



Bare Essentials

Volume 6 Issue 3

November/December 2004

*Between people or nations there is no greater symbol of love, no finer declaration of hope,
than the sincere expression of gratitude. ~Andrew James*

As a special thank you to our valued customers and dear friends
we at Bare Essentials invite you to our

Annual Holiday Open House

**Sunday, December 12, 2004 from 2:00 – 5:00 in the afternoon
at the Prentices on 10105 Bridgewater Circle in Owasso, Oklahoma**

Bring your family and friends to shop equipment, grains, supplies and
sample easy holiday foods. Let us help with your gift shopping by signing *Grain of Truth*
cookbooks and mailing them for you to people on your Christmas list. Spring class list and gift certificates
available.

We look forward to seeing you there.



*May your heart and hearth be warm,
The Prentices,
Steve, Bev, Joshua, Caleb, Ashley, Tiffany, Nathan, and Jonathan*

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2. Heaven on Earth

According to Time magazine, Jan Stanfield of Riverside California had been an avid bread baker for 20 years, but only found true bread making eight months ago when she formed her first handcrafted hearth bread. Many are falling for the time-honored craft of making artisan breads--European-style yeast breads that are usually shaped by hand. The texture and development of these breads is an art that brings homemade bread to another level. Never before has the humble loaf of bread received such attention. True whole grain artisan loaves are crafted as objects of health and art. Each is an expression of the creator's blend of natural ingredients, childhood memories, old-fashioned values and care. Browse the entire yeast bread section of *Grain of Truth* and try some new breads for yourself. From crusty lean hearth breads to rich Challah and sweet chocolate bread, nothing is more welcomed for holiday giving. Most anyone can center a meal around our breads and spreads. Pair new breads with soup and salad for casual fireside suppers.

The Bread Bakers Guild of America, an organization for artisan bakers, has

increasingly added serious home bakers to its growing number. While making artisanal breads demands patience, precision and a thorough understanding of the dough, it does allow for personalization. With a little experience even novices can get to a point where they realize they can relax and allow instinct and creativity to play a role in their efforts. See advanced bread shapes for new ideas.

Researching breads and learning their characteristics helps gear our efforts toward getting the correct dough and conditions for each style of bread. Classes are available to help get you started thinking outside of the daily bread "box." We even get men who are professionals who use artisanal baking as a way of relaxing and doing simple, satisfying, creative work. There is a basic pleasure in touching the dough and doing something "real."

I encourage students not to worry about perfection. For some though, seeking it is the whole point. Some will settle for nothing less than a flawless, golden, crackling crusted loaf with a textured interior reminiscent of Tuscan villages and French monasteries. For those, there is a huge difference between a good loaf and a fabulous loaf. Many have shared in the wake of breads I have left behind while experimenting. Only recently did I stumble upon a peasant brown loaf that took Nonna back in time to Italy 50 years ago. While I don't remember exactly how I got there, I will confess that getting there, for me, is always a rejuvenating process. There is satisfaction in knowing that I can produce a loaf just as that of another person from a time before I was even born. It somehow adds a richness, value and depth to my daily life and bread.

Be sure and call to register or get on the waiting list now for new advanced

bread classes such as Bread-Making Panera Style, Level II Breads, Wraps and Sandwich Breads, and more.



3. Wood Fired Pizza--a Little Bit of Italy

Nonna and Bev were in rare form when they team-taught World Class Pizza made in an out door Italian Mugnaini oven.

This type of oven was the kind Nonna's family and others had on their patios for all their baking during the war when they went up into the mountains to live and escape the fighting. Nonna's family used "la fashine" which was wood shavings, small branches or kindling tied together for their fires. They burned them to heat the oven, pushed the wood to the corner then mopped the hearth and baked on the steaming hearth floor.

For the class, a blazing fire was made in the gorgeous outdoor oven bringing the temperature near 800-900 degrees. As the embers died to white-hot ashes, authentic pizzas from Nonna's time-honored recipes were slid onto the hearth floor. Almost instantly, the pizza

pies were seared to mouth-watering perfection. Learn the history of these distinct pizzas.

