



BAKE SOME MEMORIES



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WELCOME TO THE ROBIN HOOD® **Baking Hour**

Making family time a real treat.

Robin Hood Baking Hour is all about easy-to-follow recipes that transform baking into a memory-making experience for the whole family.



Sign up for the
Robin Hood Baking Hour
at Robinhood.ca and get:



- Exclusive recipes by email
- Tips to get the family involved & have fun
- Monthly baking calendar

Schedule time to bake with your family. Mark your calendar with **Robin Hood Baking Hour** stickers.

See page 18.



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Watch for these
Baking icons!



Easy Recipe:

Even the most inexperienced baker or cook can make these recipes.



Time Saver:

These recipes can be prepared ahead or are super quick for those busy nights.



Coffee Pairing:

Pair these recipes with a cup of **Folgers®** coffee! See tips for recommended blends.



Robin Hood® Baking Hour:

These recipes were specially designed for baking together as a family.

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Ginger Cookie Puzzle

Your kids will love these fun cookies. They'll please their tummies just as much as they tease their imaginations.

Prep Time: 30 minutes + 1 hour chilling | Baking Time: 20 minutes
Makes: 4 puzzles | Freezing: excellent

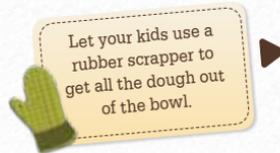
Cookies

- 1 cup (250 mL) **Gay Lea®** Butter (Unsalted), softened
- 1 cup (250 mL) **Redpath®** Golden Yellow Sugar
- 1 egg
- 1 tsp (5 mL) pure vanilla extract
- 2 cups (500 mL) **Robin Hood®** All Purpose Flour
- ½ tsp (2 mL) baking powder
- 2 tsp (10 mL) ground ginger

- ¾ tsp (4 mL) cinnamon
 - ½ tsp (2 mL) ground cardamom
 - ¼ tsp (1 mL) nutmeg, salt; each
- ### Icing & Paint
- 2 cups (500 mL) sifted icing sugar
 - ¼ cup (50 mL) water
 - Assorted food colouring
 - Coloured sugars
 - Assorted small candies

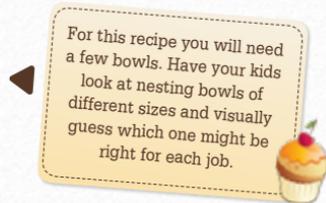
Step 1

- 1. Cookies:** In a large bowl, cream butter and sugar until well combined. Beat in egg and vanilla. Add remaining dry ingredients and beat into butter mixture just until combined. Cover with plastic wrap and refrigerate dough for 1 hour for easy rolling.



Steps 2 & 3

- Preheat oven to 375°F (190°C). Line two 15" x 10" (40 cm x 25 cm) baking sheets with parchment paper.
- On a lightly floured surface, divide dough into 4 pieces (puzzle boards). Roll each piece to form a rectangle ¼" (5 mm) thick, about 5" x 7" (13 x 18 cm) each.



Step 4

- Transfer your puzzle boards to prepared baking sheets. Using cookie cutters, cut puzzle piece shapes into dough, allowing at least 1" (5 cm) between each shape. Cut through dough, but do not remove shapes.



Try making gingerbread men. Roll dough to ¼" (3 mm) thickness. Cut out shapes and bake for 10-12 minutes. Make a family portrait!

Step 5

- Bake 12 minutes or until edges start to lightly brown. Remove from oven and retrace shapes with knife. Return to oven 7-8 minutes. Cool on pan 10 minutes. Carefully remove puzzles to wire racks. Cool completely, 15 minutes.

Step 6

- Icing & paint:** In a medium bowl, combine icing sugar with water. To make fancy colours, divide into small bowls. Add a different food colouring to each bowl. Decorate shapes with coloured icings, sugars and small candies. Put the puzzle back together.



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a real treat!



Chocolate Dipped Shortbread Bliss

With simple ingredients, baking shortbread together is a perfect tradition to share with your little helping hands.

