

# Recipe Swap

**Question:** I would like to have a recipe for instant hot chocolate. I heard of a recipe that combines instant dry milk, cocoa, and sugar. These ingredients can be added to hot water to yield a delicious hot chocolate.

P. Erway

**Answers:**

### HOT CHOCOLATE MIX

4 cups powdered milk  
2 cups Nestle Quik  
1 cup cremore  
½ cup powdered sugar  
Mix ingredients together.  
Fill ½ cup with mixture, and ¼ with hot water.  
Ruth Peachey, Age 11, Belleville, Pa.

### HOT CHOCOLATE MIX

1 box powder milk, 8 quart size,  
1 pound box Nestle's Quik  
6 oz. jar coffee creamer  
½ cup confectioners' sugar  
1 teaspoon salt  
Use two coffee scoops or four tablespoons for each cup.  
Mrs. Gloria Rennoll, Glen Rock, Pa.

### HOT CHOCOLATE MIX

1 pound instant cocoa mix  
1 8 quart box instant milk  
1 6oz. jar instant coffee creamer  
1 cup confectioners sugar  
Combine all ingredients. Store in a covered air tight container. To serve, mix ½ cup chocolate mix with 1 cup hot water.  
Linda Whetzel, Brodbeck's, Pa.  
Mary Reese, Muncy, Pa.

**Question:** A reader requests sugarless recipies.

**Answer:**

### SUGARLESS COOKIES

1 cup raisins  
½ cup chopped dates  
½ cup chopped apples  
¾ cup chopped nuts  
1 cup water  
½ cup vegetable shortening  
2 eggs, well beaten

3 teaspoons liquid sweetner  
1 teaspoon vanilla  
1 teaspoon baking soda  
1 cup flour

Boil raisins, dates and apples in water for three minutes. Add shortening to melt, then cool. Add other ingredients, adding nuts last. Chill, then drop by teaspoon onto cookie sheet. Bake 350 degree F for 10-12 minutes.  
Mary Nolt, Stevens, Pa.

**Future Questions:** I would like to have a recipe for Pa. Dutch Black Walnut Cake?

M. Reese

**Question:** I have a son who has developed an allergy to whole milk. I am going to put him on goats milk. I would like some goat milk recipes.

L. Hershey

## Spending food dollars

**MEDIA** — With food costs rising about 12 percent in 1979 and expected to rise another 12 percent in 1980, you need to learn all the tricks in spending your food dollar wisely, says Greta C. Vairo, Extension Home Economist.

The Penn State Extension Service has planned a meeting on Thursday, January 24 from 10 a.m. to 12 noon in the Toal Building Auditorium, corner of 2nd & Orange Sts., Media. There is no charge and parking is free in the county garage, 3rd & Olive Sts.

When one spends more than one should or needs - to buy a car, furniture or appliance - it may take years to correct the mistake. Since food is bought often changes in buying habits can be made more quickly and costs can be cut more rapidly if a person really wants to do it.

It will take change - in the way a person plans for food shopping, in the way food is bought and the kinds of foods purchased.

More than 1/3 of your food money goes to buy meat, poultry, and fish. There is a wide range in kinds, cuts, and costs available.

Knowing something about meat supply and prices is a good starting point for stretching your meat money. The next step to economizing at the meat counter is to find a workable system to help you compare prices.



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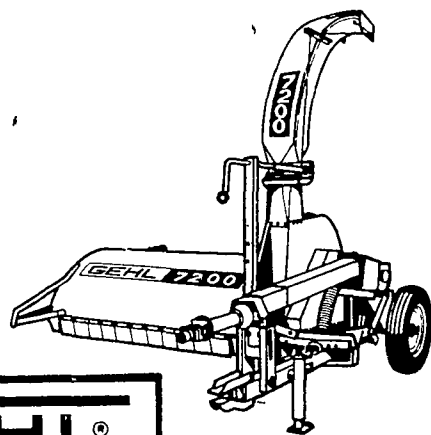
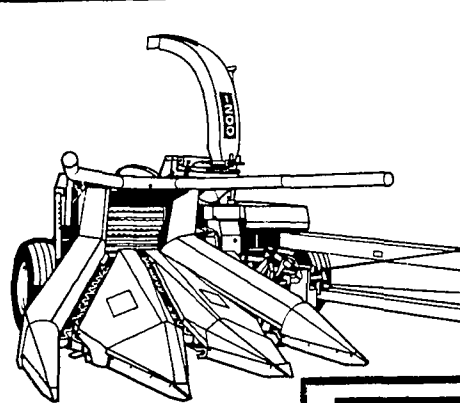
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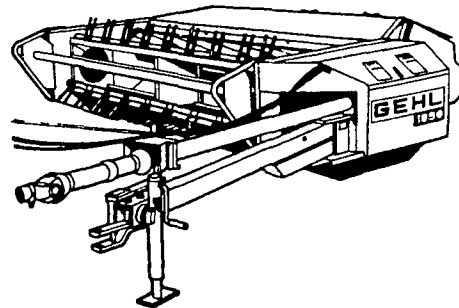
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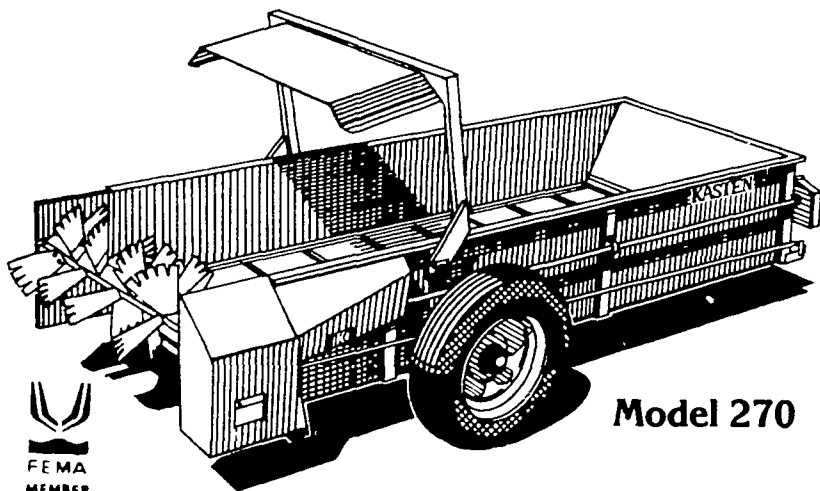
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