A fermented dough, biga or "mother" is used for flavor. It contains only the whole grain flour, water, yeast and Realsalt. Focaccia, ancient Etruscan ash-cakes, were the forerunners of pizza. They were Italian flat breads rubbed with olive oil and rosemary (maybe garlic) then baked among the hearthstones.

From these then came Pizza Siciliano or "White (Bianca) Pizza." The distinguishing feature of this pizza is that it does not have tomato. This pizza has the dough (rolled onto a floured peel), olive oil infused with garlic and anchovies, basil (optional) and grated Parmesan or Asiago cheese.

Fried pizza is also a favorite of Nonna's. It has a biscuit-sized piece of dough flattened thin (1/2") topped with a mixture of mozzarella and (salt and peppered) ricotta cheeses, thinly sliced tomato and basil, folded over and sealed. Next, it is fried in hot grapeseed oil and served warm.

Another favorite, Pizza Fritta con Salsa alla Marinara, is simply flattened discs of dough fried then topped with Marinara, sprinkled with Parmesan cheese and served warm. (While this can be made from the basic bread dough, I really prefer it made from fermented dough without oil or honey.) Hint: most any tomato sauce may be referred to as salsa.

My personal favorite of the authentic Italian pizzas Nonna taught is Pizza Margherita. It is the traditional Neapolitan pizza mostly used in Naples, Italy. Legend has it that this was the favorite "pia" of Princess Margherita, the daughter of Queen Savoia, served at the Royal Palace in Naples. Nonna,

Renata, remembers the princess who was born when she was a young teen herself. This pizza has the flattened dough disc, olive oil infused with minced garlic, thinly sliced tomato, fresh basil, fresh mozzarella cheese and shredded Parmesan cheese. It is made in a Forno a legno (oven fueled with wood). I've been able to make an acceptable substitution by pre-heating pizza stones in a hot (450-500 degree) convection oven then sliding pizza pies from a peel onto the hot stones. Pizzas have a thin, seared crust and bubbling cheese in just minutes. As with bread, Nonna and I go around on the expected "doneness" as Europeans tend to prefer darker crusts than Americans do. I have to agree with Nonna on the outer rim of the pizza, it tastes best browned.



biscotti or biscogli. Since I recently watched the movie, *A Wedding for Bella*, about an Italian bakery, I was interested in learning more about the history of certain Italian baked items.

A close second is hearty and delicious Pizza Rustica. This features Italian meats "at pleasure" along with sautéed peppers, onions and mushrooms. (Italian sausage does not have sage. It usually has fennel, black pepper and garlic. Prosciutto, Sopresso or Capella can also be used). Nonna and I make this pizza by rolling out a bottom crust, topping it with the meats and vegetables then cheese mixture (ricotta, mozzarella), thinly sliced (Roma) tomatoes and fresh basil. Next, we add a top crust and seal it along the sides then bake it.

Another authentic pizza class at a home with an outdoor wood-fired Italian oven will be offered this spring. Get on the waiting list now for this inspirational and historical class with Nonna and Bev.

Italian pasta, pizza, etc. are served with an Italian salad and biscotti. According to Nonna, all cookies, even animal cookies, in the mother language, are

Above, Nonna and Bev team teach a couples pasta class in their curlers and nightgowns.

Bones of the dead (biscogli shaped like crosses or bones) are made to commemorate special occasions. There are days like our Memorial Days plus All Saints Day (Tutti Santé). Italians celebrate with cake, flowers and cookies on these special days of remembrance (Il dei Morti) of dead kin. They serve to mark the names of saints in the family (Alfredo (derived from the St. Alfredo), Michael (named after St. Michael, etc.).....sort of like birthdays.

To learn more about these, watch for upcoming classes on Cookies, Crackers, Muffins and other Quick Non-Yeasted Breads and Snacks.

