

"Microwave Magic"

By:
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As the winter months are upon us, most of us doing the cooking try to think of nice little snacks that would go along with the season. As the snow flies and the winds blow, a nice cup of tea or hot chocolate, along with a hot muffin, would help us feel good, not only at breakfast but for after sledding or a snack in the evening. Here are some fast but nutritious muffin recipes. Just whip them up and bake them for a short time, and your snack is ready to eat.

Oatmeal Muffins

- 1/2 cup quick cooking oats
- 1/2 cup all-purpose flour
- 1/4 cup packed brown sugar
- 1/2 teaspoon baking powder
- 1/4 teaspoon baking soda

- 1/4 teaspoon salt
- 1/4 teaspoon pumpkin pie spice
- 1/2 cup buttermilk
- 1 egg
- 2 tablespoons vegetable oil
- 1/2 cup chopped cranberries or apple

Custard cups: 10 (6 oz.) custard cups
Time at High (each batch of 5) 1 1/4 to 2 1/4 minutes

In a medium bowl, combine oats, flour, brown sugar, baking powder, baking soda, salt and pumpkin pie spice. Mix well. In a measuring cup, beat buttermilk, egg and oil until frothy. Make a well in center of dry ingredients. Pour egg mixture into well. Quickly stir just until flour and

oats are moistened. Batter will be lumpy. Fold in cranberries or apple. Fill paper bake cups in 6-ounce custard cups no more than half full, using about 2 tablespoons batter for each. Arrange the custard cups in a ring in microwave oven. Microwave 5 at a time at full power (High) for 1 1/4 to 2 1/4 minutes or until a wooden pick inserted in center comes out clean. Rearrange cups once during cooking. Edges of muffins may still look moist when muffins are done. Remove from cups. Repeat with any remaining batter.

Gingerbread Muffins

- 1 cup all purpose flour
- 1/4 cup sugar
- 1/2 teaspoon baking powder
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon baking soda
- 1/4 teaspoon salt
- 1/2 teaspoon ground allspice
- 1 cup milk
- 1 egg
- 1/2 cup molasses
- 2 tablespoons vegetable oil

Custard cups
Time at High (each batch of 5) 2 minutes

In a medium bowl, combine flour, sugar, baking powder, cinnamon, ginger, baking soda, salt and allspice. Mix well. In a mea-

suring cup, beat milk, egg, molasses and oil until frothy. Make a well in center of dry ingredients. Pour egg mixture into well. Quickly stir until flour is moistened. Fill paper bake cups in 6-ounce custard cups no more than half full. Arrange cups in a ring in microwave oven. Microwave 5 at a time at full power (High) for 2 minutes or until a wooden pick inserted in center comes out clean. Rearrange cups once during cooking. Edges of muffins may still look moist when muffins are done. Remove from cups. Repeat with any remaining batter. Serve warm with soft cream cheese with honey.

White Chocolate Berry Pie

10-inch pie shell made with the recipe below

- 1 1/2 cups milk
- 6 cups miniature marshmallows
- 8 ounces white chocolate
- 1 teaspoon vanilla
- 4 cups frozen whipped topping
- 2 cups fresh blueberries or raspberries

Pie plate

Bowl - 3 quart
Time at High - 8 minutes
Refrigerate - 1 1/4 hours

Prepare crumb crust with chocolate wafers; set aside. In a bowl combine milk, miniature marshmallows and white chocolate. Microwave at full power (High)

for 8 minutes or until chocolate and marshmallows melt, stirring four times. Stir in vanilla. Refrigerate for 1 hour or until mixture is thoroughly cooled, stirring twice. Whisk in whipped topping in 2 batches. Spoon 1/2 of filling into crumb crust. Top with blueberries or raspberries. Then add the remaining filling. Refrigerate 8 hours or overnight. Serve topped with additional fresh blueberries or raspberries.

Basic Crumb Pie Crust

- 1/2 cup butter
 - 2 cups fine graham cracker, vanilla or chocolate wafer crumbs
 - 1/4 cup sugar
- Pie plate - 10 inch
Bowl - 2 quart
Time at High (butter) 1 to 1 1/4 minutes
Time at High (crust) 2 to 2 1/2 minutes

Lightly butter a pie plate. Place butter in a bowl. Microwave at full power (High) for 1 1/4 minutes. Stir in cracker, wafer or cookie crumbs and sugar until all crumbs are moistened. Spoon crumb mixture over bottom and sides of pie plate. Press crumbs firmly over bottom and sides of pie plate. Microwave at full power (High) for 2 to 2 1/2 minutes, giving dish a half turn once. Using back of spoon, quickly press crumbs firmly against pie plate again. Cool before filling.

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I also had high blood pressure for many years. Even though I was taking medicine my B/P was still 220/100-120 to 200/100. If it was 180-190/90, I thought I was doing good. My blood pressure is now normal, 120-130/68-70. My doctor couldn't believe how my blood pressure had dropped after being so high for so many years but said to keep on doing what I was doing!! Plus, my arthritis is gone!

I am also a diabetic and have been on medication but until starting the program, my blood sugar was extremely high and unstable. Now it's stable and much lower, 90-120. Also, due to my diabetic condition, the doctor said that the vessels in my eyes were so bad that not even stronger glasses would improve my eyesight. He said that nothing could be done! I recently went for an eye exam and he now says that my eyes are healthy and even gave me a prescription for new glasses!

I also had two clogged arteries in my neck (one on each side). Now, the blood is flowing freely through both arteries... my triglyceride and cholesterol levels were elevated and now my triglycerides are normal and my cholesterol has dropped from 330 to below 240!

I also suffered from kidney stones at least once a year. Since being on FORMULAS FOR HEALTH, I haven't had one kidney stone! All I have to complain about now is gallstones. However, I feel that in time I won't have this problem either.

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As you can see, I was in the worst health possible before starting on the FORMULAS FOR HEALTH program. Now, thanks to Golden Pride, FORMULAS FOR HEALTH... It is a joy to tell everyone about what the program has done for me and my husband. I highly recommend this program to anyone who wants to celebrate life instead of sitting around and watching life pass them by.

Marie Niblock

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