Prep Time: 45 minutes | Baking Time: 20 minutes
Makes: 54 cookies | Freezing: excellent (with chocolate)

Cookies		$\frac{3}{4}$ cup (175 mL) unsweetened cocoa powder
2 cups (500 mL) Gay Lea® Butter (Unsalted), softened		Dipping Chocolate
1 $\frac{1}{2}$ cups (375 mL) packed dark brown sugar		1 $\frac{1}{2}$ cups (375 mL) Chipits® Semi-Sweet Chocolate Chips, melted
1 tsp (5 mL) pure vanilla extract		
2 $\frac{3}{4}$ cups (675 mL) Robin Hood® All Purpose Flour		

- Preheat oven to 325°F (160°C). Line baking sheets with parchment paper.
- Cookies:** Cream butter, sugar and vanilla, 1-2 minutes. Add flour, cocoa powder and mix on low speed, scraping the bowl frequently, until dough comes together.
- On a lightly floured surface, divide dough into 4 pieces. Roll each piece to a $\frac{1}{4}$ " (5 mm) thickness. Using a 2" (5 cm) cookie cutter, cut out shapes as close to one another as possible. Gather up scraps and repeat with remaining dough. Arrange cookies on prepared baking sheets.
- Bake in preheated oven 18-20 minutes. Cool on racks, 30 minutes, before dipping cookies in chocolate.
- Dipping:** Set a sheet of parchment or waxed paper on work surface. Pour melted chocolate into a 2 cup (500 mL) measuring cup. Dip half of each cookie into chocolate, shaking off excess chocolate into cup. Set dipped cookies on parchment paper to harden. If pressed for time, place cookies in refrigerator to set chocolate faster.

Tips:

- Feeling creative? Try drizzling cookies with melted semi-sweet, milk or white chocolate.
- Let your kids be imaginative by choosing cookie cutter shapes and decorations to help make their very own creations.

Melting Moment Cookies



Blissful decadence in a bite-size treat that is melt-in-your-mouth good!

Prep Time: 50 minutes | Baking Time: 15 minutes | Makes: 54 sandwich cookies | Freezing: excellent

Filling

$\frac{1}{2}$ cup (125 mL) Gay Lea® Butter (Unsalted)	$\frac{1}{2}$ cup (125 mL) Robin Hood Cake & Pastry Flour
1 $\frac{1}{2}$ cups (375 mL) icing sugar	$\frac{1}{2}$ cup (125 mL) Fleischmann's® Canada Corn Starch
1 tsp (5 mL) pure vanilla extract	$\frac{1}{2}$ tsp (2 mL) baking powder
$\frac{1}{4}$ cup (50 mL) Gay Lea® Real Whipped Cream or 2-3 tbsp (30-45 mL) milk, divided	$\frac{1}{4}$ tsp (1 mL) salt
Cookies	1 cup (250 mL) Gay Lea® Butter (Unsalted), softened
1 cup (250 mL) Robin Hood® All Purpose Flour	1 cup (250 mL) icing sugar
	1 tsp (5 mL) pure vanilla extract
	Icing sugar for dusting

- Filling:** In a medium saucepan, heat butter over medium heat until melted. Continue cooking, stirring constantly, just until the butter begins to turn a golden brown, about 5 minutes. Immediately remove from heat.
- In a small bowl, strain butter through a coffee filter or paper towel. Cool for 30 minutes. When butter is cold but still liquid, beat with icing sugar and vanilla. Add whipped cream 1 tbsp (15 mL) at a time, and beat until smooth.
- Preheat oven to 300°F (149°C). Line baking sheets with parchment paper.
- Cookies:** In a medium bowl, sift flours, corn starch, baking powder and salt. Reserve.
- In a large bowl, beat butter, icing sugar and vanilla until smooth and lighter in colour. Mix in dry ingredients just until incorporated and a smooth dough forms.
- Roll dough into balls with your hands using a scant 1 tsp (5 mL) and place 2" (5 cm) apart on prepared baking sheets. Flatten the cookies into $\frac{3}{4}$ " (1.9 cm) disks.
- Bake in preheated oven for 13-15 minutes. Cool on wire rack, 10 minutes.
- Assembly:** Spread underside of 1 cookie with filling. Sandwich with another cookie, flat side down. Repeat with remaining cookies and filling. Dust with icing sugar, if desired.