With all the pulled turkey around I feel like Nonna trying to use up her 100 roosters that were supposed to be laying hens!!!! Tonight I made

homemade turkey pot pie. Nonna suggested that I add 1 1/3 tsp of vinegar to 1 C pastry wheat flour in my pie crust recipe to make the crust extra flaky. I hadn't heard that before, but then it seems Nonna knows how to make everything just a bit better! When I whined about the "ugly bread" (I forgot the salt, it over-rose, and fell) I had made, she reminded me that if the only problem in the world was ugly bread, we were fortunate. She reminded me not to sweat the small stuff and that it's mostly all small stuff! Thanks Nonna for the helpful hint and always keeping me in line!

As we face the busy schedules of the holiday season may we all heed Nonna's advice that if you have life, you have the ability to love. May we be thankful for what we have, extend love to those around us, and have our hearths and hearts warmed by the season.

20 Things to be Thankful for

- *Faith in the ultimate goodness of life**
- *Faith in yourself**
- *Faith that what you seek, you will find**
- *The kindness of strangers**
- *The warmth and security of home**
- *Expressions of unconditional love and support**
- *Your health and the health of those you love**
- *Your boundless imagination**
- *Restored hope**
- *Answered prayers**
- *Daydreams**

***Following your intuition and being happy that you did**

***Holding your child in your arms**

***Delighting in other people's children**

***Witnessing the birth of life**

***Trying something new and loving it**

***The desire for knowledge**

***Watching the sunset**

***Meeting a kindred spirit**

Our hearts go out to Jeanette McMurray, our Broken Arrow dealer, who lost her husband just recently and to Jerry Garland whose father passed away this week.

5. Baking Spirits Bright

- ❖ Bare Essentials has gift certificates available for holiday gift giving to the bakers/gourmet cooks on your list. Spring classes are being scheduled. Sign yourself and a friend up today!
- ❖ Herb infused grapeseed oils, hand made pottery oil jars and cruets, other tools and kitchen gadgets make great stocking stuffers.
- ❖ Tell Santa your favorite Bosch attachment. Citrus juicers are only \$22.95 and most others are under \$100.00.
- ❖ We still have the Bosch/Nutramill combination special sale price of \$489.00 available. This represents a \$50.00 savings.

6. Register for All the New Upcoming Classes!!!!

Beverly L. Prentice, M.S., R.D. teaches a variety of interactive whole grain

cooking classes in the Tulsa area year round. This is only a partial listing of classes that are currently available. Space is limited so sign up early. Reservations are required and may be submitted by any of the following methods:

Web site w/ on line registration using paypal <http://CookingWithGrains.com>
E-mail classes@cookingwithgrains.com
Fax 918-274-4227

Mail registrations to:
Bare Essentials
0105 Bridgewater Circle
Owasso, OK 74055

Upon receiving paid registrations, confirmation and directions to the selected class location(s) are sent. Class sizes range from 10 to 30 participants. Waiting lists are available for classes. Cancellations must be made one week in advance.

Several classes are being offered at Bare Essentials and the homes of our larger Bare Essential dealers enabling class participants to pick up necessary supplies.

January 2005

Lasagna and Canoni with Nonna

January 20, 2005

*Thursday evening 6-9 pm \$50.00
(couples \$80.00)*

Relax and learn as Bev and Nonna teach the healthy ways of making delicious filled pasta with fresh cheese dishes, sides, breads, and desserts. Learn the art of entertaining in courses, European style. Interact with these lively gourmet cooks as they inspire you.

Beginning Bread Making

January 29, 2005

Sunday afternoon 1:30-4:30 pm \$40.00
The history of grains and bread making is taught. Learn the fundamentals of whole grain baking, starting with whole

grain bread made the easy, foolproof way from scratch. This is the most important foundation for a healthy, high fiber, grain-based diet. You'll learn how to prepare the basic bread with five variations that you can sample along with various fillings and toppings. Established bread-makers can enroll with a full-pay friend for only \$20.00. It's a great way to learn about new equipment, be re-inspired, and brush up on your skills. Focaccia, pizza, cinnamon rolls, nine-grain cracked dinner rolls, meat braid, cheeseburger roll-up, monkey bread and seed bread are covered.

