



## Question Corner

(Continued from Page B8)

crusts in enough water to soften; drain and squeeze gently to remove excess water. Break bread into crumbs and measure 2 cups. Grease a 4-cup mold. Mix crumbs, raisins, molasses, and melted butter together. Combine baking soda and water and add to crumb mixture; mix well. Sift together flour, ginger, allspice, cinnamon, and salt; stir into crumb mixture. Pour mixture into greased pudding mold to keep out steam. Remember to leave some slack in foil because pudding will need room to expand. Place mold on rack in a steamer or large pot. Add boiling water to halfway up the sides of pudding mold. Cover and steam 2 hours or until firm to touch. Serve topped with molasses

candy.

Pudding can be placed in a cloth bag instead of a mold. Place bag in pot with enough water to cover bag.

**Water Molasses Candy:**

- 1 cup molasses
- 1/4 cup water
- 1/4 cup butter
- 1 teaspoon vinegar

In a saucepan, combine all the ingredients. Heat until boiling, simmer, stirring occasionally, for 10 minutes. Serve over steamed or baked pudding.

A Lancaster County reader sent in this recipe for bag pudding.

### Bag Pudding

- 1 egg, beaten
- 2 cups flour
- 1/2 teaspoon salt
- 1 teaspoon baking soda
- 1 teaspoon vanilla
- 3/4 cup brown sugar

Mix. Add enough milk to make a dough (not thin). Add 1/2 cup raisins that were cooked. This will make dough thinner. Mix well and put into a cloth bag tied shut at the top.

Put with dough into a kettle of boiling water and boil two hours. Don't use too small of a bag as dough rises. When done, open the bag and slide on a platter, cut and serve warm with milk. Leftovers are good cut into small pieces and topped with real cream, whipped. My mother used to make this and I thought of it again so made it on Saturday evening after seeing someone wants the recipe.

Here's another version for bag pudding sent

in by Mary Jane Oberholtzer. She writes that her mother used to make it, and Mary Jane really liked it. It is a very old recipe. It is mixed before putting it into a bag.

### Bag Pudding

- 1 pint flour
- 1/2 cup sugar
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 1/2 cup cooked raisins

Milk to make a soft dough  
Combine ingredients and pour mixture into a bag, filling only half full. Cook one hour in kettle of boiling water.

**ANSWER** — An Ephrata reader requested granola bar recipes that taste like Sunbelt chewy honey and oats granola bars. Thanks to M. Martin, Lebanon, for sending a recipe that she writes is good.

### Chewy Granola Bars

- 3/4 cup brown sugar
- 2/3 cup peanut butter
- 1/2 cup honey
- 1/2 cup margarine, melted
- 2 teaspoons vanilla
- 3 cups quick oatmeal
- 1/2 cup coconut
- 1/2 cup sunflower nuts
- 1/2 cup raisins
- 1/3 cup wheat germ
- 2 tablespoons sesame seeds
- 1 cup chocolate chips

Mix first five ingredients until well blended. Stir in remaining ingredients. Press into greased 9x13-inch pan. Bake at 350 degrees for 15-20 minutes or until lightly browned. Cool completely. Cut into bars.

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## Eating Fruit Increases Weight Loss In Women

HARRISBURG (Dauphin Co.) — Agriculture Secretary Dennis C Wolff announced the results of a Brazilian study that reported adding apples or pears to the diet may help women lose weight faster.

"As anyone who has struggled to lose weight knows, finding ways to shed pounds is often frustrating," Secretary Wolff said. "This study provides a tasty, yet healthy way to lose weight."

In a recent study, researchers at the State University of Rio de Janeiro

found that overweight women who ate three small pears or apples per day lost more weight on a low-calorie diet than those who did not eat fruit. Researchers also found that those eating fruit consumed fewer calories and thus helped their weight loss efforts.

For 12 weeks, overweight women with high cholesterol ate a standardized, low-calorie diet. Participants either ate 300 grams of apple, 300 grams of pear, or 60 grams of oat cookie three times per day.

Those that ate fruit lost more weight, consumed fewer calories, and had lower blood glucose levels than those consuming oat cookies.

The study also suggested that as "low energy-density" foods, fruits have a lower calorie count compared to other non-fruit foods. In addition, by eating foods high in fiber, people feel more satisfied and less likely to indulge in more snacks after a high-fiber meal. Apples and pears are excellent sources of dietary fiber, containing five grams and four grams of fiber respectively per each medium-sized fruit.

This study is good news for the thousands of women across the Commonwealth struggling to lose weight.

"We have always known that Pennsylvania's produce is 'Simply Delicious,' but now we know that our apples can help contribute to weight loss as well," said Secretary Wolff.

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