Tips:

- Filling can be made up to 2 days in advance and kept in refrigerator. Bring to room temperature, 1 hour, before using.
- Make it the perfect moment by pairing these cookies with the bold yet smooth flavour of **Folgers®** Black Silk Coffee.



The secret to melt-in-your-mouth shortbread is to start with the best ingredients, like fresh **Gay Lea®** creamery butter. Bake an extra batch and share the praise.



A delicious addition to the food you make.

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Chocolata Biscotti



Dip, drizzle or plunge:
These chocolatey afternoon delights will please any guest.

Prep Time: 15 minutes | Baking Time: 60 minutes | Makes: 36 biscotti | Freezing: excellent

Biscotti

- 1 cup (250 mL) granulated sugar
- 1 cup (250 mL) **Crisco**® Vegetable or Canola Oil
- 4 eggs
- 2 tsp (10 mL) pure vanilla extract
- 4 cups (1 L) **Robin Hood**® All Purpose Flour
- 2 tsp (10 mL) baking powder
- ½ tsp (2 mL) salt
- ¾ cup (175 mL) **Chipits**® Milk Chocolate Chips

- ¾ cup (175 mL) **Chipits**® Semi-Sweet Chocolate Chips
- ¾ cup (175 mL) slivered almonds, toasted (optional)

Drizzle

- 1 cup (250 mL) **Chipits**® Semi-Sweet Chocolate Chips, melted
- ¾ cup (175 mL) **Chipits**® Milk Chocolate Chips, melted

- Preheat oven to 350°F (180°C). Line baking sheet with parchment paper.
- Biscotti:** In a large bowl, beat sugar, oil, eggs and vanilla until combined. In a separate bowl, combine next 3 ingredients and gradually add to egg mixture. Beat until smooth. Add chocolate chips and almonds. Mix until combined.
- On a lightly floured surface, halve dough. Shape each half into a log, approximately 14" x 2" (36 cm x 5 cm). Place on prepared baking sheet, leaving a 3" (7.6 cm) space between the 2 logs as the dough will spread.
- Bake in preheated oven for 30 minutes or until lightly browned. Remove from oven and cool for 10 minutes.
- Reduce oven to 300°F (149°C).
- Slice each log on the diagonal, into ¾" (1.9 cm) slices. Place on parchment lined cookie sheets cut side up. Bake for 30 minutes, turning biscotti over after 15 minutes. Cool.
- Drizzle:** Using both chocolates together or separately, drizzle or dip biscotti with melted chocolates.

Tips:

- To toast almonds, preheat oven to 350°F (180°C). Place almonds on a baking sheet and bake 10 minutes until lightly golden. These can be baked in advance and stored in a freezer-proof container for up to 3 months in the freezer.
- Dunk these into a cup of **Folgers**® Black Silk Coffee for a bold, yet smooth finish to your afternoon break....Bellissimo!

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Jammy Scones

A sweet way to practice fractions!

Prep Time: 15 minutes | Baking Time: 16 minutes | Makes: 12 scones | Freezing: excellent

Scones

- 3 ½ cups (875 mL) Robin Hood® All Purpose Flour
- 1 cup (250 mL) sugar
- 2 tbsp (30 mL) baking powder
- ½ tsp (2 mL) salt
- 2 tbsp (30 mL) lemon zest
- 1 cup (250 mL) Crisco® All-Vegetable Shortening, cold, cut into small pieces

- 1 cup (250 mL) + 1 tbsp (15 mL) cold Carnation® Fat Free Evaporated Skim Milk
- 2 eggs
- 1 jar (250 mL) Smucker's® Pure Strawberry Jam

Glaze

- 1 cup (250 mL) icing sugar
- 2 tbsp (30 mL) lemon juice

Steps 1 & 2

- Preheat oven to 450°F (220°C). Line a baking sheet with parchment paper.
- Scones:** In a large bowl, combine flour, sugar, baking powder and salt. Add lemon zest. Cut in shortening until mixture resembles coarse crumbs.

