
2. Dry biscuits caused from baking in too slow an oven and handling too much.	8. Cake has uneven color is caused from not mixing well. Mix thoroughly, but do not over mix.
3. Uneven browning caused from cooking in dark surface pan (use a cookie sheet or shallow bright finish pan), too high a temperature and rolling the dough too thin.	Pies
Muffins	1. Pastry crumbles caused by overmixing flour and fat.
1. Coarse texture caused from insufficient stirring and cooking at too low a temperature.	2. Pastry is tough caused by using too much water and over mixing dough.
2. Tunnels in muffins, peaks in center and soggy texture are caused from overmixing.	3. Pies can burn- for fruit or custard pies use a Pyrex pie pan or enamel pan and bake at 400° to 425° constant temperature.
3. For a nice muffin mix well but light and bake at correct temperature.	Cakes
Cakes	1. Cracks and uneven surface may be caused by too much flour, too hot an oven and sometimes from cold oven start.
1. Cracks and uneven surface may be caused by too much flour, too hot an oven and sometimes from cold oven start.	2. Cake is dry may be caused by too much flour, too little shortening, too much baking powder or cooking at too low a temperature.
2. Cake is dry may be caused by too much flour, too little shortening, too much baking powder or cooking at too low a temperature.	3. A heavy cake means too much sugar has been used or baked too short a period.
3. A heavy cake means too much sugar has been used or baked too short a period.	4. A sticky crust is caused by too much sugar.
4. A sticky crust is caused by too much sugar.	5. Coarse grained cake may be caused by too little mixing, too much fat, too much baking powder, using fat too soft, and baking at too low a temperature.
5. Coarse grained cake may be caused by too little mixing, too much fat, too much baking powder, using fat too soft, and baking at too low a temperature.	

Guide for Spices & Seasonings	
All-Spice	Cakes, cookies, pies, breads, puddings, fruit preserves, pickles, relishes, yellow vegetables
Basil	Tomatoes, tomato sauce, barbecue sauce, salads
Celery Seed	Meat loaf, beef, lamb and vegetable stews; bean salad
Cloves	Ham, beefs, pickling, beef marinades, hot spiced beverages, cakes, pies, puddings
Chili Powder	Vegetable and beef chili, cocktail and barbecue sauces, egg dishes, meatballs, meat loaf
Thyme	Chowder, seafood, stuffing, poultry, meat, vegetables
Dill	Salads and salad dressings, sour cream or mayonnaise dips, eggs, cucumbers, tomatoes, carrots, fish, cheese dishes
Garlic	Nearly all types of meat, fish, poultry, vegetables, sauces, stews, soups, salads and salad dressings
Rosemary	Lamb, poultry stuffing, beef and pork roasts, tomato sauce, salads, seafood, turnips, potatoes, cauliflower
Sage	Waf, sausage, poultry, stuffings, cheese spreads, soups
Tarragon	Salad dressings, sauces, egg dishes, stews, poultry, seafood
Cinnamon	Cakes, cookies, pies, puddings, coffee, dessert topping, yellow vegetables, hot spiced beverages

Choose one or more of these seven unique 16-page sections.

Value-Added Sections

Cooking & Nutritional Tips (\$.25 per book for each 16-page section)

This section has all your favorite kitchen references, including substitutions, guide for spices & seasonings, food storage, cooking temperatures and so much more!

Food Storage

Baking Powder: Store the airtight tin in a cool, dry place and replace every 6 months.

Baking Soda: Store in an airtight container in a cool, dry place for about 6 months.

Beans: Once a package is opened, dry beans should not be refrigerated but stored in airtight containers in a cool, dry place. They will keep for about 1 year.

Bread: A rib of cellophane in your bread bag will keep the bread fresh for a longer time.

Brown Sugar: Wrap in a plastic bag and store in a tightly covered container for up to 4 months.

Cakes: Putting half an apple in the cake box will keep cake moist.

Celery and Lettuce: Store in refrigerator in paper bags instead of plastic. Leave the outside leaves and stalks on until ready to use.

Cheese: Wrap cheese in a vinegar-dampened cloth to keep it from drying out.

Chocolate: Store chocolate for no longer than 1 year. It should be kept in a cool, dry place with a temperature range of 60°F to 75°F. If the storage temperature exceeds 75°F, some of the cocoa butter may separate and rise to the surface, causing a whitish color to the chocolate called "bloom".

Cocoa: Store cocoa in a glass jar in a dry and cool place.

Coales: Place crushed tissue paper on the bottom of your cookie jar.

Cottage Cheese: Store carton upside-down. It will keep twice as long.

Dried Fruit: Store unopened packages of dried fruit in a cool, dry place or in the refrigerator. Store opened packages in an airtight container in the refrigerator or freezer for 6 to 8 months.

Cooking & Nutritional Tips - 9

Food Storage

Onions: Wrap individually in foil to keep them from becoming soft or sprouting. Once an onion has been cut in half, rub the leftover side with butter and it will keep fresh longer.

Parsley: Keep fresh and crisp by storing in a wide-mouth jar with a tight lid. Parsley may also be frozen.

Papparas: It should always be kept in the freezer. Not only will it stay fresh, but freezing helps eliminate "old-maid's".

Potatoes: Potatoes, as well as other root vegetables, keep well in a dark, cool place, preferably a cellar. Store them in a dark brown paper bag.

Shredded Coconut: Store in a cool, dry place in an airtight container. Do not store in the refrigerator.

Smoked Meats: Wrap ham or bacon in a vinegar-soaked cloth, then in waxed paper to preserve freshness.

Soda Crackers: Wrap tightly and store in the refrigerator.

Strawberries: Keep in a colander in the refrigerator. Wash just before serving.

Vegetables with tops: Remove the tops on carrots, beets, etc. before storing.

Yeast: Store in the freezer or refrigerator in a closed plastic bag.

10 - Cooking & Nutritional Tips

Measurements/Equivalents

Metric Volume Measurements

Measure	Equivalent
1 cubic centimeter	0.061 cubic inch
1 cubic inch	16.39 cubic centimeters
1 cubic decimeter	0.0353 cubic foot
1 cubic foot	28.317 cubic decimeters
1 cubic yard	0.7646 cubic meter
1 cubic meter	0.2759 cord
1 cord	3.625 steres
1 liter	0.908 qt. dry (1.0567 qts. liquid)
1 quart dry	1.101 liters
1 quart liquid	0.9463 liter
1 dekaliter	2.6417 gallons (1.135 pecks)
1 gallon	0.3785 dekaliter
1 peck	0.881 dekaliter
1 hectoliter	2.8378 bushels
1 bushel	0.3524 hectoliter

Simplified Measurements

1 tablespoon	3 teaspoons
2 tablespoons	1 ounce
1/4 cup	1/2 ounce
1/2 cup	4 tablespoons
3/4 cup	5 tablespoons plus 1 teaspoon
1 cup	8 tablespoons
1 pint	16 tablespoons
1 quart	2 cups
1 gallon	4 quarts
1 liter	4 cups plus 3 tablespoons
1 ounce (dry)	2 tablespoons
1 pound	16 ounces

Cooking & Nutritional Tips - 11

Measurements/Equivalents

Measurements

Measure	Equivalent
1 pound brown sugar	3-1/2 cups
1 pound granulated sugar	2-1/4 cups
1 pound powdered sugar	3-3/4 cups
1 pound butter or butter substitute	2 cups
1 pound cheese	4-1/2 cups, grated
1 pound flour	3-3/4 cups
1 pound dates, pitted	2-2/3 cups
3-pound dressed chicken	1-1/2 pounds or 4-1/2 cups, cooked and diced
1 square chocolate	2 tablespoons cocoa
1 cup broken, uncooked meat	2-2/3 cups, cooked
1 pound uncooked meat	2-3/4 cups, cooked and ground
1 cup uncooked rice	4 cups, cooked
1 cup broken, uncooked spaghetti	2 cups, cooked

Sizes of Cans and Approximate Content

No. 1 Can	1-1/2 Cups
No. 2 Can	2-1/2 Cups
No. 2-1/2 Can	3-1/2 Cups
No. 3 Can	4 Cups
No. 10 Can	13 Cups

12 - Cooking & Nutritional Tips

Cooking Temperatures

Recommended safe minimum internal cooking temperatures. You should use a food thermometer to determine internal temperatures of foods.

FOOD	DEGREES FAHRENHEIT (°F)
Ground Meat and Meat Mixtures	
Beef, Pork, Veal, Lamb	160 degrees
Turkey, Chicken	165 degrees
Fresh Beef, Veal, Lamb	
Steaks, Roasts, Chops	145 degrees
Poultry	
Chicken and Turkey, Whole	165 degrees
Poultry Breasts, Roasts	165 degrees
Poultry Thighs, Wings	165 degrees
Duck and Goose	165 degrees
Stuffing (cooked alone or in bird)	165 degrees
Fresh Pork	
Ham	145 degrees
Fresh (raw)	145 degrees
Pre-cooked (to reheat)	140 degrees
Eggs and Egg Dishes	
Eggs	Cook until yolk and white are firm
Egg Dishes	160 degrees
Seafood	
Fish	145 degrees - Cook fish until it is opaque (milky white) and flakes with a fork
Shellfish	
Shrimp, Lobster, Scallops	Cook until the flesh of shrimp and lobster are an opaque color. Scallops should be opaque and firm.
Clams, Mussels, Oysters	Cook until their shells open. This means that they are done. Throw away any that were already open before cooking as well as ones that did not open after cooking.
Casseroles and Reheated Leftovers	165 degrees

Cooking & Nutritional Tips - 13

Healthier Food Choices

Making small changes will have a big difference to your health. Commit to incorporating one new healthy eating goal each week over the next six weeks.

Make half of your plate fruits and vegetables: Choose red, orange and dark-green vegetables for your meals. The more colorful your plate, the more likely you are to get the vitamins, minerals, and fiber your body needs to be healthy.

Make half the grains you eat whole grains: An easy way to eat more whole grains is to switch to a whole grain flour. Read the ingredients list and choose products that list whole-grain ingredients first. Look for things like: whole wheat, brown rice, bulgur, buckwheat, oatmeal, rolled oats, quinoa, or wild rice.

Switch to fat-free or low-fat (1% milk): Both have the same amount of calcium and other essential nutrients as whole milk, but fewer calories and less saturated fat. Unsweetened almond milk is lower in calories and contains no cholesterol, saturated fat or lactose. Unlike cow's milk, almond milk does not contain calcium unless it is enriched.

Choose a variety of lean protein foods: Select leaner cuts of ground beef (90% lean or higher), turkey breast, or chicken breast.

Compare sodium in foods: Use the Nutrition Facts label to choose lower sodium versions of foods like soup, bread, and frozen meals.

Staying clear of sugary drinks: Try adding a slice of lemon, lime, or watermelon or a splash of 100% juice to your glass if you want some flavor. Dates are a great way to naturally sweeten smoothies or shakes.

Eat some seafood: Seafood has protein, minerals, and omega-3 fatty acids. Adults should try to eat at least eight ounces a week of a variety of seafood.

Cut back on solid fats: Eat fewer foods that contain solid fats. The major sources for Americans are cakes, cookies, and other desserts (often made with butter, margarine, or shortening); pizza; processed and fatty meats; and ice cream.

Choose your oils wisely: It's great for sautéing veggies and cooking at high temperatures. You can also spread it on toast instead of butter, use it to pop popcorn, or add to smoothies. When it comes to your heart, coconut oil is a healthier fat than butter and trans fat and it's cholesterol-free - but it's not necessarily healthier than unsaturated oils such as extra-virgin olive, grape-seed, canola or safflower oils.

14 - Cooking & Nutritional Tips

Manage Your Portions

- Not sure what a portion size should be?** Make sense of portion sizes by using hand symbols for portions.
- Learn to read food labels.** Pay attention to the number of servings contained in the package, then note the calorie and fat content per serving. If, for example, the label on a large muffin indicates that one serving has 250 calories and 10 grams of fat, and the muffin contains 2 servings, then you'll have eaten 500 calories and 20 grams of fat from that muffin.
- Compare marketplace portions to recommended serving sizes.** If you eat a marketplace portion of something, compare its size to what's recommended by the USDA. For example, a standard bagel is 2-ounces and counts as 2 servings from the bread/cereal/grain food group. A marketplace bagel weighs nearly 6-ounces and counts as 6 servings. A pasta dinner from your favorite restaurant might add up to 6 or more servings of grains as well. If you eat a 12-ounce piece of meat, you're consuming 3-ounces more than your whole day's recommendation!
- Repurpose super-size bags.** Super-size bags may be more economical, but they can also encourage you to overeat. If you buy huge bags of chips or pretzels, for example, repurpose the contents into smaller containers.
- Share a meal.** Order an appetizer and split one main course with another person when you go out for a meal. Share an order of fries with everyone at your table. Order one dessert and some extra forks. Four people can enjoy a few bites of a decadent dessert and it's probably just the right amount!
- Eat half or less.** If you're not sharing a meal, eat half of what you've served and take the rest home to enjoy as another meal. You might even ask for the box when your plate arrives and pack it up right away.
- Use a smaller plate.** At home, serve your meals on smaller plates. Your plate will look full, but you'll be eating less.
- Slow down and skip second helpings.** Eat one reasonable serving and don't immediately go back for seconds. Give yourself time to digest. Serve yourself more food if you are still hungry.

Cooking & Nutritional Tips - 15

Food Allergy Awareness

Preparing food for those with severe food allergies can be a challenge. Here are a few tips and considerations to keep in mind.

What are the food allergies and how severe are they? Check with guests prior to an event with food to see if there are food allergies and if so how severe are they. Ask for suggestions and don't be offended if that person offers or insists on bringing their own food. Some allergies may be mild while others can be life-threatening.

Avoid cross contamination: Using a spoon in one dish and then moving it to another can move tiny particles of wheat, dairy, or nuts/nut oils. Make sure each dish has its own serving spoon and people are aware that utensils cannot be mixed. Encourage hand washing and as an extra precaution serve the person with the allergy first.

Keep in mind when preparing food cross contamination can occur with ingredients. Using a tablespoon for flour and then using it with cinnamon now leaves gluten in the cinnamon container. If you will be providing food for someone with allergies on a regular basis keep a separate set of ingredients that are only used to prepare allergy free foods. Keeping them in a tote that can be tucked in a pantry helps prevent them from being mixed with other pantry items.

Washing utensils and dishes with hot soapy water and rinsing thoroughly will help wash away most food particles however items like a cutting board or toaster can hide minor particles of gluten. Peanut oils may cling to plastic measuring cups and be difficult to remove completely. Keeping a second set of these items dedicated only for allergy free food prep is best.

Consider color coding. Have all containers used for serving, preparing, and left overs of allergy free foods be a particular color like green.

Allergens are not cooked out: When preparing food, allergens are not like germs and are not destroyed by heat. The only safe way to be sure that an allergen is not present is to prevent it from being there in the first place.

16 - Cooking & Nutritional Tips

Value-Added Sections

Add more value, pages and bulk to your book by adding an extra section filled with information or recipes.

Household Hints (\$.25 per book for each 16-page section)

Everything you need from cleaning up to food and kitchen safety to menu planning to table settings.

HOUSEHOLD HINTS

Tips to remedy this or that in the household

- Clean-up Tips.....2-3
- Keeping Furniture Clean.....4-5
- Laundry Care.....6
- Removing Clothing Stains.....7
- Removing Floor Stains.....8
- Basic Fabric Care.....9
- Food Safety.....10
- Kitchen Safety.....11
- Perfect Party Checklist.....12
- Menu Planning.....13
- Table Settings.....14
- Buffet Arrangement.....15
- Staying Organized.....16



Clean-up Tips

Appliances: To shine chrome, use vinegar or window cleaner. If the numbers on your oven dial are worn, take a yellow crayon and rub it all over the number on the dial. Gently wipe off the excess crayon and paint with clear nail polish. To clean splattered food from the interior of your microwave, bring one cup of water to a boil until steam forms on the inside walls of microwave. Remove water and wipe with a damp cloth. You may have to repeat the process to get a really big job done.

To rid yellowing from white appliances try this: Mix together: 1/2 cup bleach, 1/4 cup baking soda and 4 cups warm water. Apply with a sponge and let set for 10 minutes. Rinse and dry thoroughly. Instead of using commercial waxes, shine with rubbing alcohol. For quick clean-ups, rub with equal parts of water and household ammonia. Or, try club soda. It cleans and polishes at the same time.

Blender: Fill part way with hot water and add a drop of detergent. Cover and turn it on for a few seconds. Rinse and drain dry.

Burnt and scorched pans: Sprinkle burnt pans liberally with baking soda, adding just enough water to moisten. Let stand for several hours. You can generally lift the burned portions right out of the pan. Stubborn stains on non-stick cookware can be removed by boiling 2 tablespoons of baking soda, 1/2 cup vinegar and 1 cup water for 10 minutes. Re-season pan with salad oil.

Cat-iron skillet: Clean the outside of the pan with commercial oven cleaner. Let set for 2 hours and the accumulated black stains can be removed with vinegar and water.

Dishwasher: Run a cup of white vinegar through the entire cycle in an empty dishwasher to remove all soap film.

Clogged drains: When a drain is clogged with grease, pour a cup of salt and a cup of baking soda into the drain followed by a kettle of boiling water. The grease will usually dissolve immediately and open the drain. Coffee grounds are a no-no. They do a nice job of clogging, especially if they get mixed with grease.

Dusting: Spray furniture polish on the bristles of your broom and the dust and dirt will be easier to collect when you sweep.

Dish Drainer: Remove hard water stains from your dish drainer by tilting the low end of the board slightly and pouring one cup of white vinegar over the board. Let it set overnight and rub off with a sponge in the morning.

Glassware: Never put a delicate glass in hot water bottom side first. It will crack from sudden expansion. The most delicate glassware will be safe if it is slipped in edgewise.

Vinegar is a must when washing crystal.

Raise in 1 part vinegar to 3 parts warm water. Air dry.

When one glass is tucked inside another, do not force them apart. Fill the top glass with cold water and dip the lower one in hot water. They will come apart without breaking.

Grater: For a fast and simple clean-up, rub salad oil on the grater before using.

Use a toothbrush to brush lemon zest, cheese, onion or whatever out of the grater before washing.

Thermos bottle: Fill the bottle with warm water, add 1 teaspoon of baking soda and allow to soak.

Ovens: Following a spill, sprinkle with salt immediately. When oven is cool, brush off burnt food and wipe with a damp sponge. Sprinkle bottom of oven with automatic dishwasher soap and cover with wet paper towels. Let stand for a few hours.

A quick way to clean oven parts is to place a bath towel in the bathtub and pile all removable parts from the oven onto it. Draw enough hot water to just cover the parts and sprinkle a cup of dishwasher soap over it. While you are cleaning the inside of the oven, the rest will be cleaning itself.

An inexpensive oven cleaner: Set oven on warm for about 20 minutes, then turn off. Place a small dish of full strength ammonia on the top shelf. Put a large pan of boiling water on the bottom shelf and let it set overnight. In the morning, open oven and let it air a while before washing off with soap and water. Even the hard baked-on grease will wash off easily.

To prevent mildew from forming, wipe with vinegar. The acid effectively kills the mildew fungus. Use a glycerin soaked cloth to wipe sides and shelves. Future spills wipe up easily.

After the freezer has been defrosted, cut the inside coils with glycerin. The next time you defrost, the ice will loosen quickly and drop off in sheets.

Wash inside and out with a mixture of 3 tablespoons of baking soda in a quart of warm water.

Sinks: For a sparkling white sink, place paper towels across the bottom of your sink and saturate with household bleach. Let set for 1/2 hour or so.

Rub stainless steel sinks with lighter fluid if rust marks appear. After the rust disappears wipe with your regular kitchen cleanser.

Use a cloth dampened with rubbing alcohol to remove water spots from stainless steel.

Spots on stainless steel can also be removed with white vinegar. Club soda will shine up stainless steel sinks in a jiffy.

Toilette: To remove lime deposits, fill with equal parts of vinegar and water. Bring to a boil and allow to stand overnight.

