

Kids Korner

Sweet Easter Surprises

(Continued from Page B2)

PEPPERMINT FUDGE

1½ teaspoons butter, softened
2-ounces cream cheese, softened

2 cups confectioner's sugar
3 tablespoons baking cocoa
½ teaspoon milk
½ teaspoon vanilla extract
¼ cup chopped nuts

Peppermint Layer:

2-ounces cream cheese, softened

2 cups confectioner's sugar
½ teaspoon milk

½ teaspoon peppermint extract
¼ cup crushed peppermint candy

Line bottom and sides of 8x4x2-inch loaf pan with foil. Grease foil with 1½ teaspoons butter; set aside. In a small mixing bowl, beat cream cheese. Gradually, beat in confectioner's sugar, cocoa, milk, and vanilla. Stir in nuts. Spread into prepared pan. Chill for one hour or until firm.

For peppermint layer, beat cream cheese in a small mixing bowl. Gradually beat in confectioner's sugar, milk, and extract. Stir in peppermint candy. Spread evenly over chocolate layer. Chill for one hour or until firm. Using foil, lift fudge from pan. Gently peel off foil. Cut into squares. Yield: 1½ pounds.

Kari Martin

Lancaster Co. Dairy Princess

EASY MARSHMALLOW SNAILS

1¼ cups miniature marshmallows, divided
1 package (4-serving size) gelatin, any flavor
½ cup warm water
24 (1-inch) pieces red string licorice

Ready-to-spread vanilla frosting

Set aside 12 of the miniature marshmallows.

Mix gelatin and water in medium microwavable bowl. Microwave on high 1½ minutes; stir until gelatin is completely dissolved.

Stir in remaining marshmallows. Microwave on high 1 minute or until marshmallows are partially melted. Stir gently until marshmallows are completely melted. Pour into 9-inch square pan sprayed with no stick cooking spray.

Refrigerate 30 to 45 minutes or until set. Run sharp knife around edges of pan to loosen gelatin layer from pan.

Starting at 1 edge, roll up gelatin layer tightly. Cut into 12 (¾-inch-thick) slices. Unroll each about 1 inch when ready to decorate. Stand 1 of the reserved marshmallows on unrolled portion of each spiral for the "snail's body," securing with frosting. Insert 2 pieces of licorice into each marshmallow for "antennae," securing with additional frosting if desired. Makes 12 servings, 1 snail each.

DIPPED

PRETZEL BLOOMS

12 pretzel rods
1 package (8 squares) semi-sweet baking chocolate, melted
12 Spring Oreo Chocolate Sandwich Cookies, finely chopped

Dip ½ of each pretzel rod into melted chocolate, turning to evenly coat end of rod.

Roll in cookie crumbs.

Place on waxed paper-lined

baking sheets; let stand about 1 hour or until chocolate is set. Makes 12 serving.

CREATIVE CRITTERS

Have chocolate sandwich cookies and miniature marshmallows on hand as well as shoestring licorice, mini pretzel twists, decorating gel, melted chocolate and ready-to-spread frosting. Now your family is ready to make ants, cookie flowers and critters to inhabit their dream garden.

CENTIPEDE

Stack 9 Spring Oreo Chocolate Sandwich Cookies together, spreading ready-to-spread white frosting between each cookie to secure; stand on edge.

Secure an additional cookie with "smiley face" design, slightly higher than the other cookies, to one end with additional frosting to form the "centipede's head."

Attach desired number of miniature marshmallows to each side of centipede with additional frosting for "legs" and 2 small pieces shoestring licorice to head for "antennae." Makes 1 centipede (5 servings).

COOKIE FROG

Attach 2 mini pretzel twists to the bottom of a Spring Oreo Chocolate Sandwich Cookie with ready-to-spread white frosting for "frog's legs." Attach 2 miniature marshmallows to top of cookie with additional frosting for "eyes." Color eyes with decorating gel, if desired. Makes 1 frog.

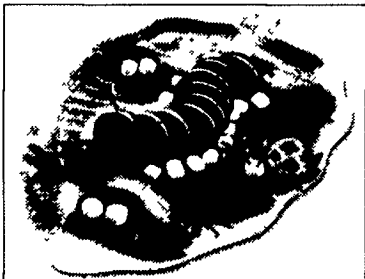
Variation — Cookie Butterfly: Attach pretzels to bottom of cookie as directed above for "butterfly's wings." Turn cookie pretzel-side up. Attach 1 miniature marshmallow in front of wings for the "butterfly's head." Insert 2 small pieces of shoestring licorice into marshmallow for "antennae." Use decorating gel to draw "face." Makes 1 butterfly.

FLOWER POP

Insert a wooden pop stick into a Spring Oreo Chocolate Sandwich Cookie for top of "flower." Use ready-to-spread white frosting to attach Jet-Puffed Miniature Marshmallows around outside edge of cookie for "flower petals." Makes 1.

CHOCOLATE-COVERED ANT

Dip 2 miniature marshmallows in melted chocolate; attach end-by-end to form "ant's body." Place on sheet of waxed paper. Insert 6 small pieces shoestring licorice into sides of ant for "legs" and 2 pieces into front of ant for "antennae." Let stand about 1 hour or until set. Makes 1 ant.