Instead of using a full cup try three ⅓ cup measures. Make it into an experiment by measuring 1 cup into a container and then measuring three ⅓ cups into a separate container. Does it equal the same amount?



Let your kids knead the dough with their clean hands - no equipment necessary. They'll enjoy the experience of the new textures between their fingers.

Step 3

- In a medium bowl, combine evaporated milk and eggs. Add to flour mixture. Gather together into a ball and knead everything gently together. Do not over mix.

Steps 4 & 5

- On a lightly floured surface, pat dough out until it is approximately ¾" (2 cm) thick. Cut into 2" (5 cm) rounds. Gather up scraps and repeat with remaining dough.
- Place on prepared baking sheet. Press centres down gently with a tablespoon to make a depressed area to hold the jam. Spoon 1 tbsp (15 mL) jam into centres.



Have your kids pick their favourite cookie cutters. Try them in stars, hearts, triangles... anything goes! Or just have the kids use their hands to shape mini-sized scones perfect for their mini hands.

Steps 6 & 7

- Bake in preheated oven, 16 minutes, until lightly golden.
- Glaze:** In a small bowl, combine icing sugar and lemon juice. Drizzle over scones when they come out of the oven and then again 10 minutes later.



While the scones are baking, have your kids make different coloured icing. Just add a few drops of food colouring to the glaze and drizzle away!



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Honey Multigrain Muffins



A blend of oats, berries, honey and yogurt: Wholesome goodness for everyday.

Prep Time: 25 minutes | Baking Time: 20 minutes | Makes: 12 muffins | Freezing: excellent

Muffins

1 ¼ cups (300 mL) water
 ½ cup (75 mL) **Red River**® Hot Cereal
 1 egg
 ⅓ cup (75 mL) **Crisco**® Canola or Vegetable Oil
 ¾ cup (175 mL) plain yogurt or buttermilk
 ½ cup (125 mL) packed brown sugar
 ½ cup (125 mL) honey
 1 ½ cups (375 mL) **Robin Hood**® Nutri™ Flour Blend
 ½ cup (125 mL) **Robin Hood** Oats
 1 ½ tsp (7 mL) cinnamon
 1 tsp (5 mL) baking powder, baking soda; each

¼ tsp (1 mL) salt
 1 ½ cups (375 mL) **Europe's Best**® Wild Woodland Blueberries, frozen or fresh berries

Topping

¾ cup (175 mL) **Robin Hood** Oats
 ¼ cup (50 mL) **Robin Hood Nutri** Flour Blend
 ¼ cup (50 mL) sliced almonds
 2 tbsp (30 mL) **Crisco** Canola or Vegetable Oil
 2 tbsp (30 mL) honey
 ½ tsp (2 mL) cinnamon

- Muffins:** In a medium saucepan, bring water to a boil and add cereal. Reduce heat to low and simmer, stirring occasionally for 10 minutes, until mixture has thickened. Cool 5 minutes.
- Preheat oven to 400°F (200°C). Grease or line 12 muffin cups with paper liners.
- In a large bowl, combine egg, oil, yogurt, sugar and honey. Add cooked cereal and then remaining dry ingredients. Stir until blended. Fold in fruit until just combined.
- Topping:** In a small bowl combine ingredients for topping.
- Pour batter in prepared muffin cups. Sprinkle topping over batter.
- Bake in preheated oven 18-20 minutes until golden brown and toothpick inserted in centre of muffin comes out clean. Let cool in cups, 10 minutes, then cool on wire rack.

