

# Holiday Memory

(Continued from Page B18)

sion. Those who tasted it preferred the lean version that follows:

### Pumpkin Spread

- 1 cup double thick lowfat or nonfat yogurt\*
- ½ cup canned pumpkin
- 3 tablespoons powdered sugar
- 1½ tablespoons thawed orange juice concentrate

1 teaspoon or more grated orange zest (peel)

\*Double thick yogurt is made by draining yogurt in a coffee filter overnight in the refrigerator.

Combine all ingredients and stir well. Store covered in refrigerator. Several participants also dis-

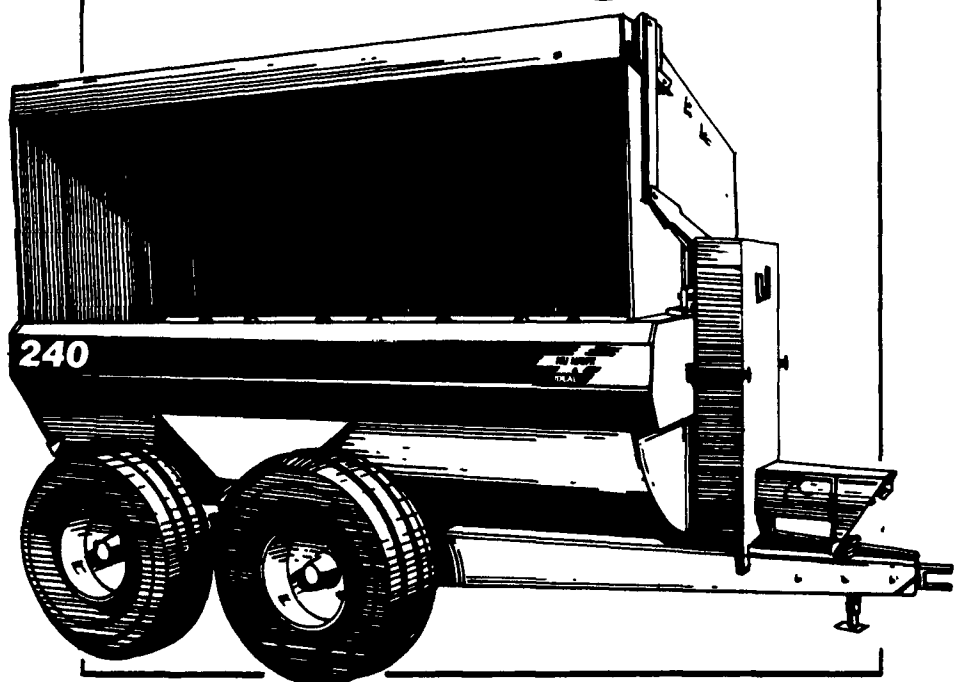
played their own ornaments, wreath and gift ideas that others examined during breaks.

The Flower Club demonstrated bow making, and the Quilter's Guild and Smockers Guild displayed samples of their handiwork.



This wreath fashioned from grapevines and adorned with pods, nuts, cones, weeds and cornhusk flowers was made by Christenna Stamm who demonstrated "Nature's Gifts" at the Lebanon County extension program.

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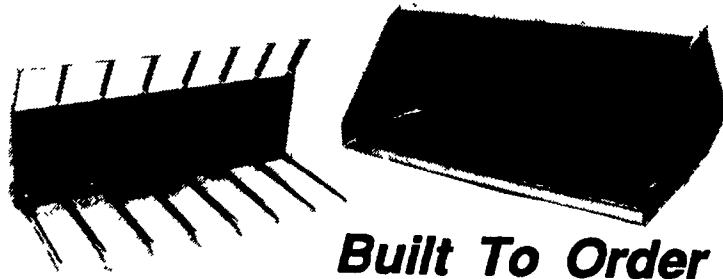


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