Plastic cups, dishes and containers: Coffee or tea stains can be soaced with baking soda. Or, fill the stained cup with hot water and drop in a few denture cleanser tablets. Let soak for 1 hour.

To rid foul odors from plastic containers, place crumpled-up newspaper (black and white only) into the container. Cover tightly and leave overnight.

Refrigerator: To help eliminate odors fill a small bowl with charcoal (the kind used for ported plants) and place it on a shelf in the refrigerator. It absorbs odors rapidly.

An open box of baking soda will absorb food odors for at least a month or two.

Keeping Furniture Clean

To remove polish build-up: Mix 1/2 cup vinegar and 1/2 cup water. Rub with a soft cloth that has been moistened with solution, but wring out. Dry immediately with another soft cloth.

Polishing carved furniture: Dip an old soft toothbrush into furniture polish and scrub toothbrush into furniture polish and scrub with a soft cloth.

Cigarette burns: For small minor burns, try rubbing mayonnaise into the burn. Let set for a while before wiping off with a soft cloth.

Burns can be repaired with a wax stick (available in all colors at paint and hardware stores). Gently scrape away the charred finish. Heat a knife blade and melt the shellac stick against the heated blade. Smooth over damaged area with your fingers. But always consider the value of the furniture. It might be better to have a professional make the repair.

Or, make a paste of rottenstone (available at hardware stores), fill with furniture oil and water. Bring to a boil and allow to stand overnight.

For all minor scratches: Cover each scratch with a generous amount of white petroleum jelly. Allow it to remain on for 24 hours. Rub it into wood. Remove excess and polish as usual.

For larger scratches: Fill by rubbing with a wax stick (available in all colors at your hardware or paint store) or a crayon that matches the finish of the wood.

Waxing: You can either rub the scratch with a dark brown crayon or buff with brown paste wax.

Red Mahogany: Apply ordinary iodine with a number 0 artist's brush.

Maple: Combine equal amounts of iodine and denatured alcohol. Apply with a Q-tip, then dry, wax and buff.

Esony: Use black shoe polish, black eyebrow pencil or black crayon.

Teakwood: Rub very gently with 0000 steel wool. Rub in equal amounts of linseed oil and turpentine.

Light finished furniture: Scratches can be hidden by using shoe polish. However, only on shiny finishes.

For all minor scratches: Cover each scratch with a generous amount of white petroleum jelly. Allow it to remain on for 24 hours. Rub it into wood. Remove excess and polish as usual.

For larger scratches: Fill by rubbing with a wax stick (available in all colors at your hardware or paint store) or a crayon that matches the finish of the wood.

Laundry Care

Spot removal: Two parts water and one part rubbing alcohol are the basic ingredients in any commercial spot remover.

Clean machine: Fill your washer with warm water and add a gallon of distilled vinegar. Run the machine through the entire cycle to undog and clean soap scum from hoses.

Toosudsy: When your washer overflows with too many suds, sprinkle salt in the water—the suds will disappear.

Hand-washed sweaters: Add a capful of hair cream rinse to the final rinse water when washing sweaters.

White fabric: Linen or cotton can be whitened by boiling in a mixture of 1 part cream of tartar and 3 parts water.

Wicker fabric: Boil socks in water to which a lemon slice has been added.

Freshen feather pillows: Put feather pillows in the dryer and tumble, then air outside.

Lintless corduroy: While corduroy is still damp, brush with clothes brush to remove all lint.

Ironing tip: When pressing pants, iron the top crease first, then the leg from the right side. This gives the pockets and waistband a smooth look.

Cleaning garments: Take an empty cardboard paper towel roll and cut through it lengthwise. Slip it over a wire hanger to prevent a crease from forming in the garment to be hung on the hanger.

Remove creases from hems: Sponge material with a white vinegar solution and press flat to remove creases in hems.

Bedroom ironing: A good place to iron is in the bedroom. Closets are nearby to hang clothes up immediately, and the bed makes a good surface on which to fold clothes and separate items into piles.

Ironing board cover: When washing your ironing board cover, attach it to the board while it is still damp. When it dries, the surface will be completely smooth. Starch your ironing board cover. This helps the cover stay clean longer.

Lint remover: Add a yard of nylon netting to your dryer with the wet clothes—it will catch most of the lint.

Washer advice: Button all buttons on clothing and turn inside out before putting into the washer. Fewer buttons will fall off and garments will fade less if turned inside out.

Sulphur shampoo: Use a small paintbrush and brush hair shampoo into soiled shirt collars before laundering. Shampoo is made to dissolve body oils.

Faster ironing: Place a strip of heavy-duty aluminum foil over the entire length of the ironing board and cover with pad. As you iron, heat will reflect through the underside of the garment.

Ironing embroidery: Lay the embroidery piece upside-down on a Turkish towel before ironing. All the little spaces between the embroidery will be smooth when you are finished.

Removing Clothing Stains

Alcoholic beverages: Pre-soak or sponge fresh stains immediately with cold water, then with cold water and glycerin. Wash with vinegar for a few seconds if stain remains. These stains may turn brown with age. If wine stain remains, rub with concentrated detergent, wait 15 minutes, rinse. Repeat if necessary. Wash with detergent in hottest water safe for fabric.

Baby food: Use liquid laundry detergent and brush into stain with an old toothbrush then wash.

Blood: Pre-soak in cold or warm water at least 30 minutes. If stain remains, soak in lukewarm ammonia water (3 tablespoons per gallon water). Rinse. If stain remains, work in detergent, and wash, using bleach safe for fabric.

Candle wax: Use a dull knife to scrape off as much as possible. Place fabric between 2 blotches of fabric tissues and press with warm iron. Remove color stain with non-flammable dry cleaning solvent. Wash with detergent in the hottest water safe for fabric.

Chewing gum: Rub area with ice, then scrape off with a dull blade. Sponge with dry cleaning solvent; allow to air dry. Wash in detergent and hottest water safe for fabric.

Cosmetics: Loosen stain with non-flammable dry cleaning solvent. Rub detergent in until stain outline is gone. Wash in hottest water and detergent safe for fabric.

Deodorants: Sponge area with white vinegar. If stain remains, soak with denatured alcohol. Wash with detergent in hottest water safe for fabric.

Dye: If dye transfers from a non-colorfast item during washing, immediately bleach discolored items. Repeat as necessary BEFORE drying. On whites use color remover in washer, or around washer and dryer as it may damage the finish.

Fruit and fruit juices: Sponge with cold water. Pre-soak in cold or warm water for at least 30 minutes. Wash with detergent and bleach safe for fabric.

Grass: Pre-soak in cold water for at least 30 minutes. Rinse. Pre-treat with detergent, hot water, and bleach safe for fabric. On acetate and colored fabrics, use 1 part of alcohol to 2 parts water.

Grease, oil, tar or butter: Method 1: Use powder or chalk absorbents to remove as much grease as possible. Pre-treat with detergent or non-flammable dry cleaning solvent, or liquid shampoo. Wash in hottest water safe for fabric, using plenty of detergent.

Method 2: Rub spot with land and sponge with a non-flammable dry cleaning solvent. Wash in hottest water and detergent safe for fabric.

Perfpiration: Sponge fresh stain with ammonia; old stain with vinegar. Pre-soak in cold or warm water. Rinse. Wash in hottest water safe for fabric. If fabric is yellowed, use bleach. If stain still remains, dampen and sponge with meat tenderizer, or pepsin. Let stand 1 hour. Brush off and wash. For persistent odor, sponge with colorless mouthwash.

Removing Floor Stains

Candle drippings: For spilled wax on carpet, use a brown paper bag as a blotter and run a hot iron over it, which will absorb the wax.

Dog stains: Blot up excess moisture with paper towel. Pour club soda on the spot and continue blotting. Lay a towel over the spot and set a heavy object on top in order to absorb all the moisture.

Rug care: When washing and drying floor-backed throw rugs, never wash in hot water and use the "air only" dryer setting to dry. Heat will ruin foam.

Cleaning rugs: If the rug is only slightly dirty, you can clean it with commercial. Use a stiff brush to work the commercial into the pile of the rug. Take it off with the vacuum.

Spills on the rug: When spills happen, go to the bathroom and grab a can of shaving cream. Squirt it on the spot then rinse with water.

Ballpoint ink marks: Saturate the spots with hairspray. Allow to dry. Brush lightly with a solution of water and vinegar.

Glue: Glue can be loosened by saturating the spot with a cloth soaked in vinegar.

Removing braided rugs: Braided rugs often rip apart. Instead of sewing them, use clear fabric glue to repair. It's fast and easy.

Twine or a burn: Remove some fuzz from the carpet, either by shaving or pulling out with a tweezing. Rub into the shape of the burn. Apply a good cement glue to the backing of the rug and press the fuzz down into the burned spot. Cover with a piece of cleaning tissue and place a heavy book on top. This will cause the glue to dry very slowly and will get the best results.

Spot remover for outdoor carpeting: Spray spots liberally with a pre-wash commercial prepaper. Saturate the paper with water, press flat against the floor. When dry, remove the newspaper and the spots will have disappeared.

Blood on the rug: When you get blood on your rug, rub off as much as you can at first, then take a cloth soaked in cold water and wet

the spot, wiping it up as you go. If a little bit remains, pour some ammonia onto the cool, wet cloth and lightly wipe that over the spot, too. Rinse it right away with cold water.

Carpet Markers: Use floor polish to remove from vinyl tile or linoleum.

Spilled nail polish: Allow to almost dry, then peel off of waxed floors or tile.

Tar spots: Use pumice to remove tar from floors, walls or shoes, too.

Dusting floors: Stretch a nylon stocking over the dust mop. After using, discard the stocking and you will have a clean mop.

Varnished floors: Use cold tea to clean woodwork and varnished floors.

Spilled grease: Rub floor with ice cubes to solidify grease. Scrape up excess and wash with soapy water.

Quick shine: Put a generous amount of paper your dust mop. Dirt will stick to the mop and the wax will shine your floor.

Unmatted floors: Put thick old socks over the legs of heavy furniture when moving across floors.

Wood floor care: Never use water or water-based cleaners on wood floors. Over a period of time, warping and swelling will develop.

Heel marks: Just take a pencil eraser and wipe them off.

Floor polishes: When cleaning the felt pads of your floor polisher, place the pads between layers of newspaper and press with an iron to absorb built-up wax.

Grange floors: In an area where a large amount of oil has spilled, lay several thicknesses of newspaper. Saturate the paper with water, press flat against the floor. When dry, remove the newspaper and the spots will have disappeared.

Basement floors: Sprinkle sand on only spots, let it absorb the oil, and sweep up.

Three solutions to remove white water rings and spots: Dampen a soft cloth with water and put a dab of toothpaste on it. For stubborn stains, add baking soda to the toothpaste.

Make a paste of butter or mayonnaise and cigarette ashes. Apply to spot and buff away.

Apply a paste of salad oil and salt. Let stand briefly. Wipe and polish.

Marble table-top stains: Sprinkle salt on a fresh-out lemon. Rub very lightly over stain. Do not rub hard or you will ruin the polished surface. Wash off with soap and water.

Scour with a water and baking soda paste. Let stand for a few minutes before rinsing with warm water.

Removing candle wax from wooden finishes: Soften the wax with a hair dryer. Remove wax with paper toweling and wash down with a solution of vinegar and water.

Plastic table tops: You will find that a coat of Turtle Wax is a quick pick-up for dulled plastic table tops and counters.

Or, rub in toothpaste and buff.

Glass table tops: Rub in a little lemon juice. Dry with paper towels and shine with newspaper for a sparkling table.

Toothpaste will remove small scratches from glass.

Chrome cleaning: For sparkling clean chrome without streaks, use a cloth dampened in ammonia.

Removing glue: Cement glue can be removed by rubbing with cold cream, peanut butter or salad oil.

Wicker: Wicker needs moisture, so use a humidifier in the winter. To prevent drying out, apply lemon oil occasionally.

Never let wicker freeze. This will cause cracking and splitting.

Wash with a solution of warm salt water to keep from turning yellow.

Metal furniture: To remove rust, a good scrubbing with turpentine should accomplish this job.

Vinyl upholstery: Never oil vinyl as this will make it hard. It is almost impossible to soften again. For proper cleaning, sprinkle baking soda or vinegar on a rough, damp cloth, then wash with a mild dishwashing soap.

Soiled upholstery: Rub soiled cotton upholstery fabric with an artgum eraser or squares (purchased at stationery store).

Leather upholstery: Prevent leather from cracking by polishing regularly with a cream made of 1 part vinegar and 2 parts linseed oil. Clean with a damp cloth and saddle soap.

Grease stains: Absorb grease on furniture by pouring salt on the spill immediately.



Choose one or more of these seven unique 16-page sections.

Value-Added Sections

Household Hints (\$.25 per book for each 16-page section)

Everything you need from cleaning up to food and kitchen safety to menu planning to table settings.

Basic Fabric Care

Keep your clothing and fabrics looking and feeling great by following a few basic washing, drying and ironing rules. Be sure to follow any specific instructions on the care label of clothing pieces. Take tailored clothes and special items to a dry cleaner.

Fabric	Washing	Drying & Ironing
Acetates	Machine or hand wash at a low temperature. Do not wring or fast spin in machine.	Do not tumble dry. Allow acetate items to dry naturally and iron while still damp.
Acrylic	Usually machine washable – check label. Wash at low temperature.	Pull into shape after washing and remove excess water. Dry flat or line dry.
Brocade	Hand wash at cool temperature or dry clean. Do not wring.	Iron on the wrong side over a towel.
Cashmere	Hand wash in cool water in well-dissolved soap. Rinse well. Do not wring.	Dry and gently pull into shape. Iron inside out while damp with a cool iron.
Conduroy	Always wash inside out. Hand or machine wash – check label.	Iron inside out while evenly damp. Smooth fabric with a soft cloth.
Cotton	Machine wash at high temperature, separating whites from colors.	Tumble or line dry. Iron before items are completely dry.
Denim	Wash separately until there is no color run. Wash items inside out.	Tumble or line dry. Iron while very damp with a hot iron.
Leather & Suede	Protect items with leather spray after hand washing.	Rub suede onto another piece of suede or use a suede brush.
Linen	Machine wash according to label.	Iron while damp. Starch to prevent creases.
Silk	Hand wash in warm water. Some items may be machine washed on delicate cycle.	Line dry naturally and iron while damp. Use a pressing cloth to protect fabric.
Wool	Hand wash unless machine is acceptable – check label.	Dry flat, line dry or use a sweater rack. Do not tumble dry.

Household Hints – 9

Food Safety

Keep your family and yourself healthy by ensuring the foods you consume have been purchased, stored and prepared safely. A general understanding of how germs and bacteria grow will help protect you and your family from the risk of food poisoning.

When Shopping

- Carefully check over fresh fruits and vegetables for bruising, rotting or discoloration.
- Try to keep chilled and frozen foods as cold as possible between buying these items and storage at home. Once home, transfer these foods to the refrigerator or freezer immediately.
- Read all package labels carefully, noting the expiration date and any ingredients that may affect a family member by causing an allergic reaction.

When Storing

- Make sure your refrigerator is running correctly and kept cold enough, as harmful bacteria will flourish in warmer temperatures. Keep the coldest part of the refrigerator around 0 to 5°C/32 to 41°F.
- Store the most perishable foods in the coldest part of the refrigerator.
- Place foods that should be kept cooler, such as milk, fruit juices, cheeses, butter and eggs, in the refrigerator's special compartments.
- Wrap and cover all raw and uncooked foods to prevent them from touching other foods.
- Discard foods that have been kept longer than the "use by" or "best before" date.

When Preparing

- Keep your hands and all equipment extremely clean.
- Never use a knife that has been used to cut raw meat or fish for anything else before washing it thoroughly.
- Use separate cutting boards for raw foods, vegetables and cooked meats.
- Carefully wash and disinfect cutting boards, counter surfaces and kitchen towels after all uses.
- High temperatures will kill most bacteria. Be sure to cook foods throughout, especially raw meats and fish. A good rule of thumb is to cook meats so the center reaches 70°C/158°F for at least 2 minutes.
- Cooking raw eggs will destroy bacteria.
- Avoid recipes calling for uncooked eggs.
- It is best to thaw frozen foods in the refrigerator or microwave. If frozen meats or fish are not completely thawed, the center may not cook properly.
- Never reheat food or meals more than once.



Household Hints – 10

Kitchen Safety

Kitchen Fires

Always keep a domestic fire extinguisher in the kitchen. However, be careful not to position the extinguisher above the stove, as a stove top or oven fire would make the extinguisher inaccessible. Be sure to train your entire family on how to use the fire extinguisher. A compact fire blanket kept close will help smother flames from deep-fat fryers, which are a major cause of household fires. NEVER throw water on grease fires!

Child Safety

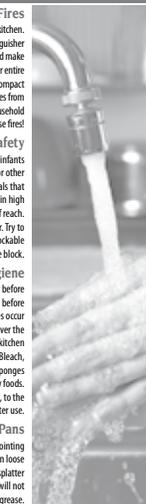
Use cupboard lock handles so children and infants cannot get into harmful kitchen chemicals or other products. Buy detergents and cleaning chemicals that have child-proof lids or store these products in high cupboards or on high shelves that are out of reach. Never leave knives or scissors on the counter. Try to keep them out of the way by placing them in a lockable drawer, on a magnetic rack or in a wooden knife block.

Hygiene

Always wash hands in warm soapy water before touching food, after touching raw foods and before touching ready-to-eat foods. If cuts or scrapes occur while cooking food, be sure to wash and cover the area immediately. Wipe hands on a separate kitchen towel, replacing the dish towel for dishes only. Bleach, disinfect or replace kitchen towels, cloths and sponges often, especially after working with raw foods. Return perishable foods, such as butter or milk, to the refrigerator as soon as possible after use.

Hot Pans

On the stovetop, make sure pan handles are pointing inwards so they won't be knocked off or catch on loose clothing. When using a frying pan, place a splatter guard over the pan so you or others will not be splattered by hot oil or grease.



Household Hints – 11

Perfect Party Checklist

- Create the party guest list.
- If applicable, pick a party theme. Party themes can be helpful during the planning process, as they give the party a defined purpose and focus.
- As party ideas come to you, jot them down. Don't rely on your memory for thoughts and inspiration.
- Create/buy invitations and send. If you have a theme, use the invitations to incorporate the theme and as a way to get party guests excited for the event!
- Gather materials needed for serving food, party games, decorations, music and/or party favors.
- Create the party menu, including snacks, main meal, beverages and/or dessert.
- Buy all necessary food and ingredients. If possible, prepare as much food the day before or morning of the party. If necessary, chill the beverages.
- Set the mood with decorations, lighting and music.
- Don't forget to wear something that is comfortable but, as the party host, makes you feel special!
- Set out party snacks, beverages, decorations and favors.
- Relax and welcome your guests!



Household Hints – 12

Menu Planning

When Selecting Recipes for a Party

- Plan the main course first, unless a meal will not be served. After choosing the main course, pick appetizers, sides and desserts to complement it.
- Keep the courses simple and try to choose items that can be either entirely or partly prepared ahead of time.
- Try to create a balance of color, texture and flavor throughout the courses. Avoid choosing recipes that are too similar, for example, all egg- or cheese-based.
- Balance a rich or spicy dish with a plain, light and/or refreshing appetizer or dessert.
- Be aware of any special dietary or allergic requirements your guests may have.
- Unless you have extra help, try to limit the amount of courses to three.