Options: Replace blueberries with same amount of apple, raspberries, strawberries or dark chocolate.

Tip:

- Red River**® Hot Cereal can be cooked ahead and kept in refrigerator for 2 days.



Light & Fluffy Rolls

These rolls have their own little personalities and will bake up differently every time. Mix and match the flavours in every batch!

Prep Time: 15 minutes + overnight refrigeration + 1 hour resting | Baking Time: 15 minutes
 Makes: 20 rolls | Freezing: excellent

2 pkgs **Fleischmann's**® Quick-Rise Yeast (2 ¼ tsp/11 mL each)
 ½ cup (125 mL) warm water (110-115°F/45-56°C)
 1 tbsp (15 mL) sugar
 ½ cup (125 mL) warm **Carnation**® Fat Free Evaporated Skim Milk (110-115°F/45-56°C)

¼ cup (75 mL) **Crisco**® All-Vegetable Shortening
 2 eggs
 2 tsp (10 mL) salt
 3 ½-4 cups (875 mL-1 L) **Robin Hood**® Best for Bread Flour, divided

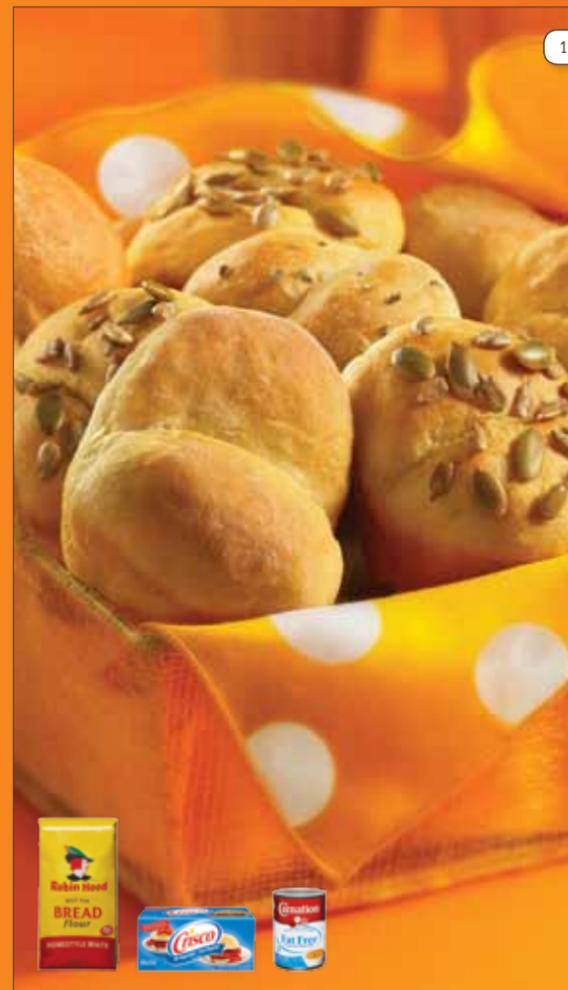
- In a large mixing bowl, dissolve yeast in water and sugar. Let stand for 10 minutes until doubled in size. Add evaporated milk, shortening, eggs, salt and 3 cups (750 mL) flour.
- Beat on medium speed for 2 minutes. Stir in just enough flour to form a soft dough. Mixture will be sticky. Do not knead. Cover and refrigerate overnight.
- Grease 20 muffin cups.
- Remove from fridge. Punch dough down. Turn onto a lightly floured surface; divide into 20 portions about 2 oz (56 g) each. Divide each portion in half and shape into balls. Place 2 balls side by side in each muffin cup.
- Lightly cover with plastic wrap or a dish towel and let rise in a warm place until doubled in size, about 1 hour.
- Preheat oven to 375°F (190°C).
- Bake 12-15 minutes until golden brown. Remove from cups onto wire racks to cool.