February 2005

Making Bread Panera-Style (Level II)

February 11, 2005

*Friday, daytime 10:30 am-1:30 pm
\$40.00*

In-depth technique and chemistry of bread making, recipe development and conversions from lean hearth breads to the rich Sabbath Challah are covered so participants can begin to create their own bread formulas and master new techniques. This class will help basic bread makers understand and advance their own skills and confidence in converting recipes to healthy whole grain versions and becoming true artisan bakers. Simple pre-chill method bagel making will also be discussed in class. Hearty soup is served alongside delicious breads. Take the plunge to a new level of baking by attending this class. Bring a fellow baker along for an extra fun outing.

Fish and Fowl with Nonna

February 24, 2005

*Thursday evening 6-9 pm \$50.00
(couples \$80.00)*

Bev and Nonna will teach the healthy Mediterranean diet. Learn to infuse tomatoes with olive oil and garlic to achieve a perfect base for chicken cacciatore and vegetable pan fish. Vegetable pie, a staple, will be taught and served. Discuss the differences between European and American breads. Relax as you enjoy the courses and dialect of Italy. Interact with Nonna as she recalls her first impressions of America and American cooking! This isn't dinner on the town. It's dinner on another continent! As such, it is a class you just can't miss.

March 2004

Cookies, Crackers, Muffins and Quick Bread Snacks (Level 1 for easy to advanced bakers)

March 4, 2005

*Thursday, daytime 10:30 am-1:30 pm
\$40.00*

Learn to incorporate whole grain flours in basic recipes for kid-friendly foods. Munch on fruited muffins, breakfast bars, and flaxseed crackers and Bones of the Dead (an Italian memorial cookie) while Bev discusses leveling blood sugar levels and improving sports performance with high-fiber, grain-based foods.

Top Notch, Level II Breads (with Fermented and Advanced Doughs)

March 15, 2005

*Tuesday, daytime 10:30 am-1:30 pm
\$40.00*

Experienced bread bakers who understand the fundamental concepts of working with whole grains and whole grain flour, and who have mastered the essential equipment used, will learn the extra techniques to produce a variety of dramatic breads. Irish Soda bread is covered just in time for St. Pat's Day. Advanced doughs are taught and formed to create a variety of European signature breads incorporating herbs,

seeds, spices, vegetable flavorings and fillings. You will also learn masterful techniques, including pre-fermenting dough to create breads with unique complex flavors.

Wood Fired Pizza/Outdoor Oven Cooking

March 31, 2005

*Thursday, evening 6-9 pm \$50.00
(couples \$80.00)*

In a breath-taking outdoor area, join authentic pizza activists as they stoke the wood-fired Italian Mugnaini oven. (This type of oven was the kind Nonna's family and others had on their patios for all their baking during World War II when they went up into the mountains to live and escape the fighting in the cities.) Learn to make five World-Class pizzas that rival the best of the best including: Pizza Siciliano, Fried Pizza, Pizza Fritta, Pizza Margherita, and Pizza Rustica. Munch on bruschetta and salad as you watch. Sip espresso as you linger.

April 2004

The Garden Gourmet

April 7, 2005

Thursday, evening 6-9 pm \$40.00

Whole grain breads, croutons, and toast points are paired with trendy vegetable-based pies and sauces to create fabulous springtime meals. Bev adds a few fun and creative salads and desserts and a meal fit for entertaining family and friends is born! Don't miss this simple yet elegant style of cooking. Register today.