Estimating Quantities

Food	10 Portions	20 Portions	40 Portions
Soup	1/2 gallon	1 gallon	2 gallons
Cold, sliced meats	2 lbs.	3 lbs. 14 oz.	7 lbs. 11 oz.
Boneless meat for casseroles	2 lbs. 3 oz.	5 lbs.	10 lbs.
Roast meat on the bone	3 lbs. 14 oz.	6 lbs. 10 oz.	14 lbs. 5 oz.
Cheese	12 oz.	2 lbs.	2 lbs. 12 oz.
Cockers for cheese	1 lb. 1 oz.	1 lb. 10 oz.	2 lbs. 3 oz.
Filletted fish	2 lbs. 12 oz.	5 lbs.	10 lbs.
Whole chicken or turkey	7 lbs. 11 oz.	15 lbs. 7 oz.	2 – 7 lbs. 11 oz.
Rice or pasta (uncooked weight)	1 lb. 11 oz.	1 lb. 9 oz.	2 lbs. 12 oz.
Fresh fruits or fruit salad	3 lbs. 5 oz.	6 lbs. 1 oz.	12 lbs. 2 oz.
Ice cream	1/2 gallon	3/4 gallon	1 1/4 gallons

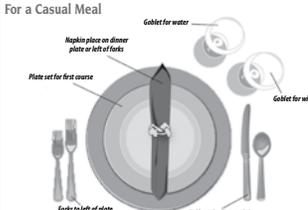
Household Hints – 13

Table Settings

For a Full-Course Meal



For a Casual Meal

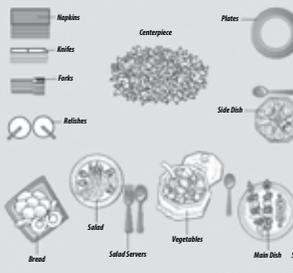


Household Hints – 14

Buffet Arrangement

Arranging the Buffet Table

- Decide which direction guests will walk around the table.
- Start with empty plates, then side dishes, followed by the main dish and finally the vegetables and salads. Place serving utensils beside each dish.
- Set breads, relishes, cutlery and napkins at the end of the buffet table. If there is room, set decorations in the center of the table.
- Leave room behind the buffet table so you have easy access for replacing dishes.
- Leave spaces between dishes on the buffet table so guests can set down glasses or plates when serving themselves.
- Keep cold side dishes or salads chilled, set the serving bowl or dish inside a separate dish that is full of ice.
- Place drinks, glasses, cups and ice on a separate table to avoid congestion in one area.



Household Hints – 15

Staying Organized

Use the following tips to keep your home organized.

- Use drawer dividers to give smaller items a well-defined spot. Within the drawers, store very small items in jewelry boxes, ice cube trays, desk trays, etc.
- Label storage containers or boxes with pictures or words so everyone will know the contents within. Color-coding works well, too. Color-code items for certain areas. For example, yellow-tagged items go in the upstairs bathroom. Or, use a separate color for each family member.
- Store items close to where they are used. For example, store jumper cables in the car trunk, pens and paper close to the phone and fast-food containers in the car.
- Keep separate folders holding data for the home, for each car, for pets and for tax and insurance documents.
- Use a file folder to hold receipts for valuable items. File any warranties or warranties together with the appropriate receipt.
- Print hard copies of important documents on your computer and file the documents in a safe place. This will allow you to retrieve the documents in case the computer breaks down or is stolen.
- If you keep magazines or pamphlets that do not show their title or issue on the spine, group the items by title and sort in a magazine file. Place a label on the file showing the contents within.
- Combine all cleaning fluids, detergents and rags needed to clean a particular area or room. Place them together in a sturdy container or bucket.
- Use lists to remember items needed, important errands or appointments. If possible, carry the list with you and check the items off as they are gathered or completed.



Household Hints – 16

Value-Added Sections

Add more value, pages and bulk to your book by adding an extra section filled with information or recipes.

Kids Kitchen Crafts

(\$.25 per book for each 16-page section)

This section is packed full of activities to keep kids busy while learning and exploring in the kitchen. There are also some great DIY gift ideas in here!

KIDS' KITCHEN CRAFTS

Homemade Glitter	2
Silly Putty	2
Bubble Juice	3
Bubble Wands	3
Chocolate Scented Playdough	3
Bread Dough Basket	4
Rock Candy Stir Sticks	5
Birdie "Tweet" Treats	5
Colored Vases	6
Colorful Salt Art Creations	6
Beauty Bath Bars	7
Cinnamon Holiday Ornaments	7
Mini Log Cabin	8
Apple Doll	9
Apple Spice Potpourri	9
Finger Paints	10
Scented Rocks	10
Eggshell Chalk	11
Spray Chalk	11
Artificial Snow	12
Colored Pasta Art	12
Juggling Balls	13
Marbled Paper	13
Homemade Glue	14
Modeling Clay	14
Double Biscuits	15
Invisible Writing	16
The Butter Factory	16

Homemade Glitter

Makes 1/2 cup

1/2 C. salt 3 drops food coloring

Preheat oven to 350°. In a small bowl, place salt. Add drops of any color food coloring. Mix lightly until salt is thoroughly colored. Spread salt mixture in a single layer on a baking sheet. Bake in preheated oven for 10 minutes. Remove baking sheet, being careful not to spill the glitter. Let glitter cool completely on baking sheet before transferring to a storage container.

Silly Putty

Makes about 1 cup

1/2 C. Elmer's white glue 3 drops food coloring
1/4 C. liquid starch

Place white glue in a medium shallow dish. Slowly add liquid starch to glue, kneading with your fingers. The more you handle the silty putty, the better it will turn out! If desired, add drops of any color food coloring and continue to knead with your hands until color is fully incorporated.



2 - Kids' Kitchen Crafts

Chocolate Scented Playdough

Makes about 2 cups

1 1/4 C. flour 1/4 T. cream of tartar
1/2 C. salt 1/4 T. vegetable oil
1/4 C. cocoa powder 1 C. boiling water

In a medium saucepan over medium heat, combine flour, cocoa powder, salt and cream of tartar. Add vegetable oil and boiling water and mix well. Cook, stirring frequently, until mixture forms a soft dough. Remove from heat and let cool. When mixture has cooled, continue to knead with your hands. Store mixture in an airtight container. Kids will enjoy creating shapes and characters with this sweet-smelling playdough!

Bubble Juice

Makes about 1 1/4 cups

1 C. water 4 T. liquid dishwashing soap
2 T. light corn syrup or 2 tsp. glycerin

In a large shallow dish, combine water, corn syrup and dishwashing soap. Mix thoroughly and use with homemade bubble wands.

Bubble Wands

Form wire clothes hangers or thin pieces of wire into various shapes. Lightly dip the wands into the bubble juice and wave through the air to make big bubbles!

Kids' Kitchen Crafts - 3

Bread Dough Basket

Makes 1 basket

1 1/2 C. warm water 2 lbs. flour
1 lb. salt Clear gloss varnish

Preheat oven to 250°. In a large bowl, combine warm water and salt. Let mixture cool and slowly add flour, mixing constantly, until a firm dough forms. Knead dough with hands until mixture has an elastic feel. Cover mixture with a damp cloth and let sit for 30 minutes. Measure the diameter of a pieproofer baking dish. Roll out dough to desired thickness and cut dough into strips that are about 1" longer than the diameter of the dish. Lay the strips horizontally across the dish from the top of one side, down over the base of the dish and up the opposite side of the dish. Continue laying the strips, leaving a gap of about 1" between each strip. When the baking dish has been covered in one direction, begin weaving strips in the opposite direction, alternating going over one strip and under the next. Continue this weaving method by placing the next strip so it goes under and over the opposite strips. Trim any uneven edges with a knife. Roll remaining dough into thin 5" long strips. Lay the strips end-to-end along the rim of the dish until rim is completely covered. Run your fingers over the dough to create a smooth finish around the rim. To give the rim of the basket a ribbed effect, make small cuts with a knife around the rim. Bake in oven for 1 1/2 to 2 hours, until dough is golden brown and hard to the touch. Remove from oven and let cool completely before removing bread basket from baking dish. Using a medium brush, paint basket with clear gloss varnish. Let varnish dry and apply another coat. When varnish has dried completely, use basket to hold fresh fruits or bread rolls. Do not eat the basket!



4 - Kids' Kitchen Crafts

Rock Candy Stir Sticks

Makes 5 to 6 sticks

2 C. water Wooden coffee stir sticks,
5 C. sugar bamboo skewers or
Drops of food coloring popsicle sticks
Plastic container lid

In a large saucepan over medium high heat, place water. Bring to a boil and stir in sugar. Continue to boil until mixture reaches 260°. Remove from heat and let mixture cool for 5 minutes. Pour sugar mixture into glass jar and add drops of food coloring. Mix lightly. Punch stir sticks through the plastic container lid. Set lid over glass jar so the sticks hang down into the sugar mixture but do not touch the bottom of the jar. Set the mixture aside for 7 days. After 7 days, carefully lift the lid out of the jar and you will find magical rock candy stir sticks. Give the sticks as gifts for grown-ups to stir in their coffee or tea.

Birdie "Tweet" Treats

Makes 3 wreaths

8 T. water, divided 3-4" mini bundt or fluted pans
1-1/4 oz. pkg. unflavored gelatin 3-12" pieces colorful ribbon
2 C. wild birdseed

In a medium saucepan over medium heat, bring 6 tablespoons water to a boil. In a medium bowl, combine unflavored gelatin and remaining 2 tablespoons water. Let mixture sit for 1 minute and then add boiling water. Stir for 2 to 3 minutes, until gelatin is completely dissolved. Stir wild birdseed into gelatin mixture, stirring well. Let mixture sit for a few minutes and stir again. Repeat this process twice, allowing the bird seed to absorb the liquid. Divide the mixture evenly into the miniature bundt pans. Place the filled pans in the refrigerator for 3 hours. Remove the wreaths from the molds by inverting and carefully tapping on the bottom of each pan. Let wreaths dry overnight. Thread one piece of ribbon through each wreath and tie to close. Hang the treats outside for birds to enjoy!

Kids' Kitchen Crafts - 5

Colorful Salt Art Creations

Makes about 2 creations

1 C. table salt 2 empty baby food jars
Various pieces of colored chalk Toothpicks

Divide the salt into separate small ziplock bags. Place one piece of colored chalk in each bag with the salt. Close the bags and rub the salt and chalk together by hand until the salt is completely colored. Remove leftover pieces of chalk from the bags. Pour salt in any pattern or order, alternating colors, into the baby food jars. Fill jars completely full so the salt will not shift. If desired, create patterns along the inside of the jar by sticking the toothpick into the layers of colored salt. Put a thin line of hot glue along inside of jars and screw lids tightly onto jars. These salt art creations make great gifts or paperweights!

Colored Vases

Makes 2 vases

1/4 C. tacky glue 2 empty bottles, washed
1 tsp. water Colored salt (from recipe
1 paintbrush above)

Use the colored salt from the above recipe to make beautiful vases! In a plastic cup, combine tacky glue and water. Mix well. Using a paintbrush, apply a thin coat of the glue mixture to the outside of the clean bottles. Pour your colored salt into a cup, using a separate cup for each color. Using one hand, hold one bottle by the tip over a piece of newspaper. While turning the bottle, sprinkle some of the colored sand over the bottle so the salt will attach to the sticky surface. When the bottle is satisfactorily covered with sand, set the bottle aside for 1 day so the glue can dry. Repeat with remaining bottle. Carefully fill the bottles half way with water and display flowers in your homemade vases!

6 - Kids' Kitchen Crafts

Cinnamon Holiday Ornaments

Makes 12 ornaments

1/4 C. cinnamon 1 T. ground cloves
1 C. applesauce 1 T. white glue
1 T. nutmeg Ribbon

In a medium bowl, combine cinnamon, applesauce, nutmeg, ground cloves and glue. Mix well, until a stiff dough forms. Roll out dough to 1/4" thickness. Using cookie cutters, cut dough into various shapes. Using the end of a straw, poke a hole into one side of each ornament for the ribbon to go through. Carefully place cut out shapes on a wire rack. Let ornaments air dry for 5 to 7 days, turning occasionally. When ornaments are completely hardened, thread a piece of ribbon through the hole in each ornament and tie a loop so the ornaments can hang. You'll love the smell of these ornaments when placed throughout your home!



Beauty Bath Bar

Makes 1 bar

1 bar soap Paint brushes
Acrylic paints 2 oz. canning wax

Paint a design over one side of the bar of soap, using the acrylic paints and paint brushes. Meanwhile, in a double boiler over medium high heat, place canning wax. When wax is completely melted, use a disposable brush to paint a layer of clear wax over the painted design on the bar of soap. Set the bar of soap aside until the wax dries. The protective layer of wax will allow the soap to be used while the painted design remains on the bar!

Kids' Kitchen Crafts - 7

Mini Log Cabin

Makes 1 cabin

1 empty 1/2 pint milk carton 2 square pretzels or cereal
1 C. creamy peanut butter squares
50 pretzel sticks 12 thin wheat crackers
1 graham cracker half 1 pretzel nugget for chimney

Rinse milk carton completely and staple top closed, trimming the top so carton resembles a house shape. Cover sides and top (roof) of carton with creamy peanut butter. Cut pretzel sticks into desired length and cover sides of carton with pretzels, to resemble logs. Use the graham cracker half as a door and the square pretzels or cereal squares for windows. Press the pretzels, cereal and graham crackers into the peanut butter to secure to the carton. Use the thin wheat crackers as overlapping shingles for the roof. Using additional peanut butter, attach the pretzel nugget to the roof as a chimney. Continue to decorate as desired.



8 - Kids' Kitchen Crafts

Choose one or more of these seven unique 16-page sections.

Value-Added Sections

Kids Kitchen Crafts (\$.25 per book for each 16-page section)

This section is packed full of activities to keep kids busy while learning and exploring in the kitchen. There are also some great DIY gift ideas in here!

Apple Spice Potpourri

Makes about 1½ cups

- ½ C. chopped dried apple slices
- 1 whole nutmeg, broken into pieces
- ¼ C. dried whole cranberries
- 2 T. whole cloves
- 4 cinnamon sticks
- 2 T. whole allspice

Place dried apples and cranberries on a baking sheet and set aside to air dry for several days. In a large bowl, combine dried apples, dried cranberries, cinnamon sticks, nutmeg pieces, whole cloves and whole allspice. Mix ingredients together by hand. To simmer the potpourri, in a small saucepan, combine ½ cup of the potpourri mixture and 2 cups water. Place the saucepan over low heat and let simmer for several hours. If mixture begins to dry out, add more water as needed. Simmering potpourri will fill your entire house with a pleasing fragrance!

Apple Doll

Makes 1 doll

- 1 large Red Delicious apple
- 1 plastic bottle
- Coloring knife and potato peeler
- Hot glue gun and glue
- Colored markers, optional
- Various pieces of fabric

Peel and core the apple. With the help of an adult, carefully carve a face shape into the apple, hollowing out deep-set eyes and a deep slit for the mouth. If desired, add extra features like ears or a nose. Set the apple aside for several days, until the apple has shrunk to about ¾ its original size. When the apple face is completely dried out, go over the eyes and other features with markers. If desired, cut the top part off of the plastic bottle and apply a line of hot glue. Attach the apple head to the bottle and hold in place until hot glue has dried. Decorate the doll by wrapping fabric around the bottle to make clothes. Enjoy playing with your new doll, but remember that this doll is not for eating!

Kids' Kitchen Crafts - 9

Finger Paints

Makes about 5 cups

- 2 C. flour
- 2 C. hot water
- 2 tsp. salt
- Drops of food coloring
- 3 C. cold water

In a medium saucepan over medium heat, combine flour and salt. Add cold water and, using a whisk or hand mixer, beat mixture until smooth. Add hot water and bring mixture to a boil, stirring until paint is glossy. Remove from heat and add drops of desired color food coloring. Stir until mixture is completely colored, adding more drops of food coloring if needed. Let paint cool completely before using finger paints in various art projects!



Scented Rocks

Makes about 6 rocks

- ¼ C. wholemeal flour
- ½ C. boiling water
- ¼ C. salt
- Drops of food coloring
- ¼ tsp. essential oil, any kind

In a small bowl, combine flour, salt and essential oil. Mix well and add boiling water. Add drops of any color food coloring and mix well. When mixture has cooled enough to handle, roll mixture into 2" to 3" balls. Shape balls into assorted rock shapes. Place "rocks" on a cooling rack in a warm, dry area. After several days, the rocks will be hard. These scented rocks will give a nice fragrance when placed in various dishes around your home.

Kids' Kitchen Crafts

Eggshell Chalk

Makes 1 chalk stick

- 4 to 5 egg shells
- 1 tsp. flour
- 1 tsp. very hot water
- Drops of food coloring, optional

Wash and dry egg shells completely. Place clean and dry egg shells in a small bowl and grind into a fine dust. When egg shells are almost completely ground, discard any larger pieces. In a separate bowl, combine flour and hot water. Mix well and add 1 tablespoon of the egg shell powder, stirring until a paste forms. If desired, add drops of any color food coloring and continue to mix. Remove mixture from bowl and shape into a log or chalk stick form. Wrap mixture tightly with a strip of paper towel. Set aside chalk piece and let dry for about 3 days, until hardened. Carefully unwrap paper towel to reveal your homemade chalk. This chalk is for use on sidewalks only!

Spray Chalk

Makes about 1 cup

- 4 T. cornstarch
- 1 C. warm water
- Drops of food coloring

In a medium bowl, combine cornstarch and warm water, stirring until mixture is smooth. Add drops of any color food coloring and mix well. Pour mixture into a small plastic bottle mister. Shake bottle before using to break up clumps. Use spray chalk to decorate sidewalks or snow. Or use it to create colorful sand sculptures at the beach!

Kids' Kitchen Crafts - 11

Colored Pasta Art

Makes 2 cups colored pasta

- ¼ C. rubbing alcohol
- 2 C. dry pasta, any kind*
- 1 T. food coloring

In a 1-quart ziplock bag, place rubbing alcohol and food coloring. Securely close bag and shake until well combined. Open bag and add dry pasta. Close bag again and turn in hands to coat pasta with the coloring. Lay bag on a flat surface and let sit for 1 hour. Turn bag over and let sit for an additional 30 minutes. Carefully pour liquid from bag and pour remaining pasta into a large paper bag to dry. Use dried colored pasta to make pictures, sculptures, jewelry or other art projects.



*Use various pasta shapes, such as: rigatoni, macaroni, wagon wheel, spiral or bow tie.

Artificial Snow

Makes 1 cup

- ¼ C. sugar
- ¼ C. white glue
- ¼ C. talcum powder
- ¼ C. water

In a medium bowl, combine sugar and talcum powder and set aside. In a separate bowl, combine glue and water. Spread glue mixture over surface that you want to decorate with snow. Sprinkle the sugar mixture over the glue and enjoy the look of sparkling white snow!

Kids' Kitchen Crafts

Marbled Paper

- 10 C. cold water
- 2 or 3 different colors of oil paint

- Turpentine
- Brown paper bags

In a shallow pan, place cold water. Add one color of the oil paint and a little turpentine until mixture reaches the consistency of thick cream. Drop a few drops of a different colored oil paint into the pan. If the paint drops sink, the mixture is too thick and you should add a little more turpentine. If the paint drops spread, the mixture is too thin and you should add a little more oil paint. When the mixture is the correct consistency, drop large spots of oil paint, one at a time, into the mixture. Using a spoon, stick or comb, swirl the paint into desired marbled patterns. Cut the brown paper bags into pieces that are slightly smaller than the shallow pan. Holding opposite corners of the paper, slowly lower the paper into the mixture in pan until one side of the paper has touched the solution. Carefully lift the paper out of the solution and place, marbled side up, on a stack of newspapers or drying rack. If desired, hang the papers on a clothes line to dry. Use this marbled paper for various art crafts or as stationery.

Juggling Balls

Makes 3 balls

- 3 plastic baggies
- 6 balloons
- 4¼ C. dried beans, divided

Fill each plastic baggie with 1½ cups dried beans. Secure baggies with twist ties. Cut the top off of each balloon (the part that you blow into). Stretch one balloon over a filled plastic baggie, being sure to cover the twist tie. Stretch another balloon over the baggie to conceal the hole, making sure the plastic bag is completely covered.

