

"Homemade food is the ultimate expression of mindfulness and gratitude." ~ Unknown

WHAT TASTY TREATS WILL YOU MAKE FOR OUR HOSPITALIZED VETERANS?

Here are a few recipe ideas...

TWINKIE CAKE

1 package (18.25 oz.) yellow cake mix		1 tsp vanilla extract
1 cup milk	5 TBL all-purpose flour	1 cup white sugar
1/2 tsp salt	1/2 cup shortening	1/2 cup butter, softened

Grease and flour a 9x13 inch pan. Line the bottom of pan with parchment paper. Prepare the cake mix according to directions on package. After baking, let cool completely. While cake is cooling, prepare the filling.

For Filling: In a small saucepan over medium low heat, combine flour and milk. Cook, stirring constantly, until mixture thickens and boils. Remove from heat and cool completely.

In a small bowl, beat flour and milk mixture until fluffy. Add sugar and salt and beat well. Add shortening and beat well. Add butter and beat well. Add vanilla and incorporate thoroughly. Total mixing time should be 8 to 10 minutes, beating very well with each addition. This creates a light and fluffy filling.

Remove cake from pan and split lengthwise. Spread filling over layer and replace top layer. Cover with plastic wrap and refrigerate overnight. Let cake stand at least one day to develop flavor.

CARAMEL BARS

1 1/2 cups butter, melted	1 teaspoon baking soda	2 cups flour
1 12 ounce package chocolate chips	1 1/2 cups brown sugar	1 12 oz package caramels
1 teaspoon salt	1/2 cup cream or evaporated milk	1 teaspoon vanilla
1 cup chopped pecans (or walnuts)	2 cups quick oats	

Mix butter, flour, brown sugar, oats, salt, soda and vanilla. Divide in half. Pat first half on bottom of 9x13 pan and bake 10 minutes at 350 degrees. Remove from oven and sprinkle chocolate chips and nuts over bottom crust. Mix caramels with cream and melt in microwave (or double boiler), pour over chocolate bits and nuts. Crumble remaining half of crust mix over top to cover caramel. Bake 20 minutes at 350 degrees. Allow to cool before cutting. Freezes beautifully. Freeze for up to 3 months, thaw completely before serving. Yield: about 36 cookies.

PIZZA PINWHEELS

1 (8 ounce) can refrigerated crescent roll dough	2 cups shredded mozzarella cheese
24 slices pepperoni	1 (14 ounce) can pizza sauce

Preheat oven to 375 degrees F (190 degrees C). On a large baking sheet, pinch the 8 crescent roll dough triangles into 4 rectangles. Layer each rectangle with 6 slices of pepperoni and even amounts of mozzarella cheese. Roll tightly lengthwise and slice each into 4 or more pieces. Bake in the preheated oven until golden brown, about 12 minutes. Serve with pizza sauce for dipping.

BAKED BREAD APPETIZER

1 Loaf of fresh white bread	Butter	Jalapeno & Artichoke Dip	Toothpicks (optional)
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Preheat oven to 400 degrees F. Cut the crusts off bread. With a rolling pin, flatten each bread slice. Spread approx. one tablespoon of the jalapeno and artichoke filling over the thinly rolled bread slice. Roll up the appetizer. Cut each rolled appetizer in half. Spread a generous amount of butter on the outside of the bread. Place the appetizers on a baking sheet lined with parchment paper. Disregard this step if you're using an air fryer. Bake at 400 degrees F for 10-14 minutes, or until golden brown.

If you own an air fryer, bake these bread bites at 400 degrees F for 6-7 minutes. The bites should look toasted all over with a golden brown color. Serve immediately.