Basic Bread-Making

April 22, 2005

*Friday, daytime 10:30 am-1:30 pm
\$40.00*

The history of grains and bread making is taught. Learn the fundamentals of whole grain baking, starting with whole grain bread made the easy, foolproof way from scratch. This is the most

important foundation for a healthy, high fiber, grain-based diet. You'll learn how to prepare the basic bread with five variations that you can sample along with various fillings and toppings. Established bread-makers can enroll with a full-pay friend for only \$20.00. It's a great way to learn about new equipment, be re-inspired, and brush up on your skills. Focaccia, pizza, cinnamon rolls, nine-grain cracked dinner rolls, meat braid, cheeseburger roll-up, monkey bread and seed bread are covered.

May 2004

Wraps and Sandwiches on Hearty Breads

May 6, 2005

Friday, daytime 10:30 am-1:30 pm \$40.00

Learn to replace fast foods and dining out with mouth-watering sandwiches made on simple whole grain flat and panani (hearty bread). With a little information, you can spot a gourmet sandwich on a menu and go home and copy it using only the finest natural ingredients that promote health and fitness.

Basic Bread-Making

May 19, 2005

Thursday evening 6-9 pm \$40.00

The history of grains and bread making is taught. Learn the fundamentals of whole grain baking, starting with whole grain bread made the easy, foolproof way from scratch. This is the most important foundation for a healthy, high fiber, grain-based diet. You'll learn how to prepare the basic bread with five variations that you can sample along with various fillings and toppings. Established bread-makers can enroll with a full-pay friend for only \$20.00. It's a great way to learn about new equipment, be re-inspired, and brush up on your skills. Focaccia, pizza, cinnamon rolls, nine-grain cracked

dinner rolls, meat braid, cheeseburger roll-up, monkey bread and seed bread are covered.

❖ **Summertime Classes by Request Only**

❖ **10 paid registrations are required for Bev to teach classes. 20 paid registrations are required for Nonna and Bev to teach.**

7. Dealers

Authorized Bare Essentials Dealers Accepting New Customers Are:

Beasley, Ludi

Tulsa 749-4556

Doudican, Mary Lou

Tulsa, mid-town 747-8999

Hamersley, Jerry

Collinsville 371-2753

Hyink, Rebecca

Owasso 371-8882

Leonard, Deb

Blanchard, OK (OKC area) (405) 387-3983

Lunsford, Kay

Nowata (918) 273-3800

Mundt, Gayle

Owasso 274-8778, 694-8311

Roberts, Liz

Owasso 272-4072, 232-1451

Schultz, Pam

Broken Arrow 455-9635

Southard, Mary Nell

Snow/McAlester 755-4364

Warren, Priscilla

Rogers, AR (479) 636-5195

Vinyard, Debbie

Sapulpa 227-6466

For Mannatech and other recommended supplements call Tina Bebee 853-8803

Tulsa and BA

8. Abundant Table

Recipes that are Good for Body and Soul

Ginger-Spice Pancakes

2 c. pastry wheat flour
2 t. baking powder
1 t. Realsalt
1/4 t. cinnamon (Vietnamese)
1/4 t. nutmeg
1 1/3 c. milk, more if needed
2 eggs, lightly beaten
4 T. melted butter
3 T. crystallized ginger puree

Mix ingredients and cook on preheated griddle

Big, Fat, Chewy Chocolate Chip Cookies

2-2 1/4 c. pastry wheat flour
1/4 t. (rounded) baking soda
1/2 t. Realsalt
3/4 c. butter, melted
1 c. packed brown sugar
1/2 c. sugar
1 t. vanilla
1 egg
1 egg yolk
2 c. semisweet chocolate chips

Mix ingredients and drop cookie dough 1/4 cup at a time onto greased cookie sheets. Cookies should be about 3 inches apart. Bake for 15 to 17 minutes in 325 F. oven.