Kids' Kitchen Crafts - 13

Homemade Glue

Makes about 6 cups

- 1 qt. skim milk
- ¼ T. baking soda
- 1 T. white vinegar
- 10 oz. water

In a double boiler over low heat, place milk and vinegar. Cook, stirring occasionally, until curds begin to form. Remove from heat and pour mixture through a strainer, discarding any remaining liquid. Slowly wash curds under running water until the smell of vinegar has disappeared. Place the curds in a clean, medium bowl. In a separate bowl, combine baking soda and water, stirring until baking soda is completely dissolved. Pour mixture over curds in bowl and stir until a white paste forms. Use glue for craft projects and store in airtight containers.

Modeling Clay

Makes 1½ cups

- 1 C. baking soda
- ¼ C. water
- ¼ C. cornstarch
- Drops of food coloring

In a medium saucepan over low heat, combine baking soda and cornstarch. Mix well and add water. Continue to heat for 7 to 10 minutes, stirring frequently, until mixture is the consistency of mashed potatoes. Continue to stir, as mixture will thicken very quickly. Cover a flat surface with additional cornstarch. Spread mixture over cornstarch and knead by hand until mixture turns into a workable clay. Divide clay into several sections. Make a hole in the center of each section and add a few drops of food coloring to the hole in each section. If desired, use a different color for each section. Knead the sections by hand until the color has distributed throughout. Use modeling clay to make fun sculptures and creations. For a permanent sculpture, let the modeled clay air dry overnight. Place leftover clay in a ziplock bag and refrigerate. Use leftover clay within 3 days.

Kids' Kitchen Crafts

Doggie Biscuits

Makes about 2 dozen

- ¼ C. hot water
- 1¼ C. tomato juice
- 1 tsp. sugar
- 2 C. flour, divided
- 1 pkg. active dry yeast
- 2 C. wheat germ
- 8 chicken bouillon cubes
- 1¼ C. whole wheat flour

Preheat oven to 300°. In a large bowl, place hot water. Add sugar and yeast and let stand for about 5 minutes. Crush chicken bouillon cubes with a fork and stir crushed bouillon into yeast mixture. Add tomato juice, 1 cup flour and wheat germ and stir until a smooth batter forms. Add remaining 1 cup flour and whole wheat flour and stir until dough is stiff and very dry. Continue to mix by hand. Turn half of the dough out onto a lightly floured flat surface. Using a rolling pin, roll dough to about ¼" thickness. If dough is too sticky, add additional flour. Using cookie cutters or a knife, cut biscuits into desired shape. Repeat with remaining dough. Place biscuits on a baking sheet and bake in oven for 1 hour. Turn off oven and let biscuits dry and harden in oven for about 4 hours. Remove cooled biscuits from oven and give them as a treat to your favorite dog!

Kids' Kitchen Crafts - 15

Invisible Writing

Makes about 6 cups

- 1 small paint brush
- 1 medium paint brush
- 1/2 C. lemon juice
- 1 C. grape juice
- White paper

Write a secret message on a piece of paper that only your friends can see! Dip the small paint brush in lemon juice and write your message on the white paper. Your friend can reveal the message by dipping the medium paint brush in grape juice and "painting" over the entire piece of paper. Your secret message will show through!

The Butter Factory

Makes 1½ cups

- 1 pint heavy whipping cream
- Yellow food coloring, optional
- Small plastic container with lid

Pour the heavy whipping cream into the plastic container. Securely fasten the lid to the container. Turn shaking the container with cream vigorously. Continue shaking for 15 to 30 minutes, until the cream has separated into buttermilk and solid butter. Open the container and discard the buttermilk. If desired, stir in a few drops of yellow food coloring until butter reaches desired shade. Use butter for normal purposes. Store in an airtight container in refrigerator.

Kids' Kitchen Crafts

Email us today
book@cookbookspecialists.com

39

800-383-1679
www.cookbookspecialists.com

Value-Added Sections

Add more value, pages and bulk to your book by adding an extra section filled with information or recipes.

Nutrition for the Soul (Religious)

(\$.25 per book for each 16-page section)

The perfect food for the soul with recipes that are inspired by scriptures, table graces, scriptures and stories.

Nutrition for the Soul

God's Recipe for Life	2
Gift of the Maggi Bread	3
Scripture Cake	4
Old Scripture Cake	5
Resurrection Rolls	6
Easter Story Cookies	7-8
Jelly Bean Poem (Prayer)	8
Where to Look in the Bible	9-10
Table Graces	11-13
Heaven's Grocery Store	14
What Does the Bible Say About Food	15-16

God's Recipe for Life

But if anyone obeys his word, God's love is truly made complete in him. This is how we know we are in him: Whoever claims to live in him must walk as Jesus did. 1 John 2:5-6

Much like my Mom gave us great recipes, God has given us a recipe for how to live our lives. That recipe is found in the Holy Bible. The Bible contains all the ingredients that we need to live a life full of blessings. Who wrote the recipe? GOD! Just like a baker decides which ingredients to combine for the perfect tasty treat, God has determined what we need in our lives to make our lives better.

It's important to know that God didn't write the recipe so that our lives would be boring or hard to live. Instead, God wrote His "recipe for life" to help us know how to live happier, healthier lives. Sometimes we think that God's rules are hard to follow—maybe there are too many ingredients and we get confused about how much of each ingredient to use—but the truth is that if we follow God and follow his recipe EXACTLY, we will be GREATLY blessed.

And we are so lucky because God gave us more than just the Bible to help us understand how to live a Godly life. He also gave us a perfect living example in His Son, Jesus Christ. God sent Jesus to Earth to show us how to live and how to abide by God's rules.

God GATHERED the ingredients -- God WROTE the recipe -- God GAVE us rules - and God SENT His Son, Jesus, as a living example of how to follow the rules.

Now he wants us to live our lives in the way that He intended—according to HIS perfect recipe. If we do that, we will live lives that are full of God's blessings!

Almighty God, Thank you for creating us. We are so lucky, Lord, that you have given us a recipe for life. Not only have you given us a written set of rules, but you have also given us the perfect example in Your Son, Jesus Christ. Help us, Father, to fill our lives with the perfect ingredients, to obey your commands, to follow Your recipe, to live a life like Jesus. In Jesus' precious name we pray. AMEN

2 - Nutrition for the Soul

Gift of the Maggi Bread

Ingredients:

- 1/2 cup butter or margarine, softened
- 1 cup sugar
- 2 eggs
- 1 teaspoon vanilla
- 2 cups all-purpose flour
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 1 cup mashed banana - about 2 medium
- 1-11 ounce can mandarin oranges, drained
- 1 cup flaked coconut
- 1 cup (6 ounces) semisweet chocolate chips
- 2/3 cup sliced almonds- divided
- 1/2 cup chopped maraschino cherries
- 1/2 cup chopped dates

Directions:

In a mixing bowl, cream butter and sugar. Beat in eggs and vanilla. Combine the flour, baking soda and salt; add to the creamed mixture alternately with bananas. Stir in oranges, coconut, chocolate chips, 1/2 cup almonds, cherries and dates.

Pour into 2 greased 8x4x2" loaf pans. Sprinkle with remaining almonds.

Bake at 350° for 50 to 55 minutes or until a toothpick inserted near the center comes out clean. Cool for 10 minutes before removing from pans to wire racks to cool completely. Makes 2 loaves.

Nutrition for the Soul - 3

Scripture Cake

A divine dessert inspired by ingredients found in the Bible.

Ingredients:

- 1 cup Judges 5:25 (curdled milk)
- 1 cup Jeremiah 6:20 (sugar)
- 3 tablespoons 1 Samuel 14:25 (honey)
- 3 Jeremiah 17:11 (eggs)
- 1 cup 1 Samuel 30:12 (raisins)
- 1 cup Nahum 3:12 (figs), chopped
- 1/4 cup Numbers 17:8 (almonds), blanched and chopped
- 2 cups 1 Kings 4:22 (flour)
- 1 teaspoon Amos 4:5 (leavener, such as baking soda)
- 3 tablespoons Judges 4:19 (butter)
- Pinch of Leviticus 2:13 (salt)
- II Chronicles 9:9 (spices, such as cinnamon and nutmeg)

Directions:

Cream Judges (butter), Jeremiah (sugar), and I Samuel (honey). Beat in the 3 Jeremiah's (eggs), one at a time.

Add 1 Samuel (raisins), Nahum (figs), and Numbers (almonds), and beat again.

Sift together 1 Kings (flour), II Chronicles (spices), Leviticus (salt), and Amos (leavener, or baking soda).

4 - Nutrition for the Soul

Old Scripture Cake

The famous "OLD SCRIPTURE" cake. If you know your Bible well, this will pose no problems.

Ingredients:

- 3/4 cup Genesis 18:8
- 1 1/2 cup Jeremiah 6:20
- 5 Isaiah 10:14 (separated)
- 3 cups sifted Leviticus 24:5
- 3 teaspoons 2 Kings 2:20
- 3 teaspoons Amos 4:5
- 1 teaspoon Exodus 30:23
- 1/4 teaspoon each 2 Chronicles 9:9
- 1/2 cup Judges 4:19
- 3/4 chopped Genesis 43:11
- 3/4 cup finely cut Jeremiah 24:5
- 3/4 cup 2 Samuel 16:1
- Whole Genesis 43:11

Directions:

Cream Genesis 18 with Jeremiah 6. Beat in yolks of Isaiah 10, one at a time. Sift together Leviticus 24; 2 Kings 2; Amos 4; Exodus 30; and 2 Chronicles 9.

Blend into creamed mixture alternately with Judges 4. Beat whites of Isaiah 10 until stiff; fold in. Fold in chopped Genesis 43; Jeremiah 24; and 2 Samuel 16. Turn into 10" tube pan that has been greased and dusted with Leviticus 24.

Bake at 325°F until it is golden brown or Gabriel blows his trumpet, whichever happens first. Bake for 1 hour and 10 minutes. Remove from oven. After 15 minutes, remove it from the pan. Cool completely. Drizzle over it some Burnt Jeremiah Syrup.

HINT: Sweet salomas = sugar; suggested spices = cinnamon, nutmeg, cloves; leavener = baking soda; nuts = almonds. Recipe does not call for myrrer even though it is found in the bible verses.

Nutrition for the Soul - 5

Resurrection Rolls

(children's activity)

Ingredients:

- 1 can refrigerated crescent roll dough
- 8 large marshmallows
- Melted butter
- Cinnamon
- Sugar

Directions:

Give each child one triangle shaped section of crescent roll. This represents the tomb.

Each child takes one marshmallow which represents the body of Christ.

Dip the marshmallow in the butter and roll in cinnamon and sugar mixture. This represents the oils and spices the body was anointed with upon burial.

Wrap the marshmallow on the dough and carefully wrap it around the marshmallow.

Make sure all seams are pinched together well. (Otherwise the marshmallow will "ooze" out of the seams)

Bake according to package directions.

Cool.

Break open the tomb and the body of Christ is no longer there!!

Celebrate God's love!

6 - Nutrition for the Soul

Easter Story Cookies

To be made the evening before Easter.

Ingredients:

- 1 cup whole pecans
- 1 teaspoon vinegar
- 3 egg whites
- Pinch salt
- 1 cup sugar
- Zipper baggie
- Wooden spoon
- Tape
- Bible

Directions:

Preheat oven to 300° (this is important, don't wait till you're half done with the recipe!).

Place pecans in zipper baggie and let children beat them with the wooden spoon to break into small pieces. Explain that after Jesus was arrested, He was Beaten by the Roman soldiers. Read John 19:1-3.

Let each child smell the vinegar. Put 1 teaspoon vinegar into mixing bowl. Explain that when Jesus was thirsty on the cross, He was given vinegar to drink. Read John 19:28-30.

Add egg whites to vinegar. Eggs represent life. Explain that Jesus gave His life to give us life. Read John 10:10-11.

Sprinkle a little salt into each child's hand. Let them taste it and brush the rest into the bowl. Explain that this represents the salty tears shed by Jesus' followers, and the bitterness of our own sin. Read Luke 23:27.

So far, the ingredients are not very appetizing. Add 1 cup sugar. Explain that the sweetest part of the story is that Jesus died because He loves us. He wants us to know and belong to Him. Read Psalm 34:8 and John 3:16.

Nutrition for the Soul - 7

Beat with a mixer on high speed for 12 to 15 minutes until stiff peaks are formed. Explain that the color white represents the purity in God's eyes of those whose sins have been cleansed by Jesus. Read Isaiah 1:18 and John 3:1-3.

Fold in broken nuts. Drop by teaspoons onto wax paper covered cookie sheet. Explain that each mound represents the rocky tomb where Jesus' body was laid. Read Matthew 27:57-60.

Put the cookie sheet in the oven, close the door and turn the oven OFF. Give each child a piece of tape and seal the oven door. Explain that Jesus' tomb was sealed. Read Matthew 27:65-66.

GO TO BED! Explain that they may feel sad to leave the cookies in the oven overnight. Jesus' followers were in despair when the tomb was sealed. Read John 16:20 and 22.

On Easter morning, open the oven and give everyone a cookie. Notice the cracked surface and take a bite. The cookies are hollow! On the first Easter, Jesus' followers were amazed to find the tomb open and empty. Read Matthew 28:1-9.

Jelly Bean Poem
(Jelly Bean Prayer)

Red is for the blood He gave.
Green is for the grass He made.
Yellow is for the sun so bright.
Orange is for the edge of night.
Black is for the sins we made.
White is for the grace He gave.
Purple is for His hour of sorrow.
Pink is for our new tomorrow.

An egg full of jelly beans, colorful and sweet
Is a prayer, a promise, A loved one's treat!!

8 - Nutrition for the Soul

Choose one or more of these seven unique 16-page sections.

Value-Added Sections

Nutrition for the Soul (Religious)

(\$.25 per book for each 16-page section)

The perfect food for the soul with recipes that are inspired by scriptures, table graces, scriptures and stories.

Where to Look in the Bible

When You...

need rest and peace . . . *Matthew 11:25-30*
worry . . . *Matthew 6:19-34*
are lonely or fearful . . . *Psalm 23*
are disappointed by people . . . *Psalm 27*
grow bitter or critical . . . *1 Corinthians 13*
have sinned . . . *Psalm 51; 1 John 1*
are discouraged . . . *Psalm 34*
feel God seems far away . . . *Psalm 139*
think the world seems bigger than God . . . *Psalm 90*
are sick . . . *Psalm 41*
feel sorrowful . . . *John 14; Psalm 46*
are in danger . . . *Psalm 91*
want courage . . . *Joshua 1:1-9*
need assurance . . . *Romans 8*
forget your blessings . . . *Psalm 103*
are looking for joy . . . *Colossians 3*
leave home to travel . . . *Psalm 121*
think of investments . . . *Mark 10:17-31*
need guidelines for living . . . *Matthew 5-7; Romans 12*
need rules of conduct . . . *Exodus 20:1-17*
need to know God's will for your life . . . *Proverbs 3:1-6*



Nutrition for the Soul - 9

Where to Look in the Bible

Making Life's Most Important Choices...

The Bible is full of wonderful assurances and promises for all who believe in Jesus Christ, the Son of God. But each person must accept Jesus as his own Savior before he can claim these promises personally. How can these promises be yours? The Bible says that you must...

Recognize that you cannot be saved by trying to be good, or by doing the best you can, or by being a member of a social or religious organization. God says that we are not saved by our good works. (*1 Ephesians 2:8-9*).

Confess that you cannot save yourself; that you are a guilty sinner worthy of God's righteous judgment; and that you are helplessly lost without the Lord Jesus Christ as your personal Savior. (*Romans 10:9-10*).

Believe the good news that Christ died for the ungodly (*Romans 5:8*). He therefore died for you and settled your debt by His death on Calvary's cross. Believe the blessed news that Christ was raised from the dead and now lives to save all who will come to Him in faith. (*Hebrews 7:25*).

Call on the name of the Lord Jesus Christ with a sincere desire to be saved from your sins. For God has promised that "whosoever shall call upon the name of the Lord shall be saved". (*Romans 10:13*).

Rely on God's sure promise, not on your feelings. By faith declare that you are saved by the blood of Jesus Christ, which was shed for the forgiveness of your sins. Openly confess Him as your Lord and Savior. (*Romans 10:9-10*).



10 - Nutrition for the Soul

Table Graces

These blessings are traditional dinner prayers for saying grace at mealtimes. The prayers are short and simple, great for holidays or any dinner gathering.

Bless Us, O Lord

Bless us, O Lord,
And these Thy gifts
Which we are about to receive,
Through Thy bounty
Through Christ our Lord we pray.
Amen.

We Give Our Thanks

For food that stays our hunger,
For rest that brings us ease,
For homes where memories linger,
We give our thanks for these.
Amen.

Truly Thankful

Lord, make us truly thankful for
these and all other blessings.
I ask this in Jesus Christ's name,
Amen.

God Is Great

God is great and God is good,
Let us thank Him for our food;
By His blessings we are fed,
Give us Lord, our daily bread.
Amen.

Nutrition for the Soul - 11

Give Us Grateful Hearts

Give us grateful hearts,
O Father, for all thy mercies,
And make us mindful
Of the needs of others;
Through Jesus Christ our Lord,
Amen.

Make Us Grateful

For this and all we are about to receive,
Make us truly grateful, Lord,
Through Christ we pray.
Amen.

Bless, O Lord

Bless, O Lord,
This food to our use
And us to thy service,
And keep us ever mindful
Of the needs of others.
In Jesus' Name,
Amen.

God Our Father, Lord and Savior

God our Father, Lord and Savior
Thank you for your love and favor
Bless this food and drink we pray
And all who shares with us today.
Amen.

12 - Nutrition for the Soul

Our Heavenly Father, Kind and Good

Our Heavenly Father, kind and good,
We thank Thee for our daily food.
We thank Thee for Thy love and care.
Be with us Lord, and hear our prayer.
Amen.

Moravian Dinner Prayer

Come, Lord Jesus, our guest to be
And bless these gifts
Bestowed by Thee.
And bless our loved ones everywhere,
And keep them in Your loving care.
Amen.

Dinner Prayer Hymn

Lord, bless this food and grant that we
May thankful for thy mercies be;
Bless us with Christ, the living bread.
Lord, make us thankful for our food,
Bless us with faith in Jesus' blood;
With bread of life our souls supply.
That we may live with Christ on high.
Amen.

Humble Hearts

In a world where so many are hungry,
May we eat this food with humble hearts;
In a world where so many are lonely,
May we share this friendship with joyful hearts.
Amen.

Nutrition for the Soul - 13

Heaven's Grocery Store

As I was walking down life's highway many years ago
I came upon a sign that read "Heaven's Grocery Store".
When I got a little closer the doors swung open wide
And when I came to myself I was standing inside.

I saw a host of angels, they were standing everywhere.
One handed me a basket and said, "My child, shop with care."
Everything a human needed was in that grocery store
And what you could not carry, you could come back for more.

First I got some patience. Love was in that same row.
Farther down was understanding, you need that everywhere you go.
I got a box or two of wisdom and faith a bag or two.
And charity, of course, I would need some of that, too.

I couldn't miss the Holy Ghost, he was all over the place.
And then some strength and courage to help me run this race.
And then I chose Salvation, for Salvation was for free.
I tried to get enough of that to do for you and me.

Then I started to the counter to pay my grocery bill.
For I thought I had everything to do the Master's will.
As I went up the aisle I saw prayer and put that in,
For I knew that when I stepped outside, I would run into sin.

Peace and joy were plentiful, the last things on the shelf.
Song and praise were hanging near so I just helped myself.
When I said to the angel, "Now how much do I owe?"
He smiled and said, "Just take them everywhere you go."

Again, I asked, "Really now, how much do I owe?"
"My child", he said, "God paid your bill a long, long time ago."



14 - Nutrition for the Soul

What Does the Bible Say About Food?

Scripture frequently mentions food in various contexts. In eating our daily bread, God encourages his followers to nourish their bodies and souls with nutritional and spiritual food. Learn more about food's relevance in scripture from our list of Bible verses below!

Ecclesiastes 9:7

Go, eat your food with gladness, and drink your wine with a joyful heart, for God has already approved what you do.

Exodus 16:12

"I have heard the grumbling of the Israelites. Tell them, 'At twilight you will eat meat, and in the morning you will be filled with bread. Then you will know that I am the LORD your God.'"