Children of all ages will enjoy making and eating these critters: Centipede, Cookie Frogs, Cookie Butterfly, and Chocolate-Covered Ants. For more information and fun ideas, visit www.kraftfoods.com and www.jetpuffed.com



Grabbing a cold refreshing carton of milk are Susquehanna County Dairy Promoters Abbey Hewitt, Ashley Franklin, Alicia Roe, Lydia Carlin, Amy Roe and Jessica Roe.

Dairy Promoters Participate In Susquehanna County Dairy Day

SUSQUEHANNA (Susquehanna Co.) — Susquehanna County Dairy Princess Rebecca Place and her court were at the 14th annual Susquehanna County Dairy Day held at the Elk Lake High School. Educational presentations and commercial exhibitors were represented.

3-A-Day — A Click Away

PHILADELPHIA — Getting your family the calcium and other essential nutrients they need for stronger bones and better bodies is just a few clicks away.

From delicious recipes and snacks to fun tips and helpful tools, visit www.3aday.org for all you need to know about 3-A-Day of Dairy.

Recipes and Snacks

Get nutritious and great-tasting recipe ideas and snack solutions for the whole family to enjoy. From "Cinnamon Yogurt French Toast" to "Kid-Pleasing Pudding Fix Ups," these recipes are sure to tempt taste buds while packing a great nutrient bang for your bite.

FREE Mom Tool Kit

Designed with busy moms in mind, register for the free Mom Tool Kit, filled with recipes, expert tips, coupons, and a brochure to help your family get three servings of milk, cheese, or yogurt every day. (Available while supplies last beginning in March.)

Mom's Corner

This is the place for moms to "Ask the Expert" nutrition questions, learn more about 3-A-Day Week, and win freebies.

Get 3! E-Newsletter

Sign up for Get 3!, your source for family friendly 3-A-Day recipes, health expert tips and advice, and fun free stuff. By subscribing to the 3-A-Day e-newsletter, you will also receive the latest nutrition news updates and find out what milk, cheese, or yogurt products are "Moo On The Market."

FAQs

How much calcium does your six-year-old need? What dairy products carry the 3-A-Day of Dairy logo? Check out the Frequently Asked Questions for the low-down on 3-A-Day of Dairy.

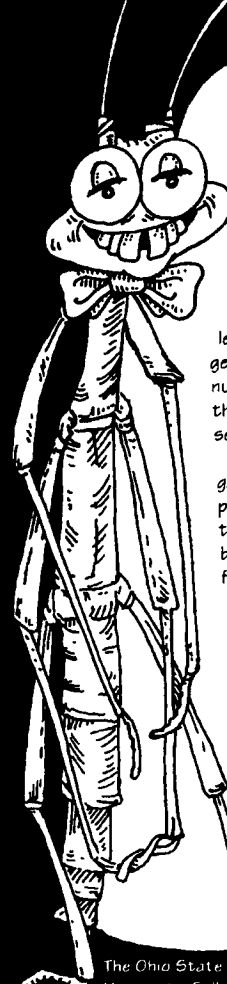
The Princess, Dairy Ambassadors Abbey Puzo, Alyssa Sprout, Amanda Miner, Amy Roe, Ashley Franklin, and Dairy Maids Abbey Hewitt, Alicia Roe, Jenna Sprout, Jessica Roe, Karin Mowry and Lydia Carlin served many dishes of ice cream. 'Got Milk' posters, erasers, pencils and milk stickers were given to visitors. Free milk and cheese were also handed out.

Visitors were reminded of the nutritional importance of drinking calcium packed in wholesome milk. If we don't get enough calcium from the food we eat, our body will steal what it needs from our bones leaving them fragile and weak later in life. Calcium is not just for strong bones and healthy teeth. Studies suggest a healthy diet including adequate calcium from foods like milk may also reduce the risk of high blood pressure and other serious diseases.

Free health screenings were provided by Barnes Kasson Hospital, Beltone Hearing, Endless Mountains Health Systems and PA Department of Health.

Dairy Day was sponsored by Penn State Cooperative Extension of Susquehanna County, farm supply dealers, marketing firms and farm organizations.

Smart Stuff with Twig Walkingstick



Dear Twig: I saw a sick house finch at our bird feeder. Its eyes were gunked up and it didn't seem to see me. Any idea what was wrong?

It sounds like a disease called mycoplasma conjunctivitis infected birds — almost always house finches, and those living east of the Rockies — have red, swollen or crusted-shut eyes

Which is gross to see and worse to have. Conjunctivitis itself usually isn't fatal. But it leaves birds weak or blind, and then they may starve or get eaten by predators. East Coast house finch numbers have fallen by an estimated 40 percent since the illness appeared in the 1990s (Their numbers now seem to have stabilized.)

A parasitic bacterium, *Mycoplasma gallisepticum*, is the cause. It poses no threat to people. And few other birds seem to get it. Scientists think eastern house finches are especially susceptible because they lack genetic diversity. All are descended from caged birds released in New York in the '40s.

Best way to help? Keep bird feeders clean. If you see a sick finch at a feeder, take down the feeder, wash it with a 10 percent bleach solution (1 part bleach 9 parts water), dry it and put it back up scrubbingly.

Twig



The Ohio State University, College of Food, Agricultural, and Environmental Sciences