Nutmeg Meltaways

1 c. butter
1/2 c. sugar
1 t. vanilla
2-2 1/4 c. soft pastry wheat flour
3/4 ground almonds, toasted (can use chopped pecans instead of almonds)
1 c. confectioners' sugar
1 T. nutmeg

In a mixing bowl, cream butter, sugar and vanilla. Gradually add flour; mix well. Stir in almonds. Shape into 1-inch balls; place 2 inches apart on ungreased baking sheets. Bake at 300 F. for 18 to

20 minutes or until bottoms are lightly browned. Cool on wire racks. Combine confectioners' sugar and nutmeg. Gently roll cooled cookies in sugar mixture. Yields about 5 dozen.

Julie Meyer's Puppy Chow

9 c. Crispix Cereal
1 c. semisweet chocolate chips
1/2 c. peanut butter
1/4 c. melted butter
1 t. vanilla
1 1/2 c. confectioners sugar

Pour cereal into large bowl and set aside. Melt chocolate chips, peanut butter and butter then stir in vanilla. Pour chocolate mixture over cereal and stir until all pieces are evenly coated. Sprinkle powdered sugar over the top and stir until coated.

Yeasted Pumpkin Bread A variation from Basic Daily Bread

Using Basic Daily Bread recipe from *Grain of Truth*, add 2 cups pumpkin puree with wet ingredients. Increase honey to 1 cup and add 1 rounded T. cinnamon, 1 t. nutmeg, and 1/4 teaspoon cloves and/or ginger. Also, add 2 cups raw pumpkin seeds along with dry ingredients. Hand shape into a primitive or cottage loaf.

Forget 'em Cookies

2 egg whites
1/2 t. vanilla
1/4 t. cream of tartar
1/2 c. sugar
1 c. chocolate chip morsels
1 c. chopped pecans or walnuts

Beat first 3 ingredients at high speed until foamy; gradually add sugar one tablespoon at a time, beating until stiff peaks form and sugar dissolves (2-4 minutes). Fold in chocolate and nuts. Drop mixture by spoonfuls onto

parchment-lined baking sheet. Place in pre-heated 350-degree oven and immediately turn oven off. DO NOT OPEN DOOR FOR AT LEAST 8 HOURS. This is great to do overnight.

Squash Casserole

2 c. cooked squash, drained
3 c. cornbread crumbs
1 stick butter
1 can cream of chicken soup
1/3 c. chopped onion

Mix and bake about 30 minutes at 350 degrees.

Jeanette's Multigrain Flax Bread

6 c. warm water
2/3 c. grapeseed oil
2/3 c. honey
2 T. Realsalt
2 T. dough enhancer
1/3 c. multigrain flour
1/3 c. vital gluten
1/3 c. quinoa flour
1 c. ground flaxseed
10 c. hard red and white wheat flour
3 T. SAF yeast
2 additional c. multigrain flour
2-3 additional c. hard red and white wheat flour

Stir together in Bosch Universal kitchen machine until mixture clears sides of bowl. Turn machine off and let dough rest 10 minutes then turn to speed 2 and knead 6-8 minutes. Shape into loaves, "spank" out air bubbles and place in bread pans. Let rise for 20-30 minutes then bake until golden brown in 350 degree, pre-heated oven.

9. Health Tips

Only a very few people truly have celiac disease, which is a serious and severe reaction to gluten, a protein found in

wheat. Doctors and health practitioners too often confuse the issue when they suggest people may be allergic to wheat. Apparent trouble digesting wheat products may be eliminated by incorporating whole grains. The germ of most grains controls the necessary vitamins, minerals and enzymes to correctly metabolize foods made with wheat. For those people who have true celiac disease, Kellie Gilpin has submitted these helpful, gluten-free recipes.

Banana Chocolate Chip Muffins

3/4 cup fructose
1 1/2 cups mashed banana
2 eggs (I use egg beaters)
3/4 cup grapeseed oil
2 cups brown rice flour
1 teaspoon baking soda
2 teaspoons vanilla
1/2 teaspoon Rumford baking powder
1/2 teaspoon RealSalt
1 cup chocolate chips

Bake at 325 degrees for 15 minutes for muffins or 60-70 minutes for bread. Let cool 10 minutes in pan before removing.