Genesis 1:29

Then God said, "I give you every seed-bearing plant on the face of the whole earth and every tree that has fruit with seed in it. They will be yours for food.

Genesis 9:3

Everything that lives and moves about will be food for you. Just as I gave you the green plants, I now give you everything.

Isaiah 1:19

If you are willing and obedient, you will eat the good things of the land;

John 4:34

"My food," said Jesus, "is to do the will of him who sent me and to finish his work."

John 6:27

Do not work for food that spoils, but for food that endures to eternal life, which the Son of Man will give you. For on him God the Father has placed his seal of approval."

John 6:35

Then Jesus declared, "I am the bread of life. Whoever comes to me will never go hungry, and whoever believes in me will never be thirsty.

Matthew 4:4

Jesus answered, "It is written: 'Man shall not live on bread alone, but on every word that comes from the mouth of God.'"

Matthew 5:6

Blessed are those who hunger and thirst for righteousness, for they will be filled.

Matthew 6:25

"Therefore I tell you, do not worry about your life, what you will eat or drink, or about your body, what you will wear. Is not life more than food, and the body more than clothes?"

Nutrition for the Soul - 15

Proverbs 15:17

Better a small serving of vegetables with love than a fattened calf with hatred.

Proverbs 25:27

It is not good to eat too much honey, nor is it honorable to search out matters that are too deep.

Proverbs 27:7

One who is full loathes honey from the comb, but to the hungry even what is bitter tastes sweet.

Psalm 104:15

Wine that gladdens human hearts, oil to make their faces shine, and bread that sustains their hearts.

Psalm 136:25

He gives food to every creature. His love endures forever.

1 Corinthians 6:13

You say, "Food for the stomach and the stomach for food, and God will destroy them both."

1 Corinthians 8:8

But food does not bring us near to God; we are no worse if we do not eat, and no better if we do.

1 Corinthians 10:31

So whether you eat or drink or whatever you do, do it all for the glory of God.

1 Timothy 4:4-5

For everything God created is good, and nothing is to be rejected if it is received with thanksgiving, because it is consecrated by the word of God and prayer.

Mark 7:14-23

Again Jesus called the crowd to him and said, "Listen to me, everyone, and understand this. Nothing outside a person can defile them by going into them. Rather, it is what comes out of a person that defiles them." 17 After he had left the crowd and entered the house, his disciples asked him about this parable. 18 "Are you so dull?" he asked. "Don't you see that nothing that enters a person from the outside can defile them? 19 For it doesn't go into their heart but into their stomach, and then out of the body." (In saying this, Jesus declared all foods clean.) 20 He went on: "What comes out of a person is what defiles them. 21 For it is from within, out of a person's heart, that evil thoughts come—sexual immorality, theft, murder, 22 adultery, greed, malice, deceit, lewdness, envy, slander, arrogance and folly. 23 All these evils come from inside and defile a person." 24 Jesus left that place and went to the vicinity of Tyre. He entered a house and did not want anyone to know it; yet he could not keep his presence secret.

16 - Nutrition for the Soul

Value-Added Sections

Add more value, pages and bulk to your book by adding an extra section filled with information or recipes.

Gifts from the Kitchen (\$.25 per book for each 16-page section)

This section is full of recipes that give back with DIY gifts you can give.

Gifts from the Kitchen

Gifts for Spring

Bird's Nests	4
Energizing Citrus Bath Salts	3
Flower Pot Dirt Cake	2
Jelly Bean Bites	2
M&M Cookie Pops	3
May Day Baskets	4

Gifts for Summer

Apple BBQ Sauce	5
Griller's Gift Basket	5
Ice Cream Sundae Kit	6
Praline Sundae Sauce	6
Rainbow Cupcakes	7
Watermelon Cookies	7

Gifts for Fall

Baked Caramel Corn	8
Caramel Apple Gift Basket	11
Carrot Cake Mix in a Jar	10
Lavender Dreams Bubble Bath	9
Oatmeal Milk Bath	9
Popcorn Balls	8

Gifts for Winter

Candy Cane Bath Salts	12
Candy Train Engines	14
Frosty Cupcakes	15
Gingerbread Family Kit	16
Hot Cocoa Mix	12
Instant Peanut Brittle	13
Reindeer Cookies	15
Rudolph Lollipops	13
Santa Claus Cookies	14

Flower Pot Dirt Cake

Makes 1 cake

- | | |
|--|---|
| 1 (20 oz.) pkg. chocolate sandwich cookies | 2 (6 oz.) pkgs. instant chocolate pudding mix |
| ½ C. butter, softened | 3 C. milk |
| 1 (8 oz.) pkg. cream cheese, softened | 1 (12 oz.) container whipped topping |
| 1 C. powdered sugar | 15 gummy worms |
| 1 tsp. vanilla | |

In a blender or food processor, crush sandwich cookies into fine crumbs and set aside. In a large mixing bowl, place butter, cream cheese, powdered sugar and vanilla. Beat at low speed until well combined and increase speed to medium until smooth. Add chocolate pudding mix and milk and beat at low until mixed. Fold in whipped topping with a rubber spatula. Into a large clean flower pot or sand pail, alternate layers of cookie crumbs and pudding mixture. Tuck gummy worms into mixture. Chill in refrigerator at least 3 hours before serving. Give dirt cake as a gift with a clean garden trowel or toy sand shovel for serving. If desired, add plastic flowers for decoration.

Jelly Bean Bites

Makes 2 dozen

- | | |
|------------------------------------|--------------------|
| 1 C. butter or margarine, softened | 1 egg yolk |
| ½ C. sugar | 2½ C. flour |
| 2 T. water | ¼ tsp. baking soda |
| 1 tsp. vanilla | 1 bag jelly beans |

In a medium bowl, cream together butter and sugar. Add water, vanilla and egg yolk. Mix well and add flour and baking soda. Dough should be firm. Refrigerate dough for 30 minutes. Preheat oven to 350°. Roll tablespoonfuls of dough into rounds and place on greased baking sheets. Bake in oven for 5 minutes. Remove from oven and immediately make 3 indentations on the top of each cookie with your thumb. Place 1 jelly bean in each indentation and return cookies to oven for 8 to 10 minutes, until lightly browned. Remove from oven and let cool completely. For a nice gift, place cookies in a decorative tin lined with tissue paper.

2 - Gifts from the Kitchen

Energizing Citrus Bath Salts

Makes 3 cups

- | | |
|------------------|-------------------------------|
| 2 C. Epsom salts | 15 drops citrus essential oil |
| 1 C. sea salts | Red and yellow food coloring |

In a large bowl, combine Epsom salts, sea salts and citrus essential oil. Mix well and divide salts into two separate bowls. Color one of the bowls of salts with drops of red food coloring. Color the other bowl with drops of red and yellow food coloring to make orange salts. Using a funnel, transfer salts to a decorative sealable bottle, one color at a time, to make layers of red and orange salts. If desired, mix salts together before funneling into bottle. Attach a personalized gift tag with the directions below.

Add 2 to 4 tablespoons Energizing Citrus Bath Salts to warm running bath water. Soak, relax and enjoy!

M&M Cookie Pops

Makes 15 cookies

- | | |
|-----------------------|------------------|
| 2¼ C. flour | ½ C. brown sugar |
| ½ tsp. baking powder | 2 large eggs |
| ½ tsp. salt | 2 tsp. vanilla |
| 1 C. butter, softened | 2 C. M&M's |
| ¼ C. sugar | |

In a large bowl, combine flour, baking powder and salt. In a separate bowl, cream together butter, sugar and brown sugar. Add eggs, one at a time, mixing well after each addition. Stir in vanilla. Gradually add dry ingredients to batter mixture, stirring until well combined. Fold in M&M's and refrigerate dough overnight. Preheat oven to 300°. Drop about ¼ cup dough onto greased baking sheets, about 3" apart. Insert a Popsicle stick at least 1" deep into the dough to form a pop. Bake in oven for 30 to 35 minutes, until lightly browned. Transfer cookie pops to a wire rack to cool completely. Once completely cooled, wrap each cookie in plastic wrap and tie a ribbon around the Popsicle stick to seal.

Gifts from the Kitchen - 3

Bird's Nests

Makes 2 dozen

- | | |
|---|------------------|
| 2 T. butter or margarine | Shredded coconut |
| 3 C. miniature marshmallows | Peanut M&M's |
| 4 C. regular or fruit-flavored crispy rice cereal | |

In a large microwave-safe bowl, place butter. Heat in microwave for 30 seconds or until butter has melted. Add marshmallows and toss until coated. Return to microwave for an additional 1½ minutes, stirring after 45 seconds. Add crispy rice cereal and mix until coated. Press mixture into greased muffin cups to form 24 nests. Let cool. Decorate nests with shredded coconut and peanut M&M's or jelly beans to resemble bird's eggs.

May Day Baskets

Makes 2 dozen

- | | |
|---|--|
| 1 pkg. yellow cake mix | Individual candies, such as Lemonheads, Sprees, Sweetarts or Hot Tamales |
| 1 (16 oz.) tub frosting, any flavor or Red or black string licorice | |

Line 24 muffin cups with paper liners. Prepare cake mix according to package directions. Pour batter into prepared muffin cups and bake in oven. Remove from oven and let cool in pans for 10 minutes. Remove from pan and let cool completely on a wire rack. Spread frosting over cooled cupcakes. Bend string licorice over cupcakes as basket handles and arrange individual candies in flower shapes on frosting.



4 - Gifts from the Kitchen

Griller's Gift Basket

Makes 1 kit

- | | |
|--|------------------|
| 1 apron | Meat thermometer |
| 1 hot pad mitt | Metal skewers |
| Grilling tools (long spatula, tongs, etc.) | |

In a large gift basket, decoratively arrange the apron, hot pad mitt, grilling tools, meat thermometer, metal skewers or other appropriate gifts. For a homemade touch, add a bottle of Apple BBQ Sauce (recipe below).

Apple BBQ Sauce

Makes 1 quart

- | | |
|------------------------------|----------------------------|
| 1 C. ketchup | ½ C. diced onions |
| ½ tsp. white pepper | ½ C. soy sauce |
| ½ C. apple juice concentrate | 2 tsp. diced green peppers |
| ½ C. peeled diced apples | ¼ tsp. garlic powder |
| ¼ C. apple cider vinegar | |

In a large pot over medium heat, combine ketchup, white pepper, apple juice concentrate, apples, vinegar, onions, soy sauce, green peppers and garlic powder. Bring to a boil. Reduce heat and simmer for 15 minutes. If smooth sauce is preferred, transfer to a blender or food processor and puree. Using a funnel, transfer sauce to a decorative, sealable bottle. Seal bottle tightly and store in refrigerator. Attach a personalized gift tag with the directions below.

Use Apple BBQ Sauce as a dipping sauce for meat, smothered over steaks, pork or chicken or in recipes calling for barbecue sauce. Store in refrigerator.

Gifts from the Kitchen - 5

Ice Cream Sundae Kit

Makes 1 kit

- | | |
|-------------------------------|---------------------------------|
| 4 ice cream bowls | ½ C. chopped nuts |
| 4 ice cream spoons | ½ C. colored sprinkles |
| 1 bottle Praline Sundae Sauce | 1 small jar maraschino cherries |

In a large gift basket, decoratively arrange the ice cream bowls and spoons. Add a bottle of Praline Sundae Sauce (recipe below). Add small containers of chopped nuts or colored sprinkles and a jar of cherries!

Praline Sundae Sauce

Makes 2½ cups

- | | |
|--------------------------|-------------------------------|
| ½ C. butter or margarine | Pinch of salt |
| 1¼ C. brown sugar | 1 C. evaporated milk |
| 16 large marshmallows | ½ C. chopped pecans, toasted* |
| 2 T. light corn syrup | 1 tsp. vanilla |

In a large saucepan over medium heat, melt butter. Add brown sugar, marshmallows, light corn syrup and salt. Cook, stirring constantly, over low heat until marshmallows are melted and mixture begins to boil. Boil for 1 minute and remove from heat. Cool for 3 minutes and stir in evaporated milk, toasted pecans and vanilla. Mix until well blended. Using a funnel, transfer sauce to a decorative sealable bottle. Seal bottle tightly and store in refrigerator. Attach a personalized gift tag with the directions below.

Heat Praline Sundae Sauce in microwave for 1 to 1½ minutes or warm over low heat before serving. Store in refrigerator.

* To toast, place pecans in a single layer on a baking sheet. Bake at 350° for approximately 10 minutes or until pecans are golden brown.

6 - Gifts from the Kitchen

Rainbow Cupcakes

Makes 2 dozen

- | | |
|------------------------------------|--------------------------------------|
| 2¼ C. flour | 2 tsp. vanilla |
| 1 T. baking powder | 3 egg whites |
| ½ tsp. salt | Drops of food coloring |
| 1¾ C. sugar | 1¼ C. various colored M&M's, divided |
| ½ C. butter or margarine, softened | 1 (16 oz.) tub vanilla frosting |
| 1 C. milk | |

Preheat oven to 350°. Line 24 muffin cups and set aside. In a large bowl, combine flour, baking powder and salt. Mix well and add sugar, butter, milk and vanilla. Beat at high speed for 2 minutes. Add egg whites and beat for an additional 2 minutes. Pour batter into prepared muffin cups. Place 2 drops of desired color food coloring into the batter in each cup. Swirl gently with a knife. Sprinkle half of the M&M's over the batter in each cup. Bake in oven for 20 to 25 minutes, or until a toothpick inserted in center of cupcakes comes out clean. Remove from oven and let cool completely. In a medium bowl, combine vanilla frosting and drops of blue food coloring. Spread frosting over cupcakes and decorate with remaining M&M's in a rainbow pattern.

Watermelon Cookies

Makes 3 dozen

- | | |
|-----------------------|--------------------------------------|
| 2 C. flour | 1 T. milk |
| 1½ tsp. baking powder | 1 tsp. vanilla |
| ½ tsp. salt | Drops of red and green food coloring |
| ½ C. butter, softened | ½ C. miniature chocolate chips |
| ¾ C. shortening | 1¼ C. powdered sugar |
| ¾ C. sugar | 2 T. water |
| 1 egg | |

In a small bowl, combine flour, baking powder and salt. In a medium bowl, beat together butter and shortening, until fluffy. Gradually add sugar, beating well. Stir in egg, milk and vanilla. Gradually add flour mixture, stirring constantly. Add drops of red food coloring, mixing well. Shape dough into a ball, cover and chill for 3 hours. Preheat oven to 375°. Roll half of the dough to ¼" thickness and, using a 3" round cookie cutter, cut dough into circle shapes. Cut circles in half. Place half circles on an ungreased baking sheet. Press mini chocolate chips into cookies to resemble seeds. Repeat with remaining dough. Bake in oven for 8 to 10 minutes. Remove from oven and let cool. To make frosting, in a medium bowl, combine powdered sugar and water. Stir in drops of green food coloring. Dip rounded edges of cookies in green frosting. Set cookies on waxed paper until frosting has hardened.

Gifts from the Kitchen - 7

Baked Caramel Corn

Makes 14 cups

- | | |
|------------------------------|-----------------------|
| 12 C. popped popcorn | ½ C. light corn syrup |
| 1½ C. walnut or pecan halves | ½ tsp. salt |
| 1 C. brown sugar | ½ tsp. baking soda |
| ½ C. butter or margarine | |

Preheat oven to 200°. Divide popcorn and walnut halves evenly onto 2 ungreased 9 x 13" baking dishes. In a large saucepan over medium heat, combine brown sugar, butter, corn syrup and salt. Cook, stirring constantly, until mixture begins to bubble around the edges. Continue to cook for 5 minutes, stirring occasionally, and remove from heat. Add baking soda and mix well. Pour mixture evenly over popcorn and walnuts on both baking sheets. Stir until well coated and bake in oven for 1 hour, stirring after every 15 minutes. Remove caramel corn from oven and let cool. To assemble gift, place caramel corn in a decorative tin or box that is lined with tissue paper.

Popcorn Balls

Makes 20 servings

- | | |
|-----------------------|--------------------------------|
| ¾ C. light corn syrup | 2¼ C. plus 2 T. powdered sugar |
| ¼ C. margarine | 1 C. marshmallows |
| 2 tsp. cold water | 5 qts. popped popcorn |

In a large saucepan over medium heat, combine corn syrup, margarine, cold water, powdered sugar and marshmallows. Cook, stirring constantly, until mixture begins to boil. Place popped popcorn in a large bowl or roasting pan. Carefully pour syrup mixture over popcorn, tossing until evenly coated. Grease hands with vegetable shortening and quickly shape popcorn into balls. Wrap each popcorn ball individually in colored plastic wrap.

8 - Gifts from the Kitchen

Choose one or more of these seven unique 16-page sections.

Value-Added Sections

Gifts from the Kitchen (\$.25 per book for each 16-page section)

This section is full of recipes that give back with DIY gifts you can give.

Lavender Dreams Bubble Bath

½ C. unscented shampoo
¾ C. water
½ tsp. salt
15 drops lavender essential oil

In a large bowl, pour shampoo and add water. Stir gently until well mixed. Add salt and stir until mixture thickens. Add lavender essential oil and mix well. Using a funnel, transfer to a decorative sealable bottle. Attach a personalized gift tag with the directions below of how to use the bubble bath.

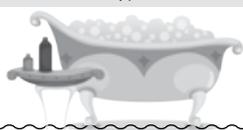
Add 2 to 4 tablespoons Lavender Dreams Bubble Bath to warm running bath water. Soak, relax and enjoy!

Oatmeal Milk Bath

1 C. cornstarch
2 C. powdered milk
½ C. oatmeal

Using a funnel, layer cornstarch, powdered milk and oatmeal into a decorative sealable bottle, one ingredient at a time. If desired, you can mix all ingredients together in a medium bowl before transferring to a decorative bottle. Attach a gift tag with the directions below of how to use the milk bath.

Add a generous amount of Oatmeal Milk Bath to warm running bath water. Soak, relax and enjoy!



Gifts from the Kitchen - 9

Carrot Cake Mix in a Jar

Makes 1 gift

In a 1-quart wide-mouth jar, layer the following ingredients in the order listed. Pack each layer into the jar before adding the next ingredient.

1½ C. flour
1 C. sugar
1½ tsp. cinnamon
¼ tsp. nutmeg
1 tsp. baking soda
½ tsp. salt
½ C. golden raisins
½ C. raisins
¾ C. chopped walnuts or pecans

Close the jar with a lid and cover with fabric. Create a gift tag with the directions shown below, personalize with a message and attach to the jar using ribbon, raffia or twine. The recipient will have to mix the following ingredients with the mix from the jar to make the carrot cake.

Carrot Cake

2 eggs
¾ C. vegetable oil
1 tsp. vanilla
2 C. shredded carrots
1 (8½ oz.) can crushed pineapple, drained
1 jar of Carrot Cake Mix

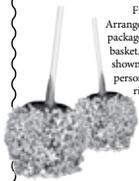
Preheat oven to 350°. In a large mixing bowl, combine eggs, vegetable oil and vanilla at medium speed until well blended. Add shredded carrots and drained pineapple and stir until combined. Empty contents of jar into bowl and mix at low speed for 1 minute, scraping sides of bowl occasionally. Pour batter into a lightly greased and floured 9 x 13" baking dish. Bake in oven for 40 to 45 minutes.

10 - Gifts from the Kitchen

Caramel Apple Gift Basket

Makes 1 kit with 6 apples

6 snacking apples
1 (11 oz.) pkg. caramel bits
1 (8 oz.) pkg. chopped nuts
6 popsicle sticks



Fill a gift box or basket with tissue paper. Arrange 6 apples, the package of caramels, the package of chopped nuts and popsicle sticks in the basket. On a gift tag or recipe card, write the recipe shown below and add it to the basket. Be sure to personalize the tag and decorate the basket with ribbons, raffia or twine.

Easy Caramel Apples

- Wash and dry the apples. Push 1 popsicle stick half way into the apple where the stem used to be.
- In a microwave-safe bowl, place the caramels. Microwave on high, stirring often, until caramels are melted. Or, melt caramels in a saucepan or double boiler over low heat, stirring often.
- On a large sheet of waxed paper, spread out the chopped nuts in a single layer.
- Dip apples in melted caramel and roll in chopped nuts.
- Place apples on a baking sheet and refrigerate for 30 minutes, until caramel has hardened.

Gifts from the Kitchen - 11

Hot Cocoa Mix

Makes 4 gifts

2 C. non-fat dry milk powder
¾ C. sugar
¾ C. unsweetened cocoa powder
½ C. miniature chocolate chips
½ C. powdered non-dairy creamer
½ tsp. salt

In a large mixing bowl, combine all ingredients. Mix well and divide mixture evenly into four ziplock plastic bags. To assemble one gift, place one of the filled ziplock bags in a ceramic mug. Add a baggie of miniature marshmallows, some candy stick stirrers or a spoon. Decorate the mug with ribbons or a bow. Don't forget to attach a gift tag that says, "Spoon 3 heaping tablespoons of the cocoa mix into your mug and add hot water. Stir well and enjoy!"

Candy Cane Bath Salts

Makes 2½ cups

2 C. Epsom salts, divided
½ C. sea salt, divided
4 to 6 drops peppermint essential oil, divided
2 to 3 drops red food coloring

In a small bowl, combine 1 cup Epsom salts, ¼ cup sea salts, 2 to 3 drops peppermint essential oil and 2 to 3 drops red food coloring. Mix until well combined. In a second bowl, combine remaining 1 cup Epsom salts, remaining ¼ cup sea salts and remaining 2 to 3 drops peppermint essential oil. In a decorative or antique bottle with a lid, add layers of red bath salts followed by a layer of white bath salts. Repeat layers until all bath salts are used. Close the bottle and decorate with a ribbon. Attach a personalized gift tag with the directions below.

Add 2 to 4 tablespoons Candy Cane Bath Salts to warm running bath water. Soak, relax and enjoy!

12 - Gifts from the Kitchen

Instant Peanut Brittle

Makes 2 pounds

1 C. sugar
½ C. light corn syrup
1 C. dry roasted peanuts
1 tsp. butter or margarine
1 tsp. vanilla
1 tsp. baking soda
¾ tsp. salt

In a large microwave-safe bowl, combine sugar, corn syrup, peanuts and salt. Mix until well combined and microwave on high for 6 minutes. Carefully remove from microwave, as mixture will be very hot! Add butter and vanilla, but do not stir. Return to microwave for 30 seconds. Carefully add baking soda and stir gently, until mixture is light and foamy. Pour mixture onto a lightly greased baking sheet. Let the peanut brittle cool for at least 30 minutes before breaking into pieces. Place peanut brittle in a decorative tin or box, decorate and give as a gift!

Rudolph Lollipops

Makes 1 lollipop

1 large round lollipop
Plastic wrap
Clear tape and glue
1 brown pipe cleaner
1 tiny bell
10" red ribbon
Self-adhesive googly eyes
1 mini red pom-pom

Unwrap the lollipop and cover completely in plastic wrap. Secure the plastic wrap to the base of the lollipop with clear tape. Wrap the pipe cleaner in half around the neck and bend up behind Rudolph's head. Shape each end of the pipe cleaner into antlers. Thread the tiny bell onto the red ribbon and tie the ribbon in a bow around the base of the lollipop. Attach the googly eyes and the red pom-pom as Rudolph's nose.

Gifts from the Kitchen - 13

Santa Claus Cookies

Makes about 1 dozen

1 (18 oz.) pkg. refrigerated sugar cookie dough
White frosting
Red frosting
Shredded coconut
Miniature chocolate chips
Red cinnamon candies

Roll out sugar cookie dough on a flat surface. Using a heart-shaped cookie cutter, cut dough into heart shapes and place on a baking sheet. Bake cookies according to package directions. To decorate cookies, turn each heart upside down and frost the two rounded parts with white frosting. Sprinkle shredded coconut over white frosting to make Santa's beard. Use red frosting on the point of the heart to create Santa's hat, adding more shredded coconut for the trim. Add mini chocolate chips for the eyes and a cinnamon candy for the nose!

Candy Train Engines

Makes 24 gifts

24 pkgs. (5 stick) chewing gum
96 round peppermint candies
24 rolls ring-shaped hard candies
24 wrapped chocolate Kisses
24 individual wrapped caramels
Hot glue gun and glue

To assemble each train, glue 4 peppermint candies as the wheels onto the sides of each gum package. Glue 1 roll of ring-shaped candies onto the top of the gum package. Attach 1 chocolate kiss and 1 wrapped caramel to the top of the engine. Repeat to make remaining trains.

14 - Gifts from the Kitchen

Frosty Cupcakes

Makes 1 dozen

12 baked cupcakes
White frosting
Large marshmallows
24 pretzel sticks
Black frosting
Orange slice candy
12 Junior Mints
12 Thin Mint cookies
12 licorice ropes

Frost the top of each cupcake with white frosting. For each snowman, use two marshmallows. Flatten one marshmallow with the palm of your hand and place on top of the white frosting. Cut the other marshmallow in half horizontally and stack on top of the first marshmallow to make Frosty's torso and head. Stick one pretzel stick down through the snowman and into the cupcake to help Frosty stand up. Stick another pretzel horizontally through the snowman for the arms. Pipe black frosting onto Frosty to make eyes, a mouth and buttons. Cut a wedge from the orange slice candy to use as a nose. To make Frosty's hat, attach a Junior Mint to the center of a thin mint cookie with frosting and place on Frosty's head. Wrap a licorice rope around the snowman as a scarf.

Reindeer Cookies

Makes 32 cookies

4 (1 oz.) squares white baking chocolate
96 pretzel sticks
1 (16 oz.) pkg. Nutter Butter cookies
64 blue, green or brown M&M's Minis
32 red M&M's Minis

In a microwave-safe dish, place white baking chocolate. Melt in microwave on high, stirring occasionally, until melted. Place 2 pretzel sticks into peanut butter filling of each sandwich cookie. Break remaining pretzels in half and stick next to longer sandwich cookies to form antlers. Dip 1 side of each blue, green or brown M&M Mini in melted chocolate and place two on each cookie to form eyes. Dip 1 side of each red M&M Mini in chocolate and place on each cookie for the nose. For a nice gift, place cookies in a decorative tin lined with tissue paper.

Gifts from the Kitchen - 15

Gingerbread Family Kit

Makes about 18 cookies

¾ C. flour
1 T. cinnamon
2 tsp. ground ginger
1½ tsp. baking soda
½ C. butter, softened
½ C. brown sugar
2 eggs
¾ C. molasses
1 tube white decorator's frosting
1 pkg. M&M's Minis
Red cinnamon candies
Licorice ropes

In a large bowl, combine flour, cinnamon, ginger and baking soda. In a separate bowl, cream together butter and brown sugar. Add eggs, one at a time, beating well after each addition. Add molasses and flour mixture, beating well. The dough will be very stiff. Divide dough in half and wrap each half in plastic. Chill dough for 1 to 2 hours. Preheat oven to 350°. On a lightly floured flat surface, roll dough to between ¼" and ½" thickness. Using a gingerbread cookie cutter, cut the dough into gingerbread men. Bake in oven for 10 minutes, until cookies are lightly browned. Remove from oven and let cool completely. To assemble the kit, line a gift box or basket with tissue paper. Place enough gingerbread cookies in the kit so each member of the family can decorate their own. Add a tube of white decorator's frosting and various candies, such as M&M's Minis, red cinnamon candies and licorice ropes. Attach a tag to the basket that says, "Gingerbread Family Kit" and personalize the tag with a special greeting.



16 - Gifts from the Kitchen

Value-Added Sections

Add more value, pages and bulk to your book by adding an extra section filled with information or recipes.

Tips for Healthy Eating (\$.25 per book for each 16-page section)

Here is a resource people may find useful as they start the journey to cooking and eating for better health, offering suggestions on how to make your recipes healthier! It was created by a team of cookbook experts and not medical professionals.

TIPS FOR HEALTHY EATING

This cookbook is intended as a resource to provide a selection of recipes people may find useful as they start the journey to cooking and eating for better health. It was created by a team of cookbook experts and not medical professionals.

Before making changes to your diet it is recommended you seek advice from your medical professional or nutritional. Recipes contained in this book have generated nutritional information and as with all recipes nutritional values change based on the ingredients and quantities used. Note that all temperatures in this book are noted in Fahrenheit.

Eating Healthy

What is eating healthy? - Healthy eating is a journey that requires you to find the path that is right for you!
Healthy eating for someone who needs or wants a gluten-free diet may be different from someone looking to reduce the amount of meat they eat or simply looking to introduce more plant-based foods. Your journey may be to reduce calories, watch carbs, or eliminate food triggers. Whatever your journey is, this book is filled with recipes to get you started.

The Journey Starts with a Single Step
What is your reason or motivation for eating healthy? Is it based on your doctor's recommendations? A desire to lose weight? Maybe you simply want to feel better? Or have you decided it is time for a change? Resources to help you can be found locally from healthcare providers, support groups, extension offices, or even your library to help you set goals for your healthy journey.

Set up guidelines by asking yourself a few basic questions:

- Are there foods/ingredients that you want to avoid?
- Do you want to stay in a certain calorie range?
- Will carbs affect your goals and, if so, how many carbs are ideal for each meal/snack?
- Are there foods/ingredients that you will need to introduce or eat more of?
- Do you have any allergies or food intolerances that affect recipes/prepared foods?

Once you have guidelines in place, you can read recipes, keeping in mind which recipes fit your needs. In the next few pages, we are going to provide basic information and suggestions.

Understanding Nutritional Information

Nutrition information is typically found at the end of a recipe. It provides general nutrition information for the foods combined to make the recipe.

The information is based on the number of servings for that recipe. Serving sizes make it easier to compare similar foods. It is not a recommendation of how much you should eat or drink. All nutrient amounts listed, including the number of calories, refer to the size of the serving. If a serving size is 1 cup, then you need to double the calories if you eat 2 cups.

It is important to note that any substitutions or changes in ingredients can affect the nutrition information. For example, using a large apple versus a small one or a green apple versus a red one can make an impact on the nutrition information. The numbers should be used as a guideline.

Calories - A measure of how much energy you get from a serving of food. Our bodies burn calories to perform functions like breathing, blood circulation and physical activity. We need to eat calories to have energy, but avoid eating excessive calories that can become body fat. Knowing how many calories you need to be healthy and achieve your weight goals is a useful tool in planning foods to eat.

Carbs or Carbohydrates - Sugar molecules. The body breaks down carbohydrates into glucose. Glucose, or blood sugar, is the main source of energy for your body's cells, tissues and organs.

Fats - A nutrient that is the source of essential fatty acids which the body cannot make itself. Fat helps the body absorb vitamin A, vitamin D and vitamin E. Fats are the slowest source of energy, but the most energy-efficient form of food. Because fats are such an efficient form of energy, the body stores any excess energy as fat.

Saturated Fats - A type of fat that comes from animal food products and some plant oils, such as palm and coconut. Eating saturated fat increases the level of cholesterol in the blood and the risk of heart disease.

Proteins - Are made up of chemical building blocks called amino acids. The body uses these to build and repair muscles and bones and to make hormones and enzymes. They can also be used as an energy source.

Fiber (Dietary) - A type of carbohydrate that the body cannot digest. It adds bulk to your diet and makes you feel full faster, helping you control weight. It helps digestion and prevents constipation.

Sodium - A mineral found in or added to foods. Your body needs sodium for normal muscle and nerve functions. It also helps keep body fluids in balance. Too much sodium can lead to high blood pressure, heart disease and stroke.

Cholesterol - A type of fat. It helps the body do things like build cells, digest food and make hormones. Too much cholesterol can increase your chances of heart disease, stroke, and other conditions.

Sugar - A type of simple carbohydrate. Sugar has a sweet taste. Typically refers to table sugar, glucose, fructose and sucrose.

Serving Size versus Portion - A serving size is a measured amount of food, such as one slice of bread or one cup of milk. A portion is the amount of food that you choose to eat for a meal or snack. Based on your goals you need to decide how many servings will equal the portion you are trying to meet.

Speaking to your healthcare provider or dietician about your health goals will help you figure out your nutritional needs.

For more information on general nutrition and learning to eat healthy, visit: <https://www.myplate.gov/>



Tips for Healthy Eating - 3

Understanding the Language of Healthy Eating

Diet can mean a few different things.

- The foods you would normally eat.
- A special food plan to achieve weight loss or for medical reasons.

- To limit food intake to small amounts in order to lose weight. Knowing how the word "diet" is being used will help you figure out if it means what you eat, how you plan to eat or how much you eat.

Low-Carb - Limiting the amount of carbs you eat. A low-carb recipe typically avoids simple sugars and may be high in protein and some non-starchy vegetables. Low-Carb recipes are typically used as part of a plan to lose weight or control blood sugar. It may also be used by Type 2 diabetics to help control blood sugar without the use of insulin.

Gluten-Free - A diet plan that excludes foods containing gluten. Gluten is a protein found in wheat, barley and rye. For people with celiac disease, gluten triggers immune system activity that damages the lining of the small intestine. Some people may have gluten sensitivity, which may cause symptoms like celiac, but without damage to the small intestine. Gluten ataxia is a disorder that affects certain nerve tissues and causes problems with muscle control and voluntary muscle movement. Wheat allergies are also a concern for some and can cause congestion and breathing difficulties. Some people feel a gluten-free diet may assist with weight loss and provide increased energy.

Heart Healthy - (also known as Cardiac Diet) - An eating plan that emphasizes foods that promote heart health such as vegetables and fruits, whole grains, lean poultry and oily fish like salmon and tuna that are high in omega-3 fatty acids. This plan is designed to manage high blood pressure, reduce blood cholesterol levels and lower the risk of heart disease.

Keto - An eating plan that is high in healthy fats, adequate amounts of protein and very few carbohydrates. It forces the body to break down protein and fat for energy which is called ketosis. The ketogenic diet is used to treat some people with epilepsy. It is also used as a weight loss plan. Because the keto diet is restrictive, you may not receive the nutrients, vitamins,

4 - Tips for Healthy Eating

minerals and fibers you need. Keto recipes can be used with many diet plans, but a true keto diet should be monitored by a medical professional.

Low-Fat - A plan that restricts fat. Typically, it avoids saturated fat and restricts cholesterol as well. This type of diet is often used for people with heart disease and can also be used as part of a weight loss program.

Dairy-Free - A diet that avoids all or most dairy products including milk, butter, yogurt, cheese, cream cheese and ice cream. People may use this diet if they are lactose intolerant which causes abdominal cramps, bloating and diarrhea. Dairy is high in saturated fats, so it may also be used for a low-fat diet plan.

Low-Sugar versus Sugar-Free versus No Sugar Added - A low-sugar recipe is typically one that has been created to use a limited amount of sugar. Sugar-free recipes use an artificial sweetener that has 5 grams or less of carbohydrates. A recipe that is listed as no sugar added, only has the naturally occurring sugar in the ingredients and no other sweetener was added.

Vegan versus Vegetarian - Vegetarians do not eat any food products made from meat, fish, shellfish, crustacea or animal by-products (such as gelatin or rennet). Vegans do not eat any food products that come from animals including dairy products and eggs.

- There are different variations, like Pescatarian, which follow a vegetarian diet, but consumes eggs and dairy. Vegan is a vegan, but with honey included in the diet. Flexitarian eats mostly plant foods, but includes small amounts of meat in the diet.

- Recipes that are for these diets can be a good addition to a variety of plans. They are often used to maintain a clean eating approach, however, many people follow these for personal reasons about animal welfare and environmental concerns.

Paleo - A diet plan based on eating foods humans might have eaten during the Paleolithic Era. This would include fruits, vegetables, lean meats, fish, eggs, nuts and seeds.

Mediterranean - A way of eating based on traditional cuisines of Greece, Italy and other countries that border the Mediterranean Sea, with plant-based foods such as whole grains, vegetables, legumes, fruits, nuts, seeds, herbs and spices.

Tips for Healthy Eating - 5

Health Factors in Healthy Eating

Often a change in diet comes after the diagnosis of a health condition. Listed below are just a few reasons people change their eating.

Heart Conditions - A heart-healthy diet that includes recipes from the Mediterranean diet and the Pescatarian diet. Select recipes that are low in saturated fats.

Diabetic - For Type 2, a low-carb diet may be needed. Because diabetes can raise the risk of heart problems, you may also need a heart-healthy diet low in saturated fats. Some diabetics may also need to lose weight and will make that part of their eating plan as well. Diabetics may need to eat at specific times and keep track of the number of carbs they are eating as part of their diet plan. Others may need to know how many carbs they are eating, so they can adjust their insulin levels. If preparing food for a diabetic, ask if they need to know the carb count of the servings they will be eating.

Celiac - Use a gluten-free diet. Some celiacs may also have a lactose intolerance. Severe cases of celiac should only eat food prepared in gluten-free kitchens as cross-contamination of any gluten can cause a serious flare-up. Do not prepare food for a celiac unless you talk with them first to understand how severe and exactly what they can eat.

Allergies & Intolerances - Peanuts, strawberries, honey, tree nuts, milk and corn are just a few of the many foods that people may have intolerance or allergies to. An intolerance reaction to food may be anything from digestive upset to feeling miserable with an upset stomach and diarrhea. Allergies can range from mild and include things like rash, congestion or headache to severe, including anaphylaxis. Check before preparing food to ensure there is no cross-contamination that could cause a life-threatening condition.

Obesity - Losing a few pounds to feel better or losing weight to reverse a life-threatening condition is a reason many people start eating healthy. Using a combination of low-carb, low-fat, sugar-free and calorie counting may be what your health professional will recommend.

6 - Tips for Healthy Eating

Easy Healthy Comfort Food Hacks

Breakfast

- Mix pureed carrot or sweet potato into muffin batter to sneak extra nutrients into your breakfast.

- Top oatmeal with fresh fruit instead of sugar for natural sweetness without the extra calories.

- Try a hard-boiled egg instead of a fried egg to cut calories at breakfast.

- Top pancakes with yogurt and nuts instead of syrup to add protein.

- Add mashed sweet potato to pancake batter for a naturally sweet taste without the sugar.

- Mix pureed fruit into French toast batter for extra sweetness and vitamins.

- Add pureed cauliflower to scrambled eggs to add nutrients and cut back on cholesterol.

- Sprinkle stevia over oatmeal instead of sugar to cut calories.

- Add canned pumpkin to oatmeal for extra nutrients and rich fall flavor.

- Use mashed banana and eggs to make pancakes to cut carbs and add protein.

- Start the day with oatmeal instead of cereal for less sugar and more fiber.

- Start the day with an English muffin instead of a bagel to cut back on carbs.



Tips for Healthy Eating - 7

Pasta

- Use spiralized zucchini instead of noodles to cut carbs and calories.

- Use cooked cauliflower instead of noodles in mac and cheese to cut carbs and calories.

- Use thin slices of zucchini instead of lasagna noodles to cut carbs.

- Make lasagna with eggplant slices instead of noodles for more fiber and fewer carbs.

- Try quinoa pasta instead of regular noodles for increased fiber and protein.

- Add pureed vegetables to lasagna sauce for extra nutrients that no one will notice.

Chips & Dip

- Use baked whole wheat tortillas instead of tortilla chips for less fat.

- Fold fat-free plain Greek yogurt into guacamole to add creaminess and protein.

- Enjoy crunchy jicama slices instead of chips for less fat and sodium.

- Serve hummus instead of a creamy dip to add protein and fiber.

- Dip tortilla chips in guacamole instead of queso to cut saturated fat and add flavor.

- Snack on roasted nuts instead of chips to cut greasy calories.

- Munch on baked kale chips instead of potato chips for an antioxidant-rich snack.

- Snack on salted edamame instead of chips for more protein.

- Mix mashed navy beans into creamy ranch dip to increase the fiber and protein while cutting fat.



8 - Tips for Healthy Eating

Value-Added Sections

Add more value, pages and bulk to your book by adding an extra section filled with information or recipes.