Zucchini Bread

3 eggs (I use egg beaters)
2 cups brown sugar
1 cup grapeseed oil
2 cups raw zucchini, peeled and grated
3 teaspoons vanilla extract (I use Mexican vanilla)
3 cups brown rice flour
1 teaspoon RealSalt
1 teaspoon baking soda
1/2 teaspoon Rumford baking powder
3 teaspoons cinnamon
1 cup nuts (I use 2 cups - 1/2 walnuts & 1/2 pecans minced & finely chopped)

Beat eggs till foamy. Add sugar, oil, zucchini and vanilla. Mix lightly until well blended. Combine flour, salt, baking powder, soda, and cinnamon and add to

mixture. Stir till well blended. Add nuts and pour into two loaf pans. Bake at 350 degrees for one hour or until done. Cool on rack.

Bosch Blender Pancakes with Buckwheat

Put one cup of milk in Bosch blender. Turn on blender and add 3/4 cup whole buckwheat berries. Blend 4 minutes on speed 2 then add:

- 2 eggs (I use egg beaters)
- 2 tablespoons brown sugar
- 1/4 cup grapeseed oil
- 2 teaspoons baking soda
- 1/2 teaspoon salt

We also add cinnamon & vanilla to taste. Blend and pour on lightly oiled, hot griddle. Flip when bubbles appear and edges are set.

Below are Pretzel Reindeer featured in *Grain of Truth*, Bev's second cookbook. Buy it today if you haven't already!



10. Return Section

Let Us Hear From You

Make your class requests for spring

Name _____
 Address _____
 Phone _____
 e-mail _____

Sign me up for the following classes:

Please consider adding or developing the following new or existing classes:

Please renew my newsletter subscription

Check here _____

Add these guest subscriptions:

Name _____
 Address _____
 Phone _____
 e-mail _____

Name _____
 Address _____
 Phone _____
 e-mail _____

Total # _____ @\$12.00 ea.

I'm searching for a local Bare Essentials dealer in my area which is

We are planning to attend the Open House

Name _____

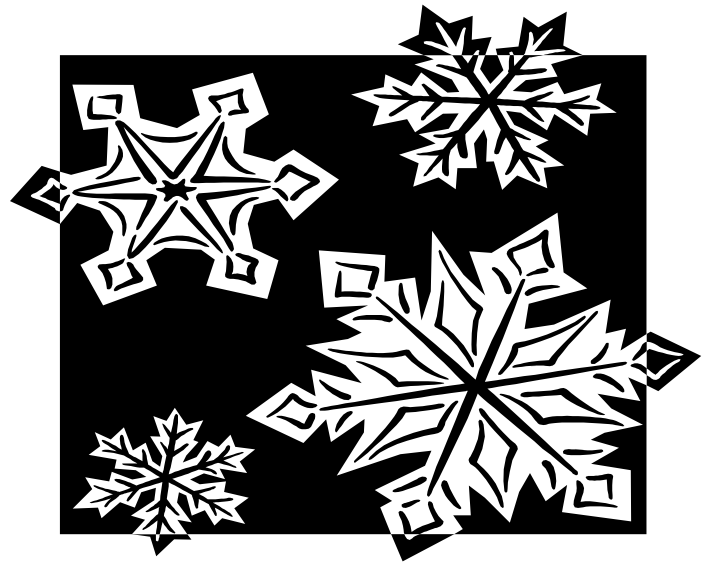
Number attending

See our next issue for:

- ❖ Mini Dutch Apple Pancakes
- ❖ Mom's Homemade Barbecue Sauce

Our next issue will also cover the following exciting Health Tips:

- ❖ Work Out PMS
- ❖ Natural Treatments for Cold and Flu
- ❖ Feverfew for Migraine
- ❖ The Health-Promoting Power of Garlic
- ❖ Herbal Stimulants
- ❖ Gastric Stable Acidophilus



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