Navigating Gluten Free (\$.25 per book for each 16-page section)

Helpful information on preparing gluten free recipes correctly.

Navigating Gluten-Free

The following pages include important information when preparing recipes as gluten free.

Make sure your products say certified gluten free. It's best that any food which is not a whole food and may contain fillers or preservatives be checked to see if it is certified gluten free.

Table of Contents

What is Gluten? Why Eat Gluten-Free?	2
Gluten-Free by Choice	3
Guide to Gluten-Free Cross-Contact	4
Basic Gluten-Free Cooking Tips	5
Know Ingredients	6
Know Flours	7 - 9
Grains	10
Troubleshoot Baking Failures	11
Your Own Notes	12
Pro-Tips for Gluten-Free Cooking and Eating	13
Emergency Meals	14
Planned Gathering Ideas	15
Temperature Charts for Meats - Resources	16

Navigating Gluten-Free - 1

What is Gluten? Why Eat Gluten-Free?

Gluten is a protein found in grains like wheat, barley and rye. It occurs naturally and can be extracted, concentrated and added to food/products to add protein, texture and flavor.

It also is a binding agent that holds processed foods together.

Is All Gluten Bad?

For those with celiac or allergies and intolerances - Yes.
For everyone else - No.
The grains that contain gluten also are a good source of carbohydrates, fiber, vitamins and minerals.

There are a handful of reasons people choose gluten-free eating. Understanding the reason someone is eating gluten free can help you understand if they are simply cutting back on gluten or need to avoid all traces of gluten to prevent serious effects to their health.

For people with celiac disease, eating gluten can cause immediate reactions and long-term damage. Those with celiac find even trace amounts of gluten cause an immune response that attacks the small intestine. Celiac and some related conditions can have immediate and long-term effects including digestive issues, skin and nervous system problems.

Allergies and intolerances can cause extremely uncomfortable symptoms (similar to celiac disease) to the digestive tract, and may also cause congestion, headaches, rashes/hives and even cause difficulty breathing or anaphylaxis. People with allergies and intolerances to gluten may need to avoid even trace amounts of gluten.

2 - Navigating Gluten-Free

Gluten-Free by Choice

While some people may wish to avoid gluten for health benefits, typically wheat is a healthy food that provides nutrients to people who do not have a condition that triggers a reaction or prevents them from processing it correctly. However, a person may request a gluten-free meal simply feeling that it may offer a lower carb option, as many places may offer meals with strictly meats and vegetables in place of a meal with gluten. Others may find foods that are heavily processed make them feel sluggish and prefer to stick with whole food options.

Safe Eating

If you are preparing food for someone who has indicated they need gluten-free food, do not be shy to ask them how strict their diet is and ask for recommendations. Ask if trace amounts or cross-contact (also referred to as cross-contamination) can cause a reaction. If it does then you will need to follow strict gluten-free cooking/ serving procedures and make sure all ingredients are certified gluten-free.

Understanding Safe Eating

If someone declines food you have prepared or the offer to prepare it for them and requests to bring their own, do not be offended. Severe reactions from trace gluten can cause months of health issues or even be life threatening. For some, avoiding all gluten is critical. Even if their reaction to gluten seems minor to you, the pain and discomfort of eating something just so you are not offended isn't worth it. Hurt feelings are easier to recover from than hives, rashes, digestive upset and life-threatening reactions.

Navigating Gluten-Free - 3

Guide to Gluten-Free Cross-Contact

The term "cross-contact" accurately reflects a gluten-containing food has come into contact with a gluten-free food. Cross-contamination technically refers to food that has been exposed to bacteria or microorganisms, however many people use that term to refer to cross-contact.

Trace amounts of gluten can coningle or cross-contact other foods in the growing, harvesting and processing with other grains.
Oats, unless certified as gluten free, most likely contain trace gluten.
Check all processed food labels for the Certified Gluten-Free label.

Gluten can hide in washcloths and sponges used to clean surfaces and dishes that had gluten. Use brand new ones or paper towels.

Gluten is naturally "sticky."
For counter surfaces, wash with HOT soapy water, then wipe down with disinfectant wipes, wash again with HOT soapy water. Keep items away from anything that may contain any amount of gluten.

Ingredients can have cross-contact if a utensil touches something with gluten and then touches an ingredient or dish that was gluten free.

Example: A measuring cup used to measure flour then gluten-free flour, even if it was put in the dishwasher.

Gluten residue can stick to any porous surface including wood, silicone and scratches in surfaces, including non-stick.

Cross-contact and trace amounts of gluten are often the reason someone with a gluten-free diet is sick.

4 - Navigating Gluten-Free

Understanding how easy cross-contact happens and where to watch for it can be difficult. Think of this, a gluten-free friend grabs a gluten-free jar of jam, opens it and spreads it on gluten-free bread with a knife they only use for gluten-free items. The jam is still gluten free.

Now someone else comes along and grabs the same jar and dips a "clean" knife in that has trace "sticky" gluten residue hiding in a tiny scratch along the edge. Now the jam is no longer gluten free. To take it a step further, let's say that person didn't get enough jam on the first scoop and dips in the jar a second time and now there is a small bread crumb in the jar. Now it has even more gluten.

Basic Gluten-Free Cooking Tips



Navigating Gluten-Free - 5

Know Ingredients

Manufacturers can change product formulations without notice. When in doubt, do not buy or use a product before contacting the manufacturer for verification that the product is free of gluten.

Many foods may contain additives that could contain trace amounts of gluten. Here are some of the common ones to watch and look for certified gluten free.

Oats that are pure are gluten-free, however, oats are often cross-contacted with gluten when processed in the same facility as gluten-containing grains. They may also coningle while being harvested. Make sure all oats and oat flours are certified gluten free.

Naturally obtained spices like cinnamon are gluten free.

Processed spices that are powder may contain gluten due to manufacturing. Check the label for certified gluten-free.

Extracts - Vanilla beans are gluten free but vanilla extract or imitation vanilla may contain ingredients that have gluten.

Sour cream is an example of a processed food that may use gluten as a thickener.

Always make sure sauces, dressings and condiments are certified gluten-free as many contain ingredients that may contain trace gluten.

Worcestershire sauce - Check to see if it is certified gluten free as some contain gluten.

Plain, full-fat cheeses with no flavorings or ingredients are usually gluten free.

Cheese that contains add-ins as well as low-fat, low-salt and fat-free are more likely to contain gluten.

Vinegars that may contain gluten: balsamic vinegar, flavored vinegars containing malt or wheat, Asian rice vinegar. Rye and malt vinegars contain gluten.

Words to watch - "modified food starch," "wheat starch," "malt" - These are items that contain gluten.

6 - Navigating Gluten-Free

Know Flours

Understanding gluten-free flours will help you successfully create baked goods and substitute gluten-free flour for wheat/all-purpose flour as needed.

Gluten-free flours tend to be drier and less absorbent than regular flour, meaning some recipes may need more liquid such as water, milk or oil. Flour blends help to balance drier flours with ones that hold moisture.

Gluten-free starches include arrowroot, cornstarch, tapioca starch/flour, potato starch, sweet potato starch and agar powder. These can be used to thicken soups. Most can be used as a coating for fried foods. They can also be used to provide some thickening and binding in baked goods.

Common gluten-free flours include: almond, buckwheat, cassava, chickpea, coconut, corn, millet, oat, potato, quinoa, rice, sorghum, tapioca and teff.

Gluten is what "sticks" or holds baked goods together. Having the right blend of flours helps to provide some of that binding agent but you may need additional thickening like xanthan gum or guar gum.

Store bought or homemade flour blends may be called cup-for-cup or 1-to-1 gluten-free flours. Typically they are a blend of different flours/starches and also include some starches or xanthan gum to provide the "sticky" part of baked goods that holds them together.

Navigating Gluten-Free - 7

Flours

When using gluten-free flours it is necessary to use a mix of different gluten-free flours and starches to achieve your ideal texture and flavor. Mixing gluten-free flours helps you replicate the characteristics of all-purpose flour.

Almond Flour - Used in light-colored cakes. Has a delicate almond flavor and gives good structure to baked goods.

Amaranth Flour - Medium color with a nutty flavor. It is high in protein and is good for baked goods and pasta.

Bean Flours - Made from grinding dried beans. Used for making pasta, coating foods or as a binder for meats. Has a bean flavor so is often used in savory dishes or desserts with chocolate or spices that mask the bean flavor.

Buckwheat Flour - Has a distinct earthy flavor (kasha is buckwheat). Due to its unique taste it is typically used in pancakes, pasta or crepes.

Cassava Flour - Mild flavor with a light texture. Adds structure without too much grittiness, generally combined with rice flour, typically used in cookies, crackers and tortillas.

Chickpea Flour - Has a strong flavor and is quite dense. It is high in binding properties and often used in flour blends for muffins, quick breads, crackers, fritters and some cookies that are full of flavor or savory.

Coconut Flour - Pale color, high in fiber, with a delicate coconut flavor. Use sparingly in baked goods as it can be dry.

Corn Flour - Is different from cornstarch in how it is processed. Can be yellow, white or blue. Pleasant corn flavor, used in baked goods and as a coating.

8 - Navigating Gluten-Free

Value-Added Sections

Add more value, pages and bulk to your book by adding an extra section filled with information or recipes.

Convenient Cooking Appliances

(\$.25 per book for each 16-page section)

A helpful guide explaining essential cooking appliances, their primary functions and tips to maximize their performance.

Convenient Cooking Appliances

- Over the Years 2
- How Appliances Heat Food..... 3
- Know Your Appliance..... 4
- Air Fryers & Chart 5-6
- Tips for Air Frying 7
- Slow Cookers and Instant Pots 8
- Tips for Success with a Slow Cooker..... 9-10
- Tips and Tricks for Instant Pots 11-12
- Tips for Microwave Cooking..... 13-14
- Tips for Using an Oven 15-16

Over the years recipes have been adapted to new ways of cooking. Changes in cooking appliances have changed the way we prepare recipes and allowed us to create new ones. When adapting recipes to a new way of cooking we need to consider how that will affect the outcome.

- Will the texture be different?
- How about the flavor?

Then there is the need to make sure food is prepared so it's safe to eat. New appliances also mean learning new safety procedures in the kitchen.

In this section we will discuss some of the standard kitchen appliances that are used to cook and bake. There will be suggested tips, tricks and charts.

Keep in mind that results may vary. Cooking is a science and any change, no matter how small, can change the outcome. Even things like altitude, humidity, ingredient variations and densities can affect it.

Ultimately, checking for doneness by taking internal food temperatures and watching for signs of being done by appearance are critical.



2 - Convenient Cooking Appliances

How Appliances Heat Food

Getting to know how your appliances heat food allows you to adapt recipes successfully.

AIR FRYERS cook food by circulating hot air to give food a fried-like crispness without added oil. Typically, they need reduced cooking times and most air fryers have limited cooking space, meaning you may need to adjust the size of what you are cooking as well.

SLOW COOKERS are a great option for slow, low heat cooking. This cooking method typically requires more cooking time but the tradeoff is retaining moisture and allowing ingredients to release their natural juices.

INSTANT POTS are a versatile tool that allow you to pressure cook to reduce cooking time. Enjoying shorter cooking times (while taking into account how much time it takes to reach pressure) requires knowing how much pressure is needed and how to release it based on the ingredients. Familiarize yourself with your Instant Pot's features to fully understand the pressure settings.

MICROWAVES are often overlooked these days. They can be used as a tool for cutting down cooking times and provide precise cooking power. If used properly they can retain moisture and avoid charring and burning that can occur with other cooking methods.

Ovens use gas or electricity to create hot air that is dispersed through the oven compartment. They are adjustable to different temperatures. Most have a baking option that heats from below and a broiling option that heats from above. As with all kitchen appliances, the brand, make and model of your oven may have different features.

Convenient Cooking Appliances - 3

Know Your Appliance

Every brand of appliance varies slightly and it is important to become familiar with your appliance. Allow time to learn by using your appliance. If you are preparing a dish that is estimated to take two hours, allow yourself an extra hour or two so that if food isn't ready on time, you have longer to cook it. Knowing things like how long it takes your appliance to heat water to boiling, warm up to temperature or melt butter (and does it melt or does it burn?) will help you convert recipes. Keep notes of what works either in your favorite cookbook, a notebook or on a piece of paper taped inside a cabinet door so you do not have to guess each time.

Cook to a Safe Minimum Internal Temperature

Beef - Steaks	145 degrees F
Beef - Ground Meat & Sausage	160 degrees F
Chicken	165 degrees F
Pork - Chops	145 degrees F
Pork - Ground Meat & Sausage	160 degrees F

For more information and current suggestions visit: <https://www.foodsafety.gov/food-safety-charts/safe-minimum-internal-temperatures>

4 - Convenient Cooking Appliances

AIR FRYERS

Air fryers come in many shapes and sizes but the most popular form is an appliance that has a basket that pulls out. Food is placed in the basket and a fan pushes heated air around the food similar to a convection oven. Food cannot be packed too tightly in the basket or it will not crisp, so most air fryers can only prepare a couple of servings at a time. Some models of air fryers come with oven and toaster settings, allowing you to bake a food then crisp it up with the air fryer in the remaining minutes of cooking.

What can you cook in an air fryer? Solid foods with a lower water content are best to air fry. Proteins such as chicken, salmon, shrimp, tofu and firm vegetables like broccoli, cauliflower and sweet potatoes.

Cut vegetables and potatoes into medallions, cubes or other smaller pieces to make it easier for the hot air to reach their complete surface area and allow them to brown. Lightly coat in oil to ensure they crisp. With paper towels pat dry the skin of meat or fish then add a thin layer of oil to crisp the skin. Panko, shredded cheese or breadcrumbs can be used as breading, but do not use a wet batter.

While frying with air is a healthy-sounding concept, to get the crispy surface people are looking for, it's recommended to lightly toss foods in oil. You may also notice foods that are air fried will not have the same texture as traditional fried foods.

Convenient Cooking Appliances - 5

When converting recipes to an air fryer you need to first consider the size. Overcrowding in an air fryer will mean that food does not cook evenly or crisp up. You may need to make your dish in smaller batches or cut the recipe down.

Ingredients are another factor to look at when air frying. Foods that would normally be fried are good candidates for air frying but other dishes (for example meat simmered in a sauce) are not. Freshly battered items do not work well as the batter will stick to the basket and be difficult to cook through.

The area that air fryers excel in is reheating leftovers and cooking frozen battered foods. The air fryer will cook them through and keep them crispy, avoiding soggy spots.

MEAT & SEAFOOD	Weight	Temperature	Time	Notes
Beef - Steaks	4-8 oz	145-155	10-15	Use a meat thermometer.
Beef - Ground Meat & Sausage	1/2 lb	160	10-15	Use a meat thermometer.
Chicken	4-6 oz	165	10-15	Use a meat thermometer.
Pork - Chops	4-6 oz	145	10-15	Use a meat thermometer.
Pork - Ground Meat & Sausage	1/2 lb	160	10-15	Use a meat thermometer.
Shrimp	4-6 oz	145	10-15	Use a meat thermometer.
Vegetables	4-6 oz	145-155	10-15	Use a meat thermometer.



6 - Convenient Cooking Appliances

Tips for Air Frying

- Set air fryer on a level, heat resistant surface.
- Give air fryer space around it to operate safely. It is recommended to have 5 inches minimum on all sides.
- Raw foods - pat dry then toss lightly with oil. Frozen pre-made food can be added without oil.
- Know the settings for your appliance.
- Halfway through cooking, shake basket or move food around.
- For crumbly or sticky foods, place foil directly below food but do not cover the bottom of the basket. Line bottom of basket with foil or air fryer parchment to make for easy clean up.
- Don't overfill the basket.
- Clean basket after use to avoid unpleasant odors and extra smoking.
- Consider greasing the basket to prevent foods from sticking.
- Use utensils that are for nonstick surfaces.
- If cooking fatty foods, add water to the drawer below the basket. This can prevent it from smoking.
- After washing the air fryer basket and drawer, turn it on for 2 to 3 minutes to dry the parts completely.

Convenient Cooking Appliances - 7

SLOW COOKERS and INSTANT POTS

Slow cookers and Instant Pots allow people to make amazing meals without keeping an eye on their stove/oven. The difference between the two is mostly cooking times.

Slow cookers are designed to allow you to set it and forget it for four to eight hours. These tried-and-true appliances have been around since the '40s and gained popularity in the '60s and '70s.

Instant Pots are relatively new, being introduced in 2010. They are considered multi-cookers and most can saute, pressure cook and even slow cook. The pressure cooking feature allows you to create stews, soups and tender meats in less time.



8 - Convenient Cooking Appliances

Choose one or more of these seven unique 16-page sections.

Value-Added Sections

Convenient Cooking Appliances

(\$.25 per book for each 16-page section)

A helpful guide explaining essential cooking appliances, their primary functions and tips to maximize their performance.

Tips for Success with a Slow Cooker

- Meat selection - Choose inexpensive meats that are higher in fat content. Beef chuck roast, pork shoulder and chicken thighs are examples. The fat will break down and keep the meat juicy and tender with the moist heat. Leaner cuts of meat tend to dry out in the slow cooker.
- Searing meat before placing it in the slow cooker will add extra flavor and seal in juices.
- Slow cookers work best when filled halfway to three-quarters full. Avoid overfilling them. If overfilled or underfilled, cooking times may not be accurate.
- Keep vegetables roughly the same size. This allows them to cook thoroughly and evenly. Consider adding delicate vegetables later in the cooking time.
- Keep a lid on it. It's so tempting to take a quick peek but valuable heat escapes, so wait until the cooking time has been met before you take the lid off.
- Keep an eye on the sides of your slow cooker when making solid dishes like meatloaf or breakfast bake. Often the back side of the slow cooker or the opposite side of the control panel will heat higher than the other sides. Close to the end of the cook time, check the sides quickly. Once you become familiar with your slow cooker you will have a better idea if it has hot spots.
- Avoid overcooking which can cause mushy veggies, muddly flavors and chalky meat.

Convenient Cooking Appliances - 9

- Using a slow cooker liner makes clean up easy. If you are using your slow cooker to save time, plan to use a liner to save on clean up time too.
- Reduce liquid for recipes that are written for the stovetop. Decrease added liquid by 1/4 to 1/2 of what you would normally use.
- Frozen foods will increase the time needed for the contents to come up to a safe temperature. Defrosting foods first is best, otherwise adjust cooking time.
- Add dairy at the end. Wait until the last 15 to 30 minutes to stir in dairy products to avoid curdling.
- Don't use slow cooker for storage. The ceramic slow cooker liner retains heat and will not allow food to cool quickly enough in the fridge. Always transfer food to a separate container before storing.
- Spray inside of slow cooker with nonstick spray to reduce foods sticking and make clean up easy.
- Most slow cookers have a high setting of 280° and low setting of 170°. This means cooking on high for one hour is roughly equal to cooking on low for two hours.
- Spice it up. Longer cooking times diminish the flavor of spices. Add them later in the cooking cycle or increase the amount used.
- Reduce wine. In a slow cooker alcohol will not boil down and reduce. This could leave a stronger flavor than intended. Use less or add to sauces instead.

10 - Convenient Cooking Appliances

Tips and Tricks for Instant Pots

- Cooking Times** - Often cooking times do not include the pot coming up to pressure or the release time. Allow an extra 20-30 minutes to the cooking time listed.
- Store Liner in the Instant Pot** - A mistake many beginners make is to forget to put the liner pot in the Instant Pot which can cause damage or destroy the heating element if things are poured in.
- One Cup Liquid Minimum** - Most recipes need at least one cup of liquid to reach pressure. There are a few exceptions but make sure if it's less than a cup, it is a recipe that has been designed specifically for the Instant Pot.
- Hot Water** - If adding water, make it hot to cut down on cooking time.
- Double Check Sealing Ring** - To keep recipes on time, check the sealing ring to make sure it is in place. That way the Instant Pot can come up to pressure quickly. If it's not secure you may find steam coming out around the sides of the lid.
- Silicone Ring Cleaning** - Clean the silicone ring with a steam clean of water and lemon (or vinegar). This will help deodorize and clean it.
- Close Release Valve** - Checking the release valve before you start avoids delays due to pressure escaping as it tries to build and the valve not being in place.

Convenient Cooking Appliances - 11

- Position Release Valve** - Plan for where the geyser of steam will release. Avoid steaming the fronts of cabinets where it may ruin the finish, low ceilings or light fixtures. Don't cover the release valve as manufacturers advise that can cause malfunctions. Also, make sure this won't release where anyone may walk into the steam.
- Release in Bursts** - Release initial pressure in short bursts. You can use a wooden spoon or pot holder to nudge the valve.
- Open Lid with Care** - Tip the lid away from you as you open it to avoid a face full of steam.
- Quick Release is Not for Starchy Foods** - Foods like oatmeal can create a lot of foam during cooking. Foam can ooze out the steam vent during quick release.
- Natural Release** - This is used to prevent starchy foods like oatmeal from oozing foam out of the steam vent. It also prevents a sudden drop in temperature that can make braised meats tougher. If a recipe calls for natural release, make sure to follow the directions.

Pressure release abbreviations:

- HP - High Pressure
- LP - Low Pressure
- NPR - Natural Pressure Release
- QR - Quick Release

12 - Convenient Cooking Appliances

Tips for Microwave Cooking

- Cover containers to keep steam in for better moisture and heating.
- Cut food into small pieces so it will heat evenly, or consider separating foods by cooking times. Larger and thicker foods need longer cook time than thinner and smaller foods.
- Stop cooking halfway and stir the food.
- Put the largest pieces of food to the outside of dish and the smaller ones to the center.
- Remove food from plastic/carton packaging and place in a microwave-safe container.
- Cookware - Do not put metal in the microwave. Use glass, ceramic or microwave-safe plastic containers.
- Defrosting - Use lower power settings or defrost setting. Divide larger items into smaller portions. Cook food immediately after defrosting to prevent bacterial growth.
- Rest Time - Let food stand for a short period of time after heating. This allows heat to distribute evenly within the dish.
- Seasonings - Use spices and herbs sparingly. Microwave cooking can intensify flavors. Adjust seasoning after cooking is completed.
- The higher the wattage, the shorter the cooking time.
- To avoid slow and uneven heating, place plate or bowl on the edge of the spinning carousel instead of the center.
- Wrap baked goods in paper towels to absorb excess moisture when reheating.

Convenient Cooking Appliances - 13

- Clean a microwave by heating a glass bowl of water that has a splash of vinegar for 5 minutes, then wipe down the inside with a clean cloth or paper towel.
- Pierce foods that have a skin as they can hold in steam. Use a fork or sharp knife to poke a few holes in foods. Examples are sausages, potatoes, sweet potatoes and hot dogs.
- Be aware that some vintage dishes, especially those made before 1950, may contain lead and are not safe to use in the microwave as the lead can leach into food. Also be careful of dishes that may have metallic decorations that can cause sparking. Finally, melamine dishes are not microwave safe. Checking to see if a dish has a microwave safe emblem or label is the best.
- Decrease liquids when converting recipes. Less evaporation occurs in the microwave than the stove top or oven so you need less liquid. Reduce water in recipes like soups and stews by about half.
- Decrease cooking time. If adapting a recipe from stove top or oven, start by cutting cooking time by a quarter. After that time, test food for doneness and then adjust as needed.
- Remove oil when converting recipes that use oil to brown. Foods do not brown in the microwave so the oil is unnecessary.
- Microwave ovens cook with heat derived from the effect that the waves have on the water molecules present in food. The molecules, "shaken" by microwaves, begin to move and overheat to reach even very high temperatures that can heat or cook food. This type of cooking saves time: all the heat remains inside the food and nothing is lost.

14 - Convenient Cooking Appliances

Tips For Using an Oven

- No two ovens are the same. Not only do different brands and models have different features but there are also small differences between identical ovens.
- Preheating** - There are benefits to preheating an oven. Time and temperature affect the texture and flavor of food. Starting in a cold oven will cause food to cook unevenly.
- If you use more than one shelf in your oven, try to stagger the dishes so one isn't directly above or below another. A consistent airflow ensures each dish is surrounded by heat.
- Clean the oven frequently. If food falls to the bottom of the oven or boils over, clean it up as soon as the oven cools. Leaving it for later will just make it harder to clean up.
- Gas Ovens** - It's recommended to rotate food as it may not heat as consistently. Rotate baking trays slightly during cooking.
- Electric Ovens** - Top shelf is perfect for crisping and browning quick-cooking foods. Middle shelf is for most dishes as there is more room for hot air to flow evenly around food. Bottom shelf is where the primary heating element is, so this is best for roasting large cuts of meat or crisping a crust on pies and bread.
- Use a Baking Stone** - This can help to regulate temperature. Simply place at the bottom of the oven and add food above.

Convenient Cooking Appliances - 15

- Avoid dark metal cookware with gas ovens. Dark metal absorbs heat faster, potentially leading to unwanted browning and burning. Instead use light-colored metals, glass or silicone.
- Avoid opening the door when baking. Wait until the timer goes off so you do not lose valuable heat.
- Electric ovens may be more dry, preventing bread and cakes from rising as well. Add a pan of water at the bottom to add steam to help them along.



16 - Convenient Cooking Appliances

Typing Your Own Cookbook - Novel - History Book or any other book

If you are creating a cookbook, before deciding to type your recipes in Word, please take a look at our Online Recipe Submission option. You can easily enter all your recipes, and other members of your group can enter their own within the same book as well, making it a very easy option for creating your cookbook. If you want to type your recipes in Word, some questions to consider:



I have each recipe in its own document. Can I submit it this way?

No, do not submit each recipe in its own document/file. You must organize the recipes into sections and put the recipes in the order you want them to appear in the book within each section. You can submit either one file containing all the sections, or you can send each section separately. Remember, the main point of computer-ready is to save your organization money, and if Cookbook Specialists has to dedicate a lot of time "fixing" your files, the hourly rate applied for that will quickly eat away at your savings and, in some cases, make it more costly than if Cookbook Specialists had typed the book to begin with.

Can I have my text in a larger font?

Yes, we can print your book in any font size you would like. Just make sure you note the specific font size in the special instructions when submitting your cookbook order form. In the case of larger font, your book will be priced according to page count.

Can I set up my own cover (and dividers)?

Yes, however, do NOT send graphics in Word files. If setting up your own graphic files, you must either send them as high resolution PDF files or you must send the images as high resolution JPG or TIF files. Word is not graphic friendly and doesn't display them the way you intend.

If my book is camera-ready, do I still need to fill out the order form/contract?

Yes. While we realize that some of the order form pertains to books typed by Cookbook Specialists, this is also where you tell us what kind of binding, cover and other information, so definitely fill out all of the order form!

I don't want my book to be the size of a cookbook. Can I have something other than 5 1/2 x 8 1/2?

Yes, you can have any size you would like, depending on the binding you choose. Just give us a call today and we can help you!

What parameters do I have to follow for typing my story book?

It depends on the size of your book, but a good rule of thumb is to leave 1/2" all the way around the outside of the page. That will give us enough room to adjust for the punch/binding. If you are sending it as a Word document, that can easily be adjusted. If you are sending a PDF file, we cannot adjust it, so you will have to set it up correctly before sending it. Please email a sample of your file and we can test it to make sure it will work before you progress too far.

Because there are so many different types of books and each one is unique, the best way to ensure a perfect product is to email us a sample when you are ready to start and discuss the various options, so we can help you determine which way is best for you!

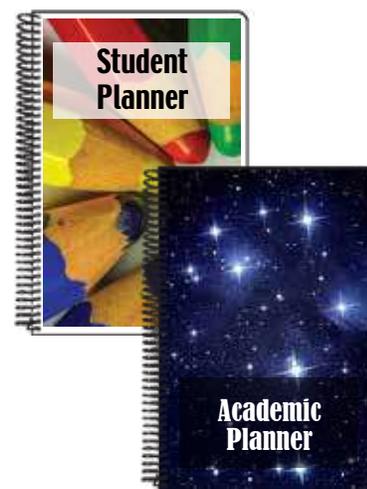
Custom Calendars & Planners

Planners

Depending on whether you choose the Middle School or High School Planner, they come with Educational Tips, including Internet Safety Tips, Instruction on How to Create Passwords, Discussion on Cyberbullying, and How to Communicate Effectively (Face-To-Face), to name a few. After all the helpful information in the front of the planner, it transitions into the weekly calendar pages, including a place to write Goals & Notes, the current month grid at a glance and Inspirational Quotes to provoke thought and stimulate the mind. Besides all that, there are also Hall Passes at the end of the planner. The front and back covers are UV coated. The covers, of course, are completely customizable.

Also, if you choose, we can include your student handbook in the front of the planner. That can be submitted either ready to print in PDF form, or as a Word document to be formatted by Cookbook Specialists. A proof copy is sent to you of the handbook before printing when sent as a Word file.

We also offer Teacher Planners and Parent Planners and we have Day Planners for fundraising or individual use.



Call today and we will send you a sample planner!

Calendars



We can customize your calendar to your specifications! You can choose from 1 full-color picture tear-off calendar OR 12 full-color pictures flip calendar.

Create Custom Calendars for • Church • Pets • Animal Shelters • Advertisements • School Events • Red Hat Ladies • Garden Clubs • FFA • 4-H • Families • Reunions • Organizations • Town Celebrations • Cancer Fundraisers/Relay for Life. There are so many options!

Add your group's information and meeting dates, sports schedule, birthdays and anniversaries ... whatever you want! It's a great way to keep track of family birthdays, establish community connections, raise awareness for your group while raising money, advertise upcoming events, boost tourism, and the list goes on and on.

**Call us today for more information and a sample planner or calendar.
We are here to discuss all your options.**

Ready To Order Specialty Books

Mini Book Pricing

1-49	\$5.00 each
50-99	\$4.50 each
100-149	\$4.25 each
150-199	\$4.00 each
200-299	\$3.75 each

*Call for higher quantity pricing.
Tax & Shipping additional.*

Try one of our exclusive publications. We sell all of these individually, or with quantities of 50 or more, we can customize a full-color cover with your logo or message. These can be used as a fundraiser or a promotional giveaway and are an excellent gift for any occasion.

The Little Book of Holiday Treats (mini)

Cover A



Cover B



The Little Book of Holiday Treats is filled with goodies for your holiday! These recipes are perfect for creating treats to gift, for bake sales, take to parties, leave out for Santa, and of course to enjoy at home! Choose from 2 cover designs.

- 🎄 191 recipes for tasty cookies, candies and treats
- 🎄 Bonus craft recipes and treat gift packaging ideas

The Little Black Book of Booze (mini)



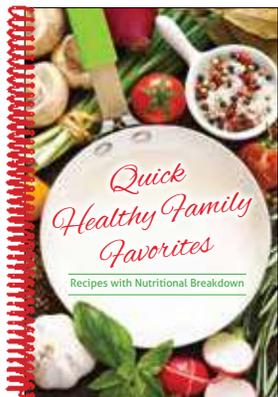
The Little Black Book of Booze is perfect for trying new mixed drinks at home or creating marvelous mixed drinks for entertaining.

- 🍸 200 drink recipes & 11 categories of drinks
- 🍸 10 information pages including pairings, guides, terminology, conversions and tips

Quick Healthy Family Favorites

Quick Healthy Family Favorites is perfect for creating meals with a healthy slant that the family will love.

- 190 pages of healthy recipes
- Nutrition Information included with recipes
- 16 pages of tips and journal pages
- Recipes were selected to support a variety of healthy eating plans



Shipping is \$3.50 per book for orders of up to 14 books. 15 or more are eligible for bulk shipping rates. Contact us for pricing.

Full-Size Book Pricing

- 1-49 \$7.50 each
- 50-99 \$7.00 each
- 100-149 \$6.50 each
- 150-199 \$6.00 each
- 200-299 \$5.75 each

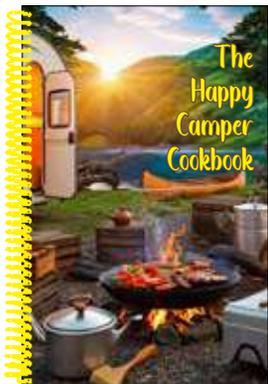
Call for higher quantity pricing.
Tax & Shipping additional.

Ready To Order Specialty Books

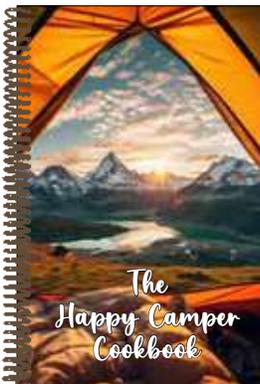
Try one of our exclusive publications. We sell all of these individually, or with quantities of 50 or more, we can customize a full-color cover with your logo or message. These can be used as a fundraiser or a promotional giveaway and are an excellent gift for any occasion.

The Happy Camper

Cover A



Cover B



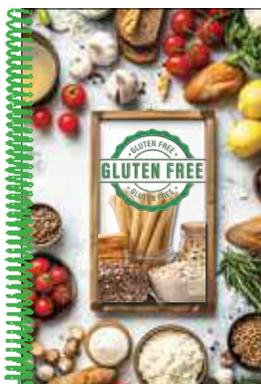
The Happy Camper Cookbook is full of delicious recipes for cast iron pans, Dutch ovens, pie irons, foil and open fire. There are also a lot of tips and hints for using these items, as well as camping in general.

Helpful Household Hints

Our classic overall collection of hints and tips for your home! Hints for everything from cooking to cleaning to pantry essentials to what to cook for dinner to... you get the picture! A little of everything!



Gluten-Free Cookbook



Gluten-free cooking is easy with our Gluten-Free Cookbook. Filled with recipes and gluten-free cooking tips, you can prepare dishes and meals that you and your family and friends will enjoy.

-  235 Pages of Gluten-Free Recipes
-  Introduction including tips for Gluten-Free Cooking/Baking
-  Standard abbreviations used throughout

Farm Fresh Favorites

Cover A



Cover B



Farm Fresh Recipes is full of meal ideas that are perfect for bringing family to the table.

- 288 Pages of Farm Fresh Recipes
- 8 Categories from Appetizers to Desserts
-  Recipes were selected from family favorites that are tried-and-true!

Ready To Order Specialty Books

<u>Journal & Day Planner</u>	
<u>Pricing</u>	
1-49	\$5.00 each
50-99	\$4.50 each
100-149	\$4.25 each
150-199	\$4.00 each
200-299	\$3.75 each
<i>Call for higher quantity pricing. Tax & Shipping additional.</i>	

Try one of our exclusive publications. We sell all of these individually, or with quantities of 50 or more, we can customize a full-color cover with your logo or message. These can be used as a fundraiser or a promotional giveaway and are an excellent gift for any occasion.

Cover A

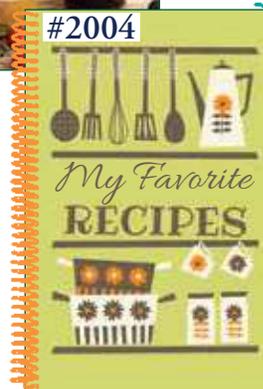


We also offer Day Planners...
(choice of 2 covers)

Cover B



... and Recipe
Journals (choice
of 4 covers &
designs)



Scan me
for easy ordering

Shipping is \$3.50
per book for orders
of up to 14 books.
15 or more are eligible
for bulk shipping rates.
Contact us for pricing.

Wholesale
pricing is
available!



Print Express was opened in downtown Independence in February 1995. After 20 years of working in the printing industry in Cedar Rapids, Sheri (Bitterman) Hartkemeyer purchased Print Express in 2003. In July 2006, Print Express purchased Miller Printerie and merged to become one company. In December 2010, Print Express purchased Brennan Printing and in May 2018 purchased the custom cookbook division of G&R Publishing, formerly of Waverly, Iowa, and retitled the company Cookbook Specialists. Then in April 2021, Cookbook Specialists purchased Jumbo Jack's Cookbooks of Audubon, Iowa, and merged to expand the company's skill and experience even further. Now Cookbook Specialists not only operates our home office and production facility in Independence, we also have a satellite office in Audubon. Our niche is fundraising cookbook printing, but we are also skilled in printing history books, family books, custom calendars and planners, to name just a few examples.

All five of the companies have blended well under the main company of Print Express/Cookbook Specialists. Whether you're in need of custom forms, brochures or envelopes for your business, wedding invitations, programs and thank yous for your special day, or anything in between, we've got you covered at Print Express! Print Express/Cookbook Specialists offers custom books and cookbooks with numerous options for full-color or black ink printed dividers and covers, UV coated covers and standard plastic coil binding. Visit www.cookbookspecialists.com for more information about creating your own custom cookbook or visit www.printexpressia.com for any and all of your printing needs. The possibilities are endless!

- Graphic Design
- Business Cards
- Brochures
- Flyers
- Postcards
- Personalized Mailings
- Labels
- Envelopes
- Raffle Tickets
- Posters
- Banners
- Stamps
- Notepads
- Cups & Koozies
- Thank-Yous
- Flat Card Invitations
- Folded Invites
- Announcements
- Programs
- Magnets
- Seal & Sends
- Canvases
- Calendars
- Large Posters
- Lamination
- UV Coating
- Cookbooks
- Family Books
- Fundraising Cookbooks
- Promotional Products

We Have the Tools.

Using the Adobe Creative Suite, our designers are able to bring your ideas to life. Our high quality digital machines make your images pop.

Certified Experience.

We have the design and print industry knowledge to put you on the right track for your next print project.

Competitive Pricing.

We pride ourselves on offering competitive price breaks to make printing accessible for all size projects.

TERMS & CONDITIONS

Non-Profit Groups & Organizations

Cookbook Specialists offers terms for recognized non-profits groups and organizations in the USA; recognized non-profits are defined as registered with your state and have a Form 501(c)3 (not to be confused with a tax exempt form). A copy of the 501(c)3 needs to accompany your order. If you meet these guidelines, our terms are no money down and 90 days to pay the full balance. One-third due in 30, 60 and 90 days from the invoice date. Your group or organization will be invoiced when the books are shipped. Without a copy of the 501(c)3, you will be subject to our other payment terms - 50% deposit at time of ordering and the balance due when books are finished.

Businesses, Individuals, Families & Groups

Payment terms for businesses, individuals, families and groups who do not meet the recognized non-profit definition described above, and all foreign accounts, are 50% down payment when order is submitted (half of your order form total). The remaining balance is due before books are shipped. The balance will include sales tax (if applicable) and shipping costs, as well as any overs.*

Sales Tax

Each customer must complete an Iowa Sales Tax Exemption form, or submit a 501(c)(3) Certificate of Exemption. If we do not have a completed form or copy of the certificate, we must charge sales tax.

*Over/Under Run

Standard over/under run is 5%. During the printing process we may have some spoilage. It is customary for you to receive up to 5% more or less books than you ordered. The finished number of books is what you will be billed for.

Shipping

Shipping charges are added to your invoice. We ship through UPS, FedEx or freight and try to find the best pricing for you. They will only ship to a street address and will only deliver to a door. You may check with us for an estimate of shipping time. Please note that we may be able to accommodate freight shipments or expedite shipping, but you will be billed accordingly.

Payment Options

You may pay with check or money order. We also accept MasterCard, Visa, Discover and American Express. No adjustments, credits or refunds beyond 90 days of invoice. Return check fees are \$35.00.

Total orders over \$7500 paid with a credit card will incur a 3% convenience fee.

Cancellation Fee

Cancellation fees will apply, depending on the status of your cookbook at time of cancellation.

Reorders

Reorder quotes can be requested any time after your order ships. Minimum reorder is 24 cookbooks. If there are any minor corrections that need to be made before reprinting, please submit these in writing and we will make corrections at no charge. Account must be paid in full before reorders can be started. Our payment terms remain the same for your reorder as for your initial order. Pricing on reorders is based on current book pricing and the page count of your book.