Variations:

- Mix in 2 tbsp (30 mL) chopped fresh rosemary and 1 tbsp (15 mL) chopped garlic when making the dough
- Add 1 cup (250 mL) grated **Ivanhoe**® Old Sharpe Cheddar when making the dough
- Brush tops of rolls with beaten egg. Sprinkle pumpkin and sunflower seeds on dough in muffin cups (any kinds of seeds will work)
- Try braiding or twisting instead of forming into balls



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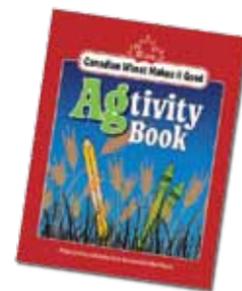
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Save \$1 valid on the purchase of any SPLENDA Sweetener Product.
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Offer expires: December 31, 2012.



67900767

Save \$1 on any Irvanhoe Cheese Variety
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Cash value 1/10¢. For redemption, mail to: Gay Lea Foods Co-operative Limited, P.O. Box 3000, Saint John, NB E2L 4L3.

Limit: One coupon per purchase.

Offer expires: December 31, 2012.

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02707206

Save 75¢ on any Gay Lea Real Whipped Cream

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Cash value 1/10¢. For redemption, mail to: Gay Lea Foods Co-operative Limited, P.O. Box 3000, Saint John, NB E2L 4L3. Product available in Ontario, Quebec and Atlantic Canada.

Limit: One coupon per purchase.

Coupon Expires: December 31, 2012

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02707192

Chocolate Magic Bars

Chewy, chocolatey magic: Who could ask for more?

Prep Time: 10 minutes | Cooking Time: 55 minutes | Makes: 50 bars | Freezing: excellent

Base	Topping
2 cups (500 mL) coconut, toasted	1 ½ cups (375 mL) chopped salted almonds or mixed nuts, toasted
2 cups (500 mL) Robin Hood® Oats	2 cups (500 mL) Chipits® Semi-Sweet Chocolate Chips
½ cup (125 mL) Redpath® Golden Yellow Sugar	1 ½ cups (375 mL) Chipits® Milk Chocolate Chips
½ cup (125 mL) butter, melted	2 cans (300 mL each) Eagle Brand® Regular or Low Fat Sweetened Condensed Milk

- Preheat oven to 350°F (180°C). Butter the bottom and sides of a 9" x 13" (3 L) baking dish. Line with parchment paper, overlapping the 2 longer sides for easy removal.
- Base:** In a large bowl add toasted coconut, oats and sugar. Toss to combine. Pour in butter and stir to combine. Press the crust into an even layer on the bottom and up the sides of the prepared dish. Bake in preheated oven 18-20 minutes until golden brown.
- Topping:** Sprinkle nuts over the warmed crust. Cover nuts with chocolate chips. Pour sweetened condensed milk evenly over the filling.
- Return to oven and bake for 30-35 minutes, until golden brown and bubbly. Cool in refrigerator until cold, about 4 hours or overnight before cutting into squares.

Tips:

- To toast coconut, spread out on a baking sheet. Bake at 350°F (180°C) for 8-10 minutes or until it starts turning golden brown. Toss coconut halfway through baking. Once toasted, can be stored in freezer.
- Gift wrap not needed! Pack these up in a Limited Edition Holiday Ziploc® brand Container for a great holiday gift to keep them festive, yet fresh.



Crunchy Nut Date Squares



This flavour flashback will bring back memories of your childhood and the after-school treats your mom made.

Prep Time: 40 minutes | Baking Time: 30 minutes | Makes: 50 squares | Freezing: excellent

Filling

- 1 lb (500 g) dates, pitted and chopped (about 3 cups/750 mL)
- 1 cup (250 mL) **Crown®/BeeHive®** Golden Corn Syrup
- ½ cup (125 mL) water
- ¼ cup (50 mL) packed dark brown sugar
- ¼ cup (50 mL) lemon juice
- 1 cup (250 mL) chopped almonds, pecans or walnuts, toasted (optional)

Base & Topping

- 1 cup (250 mL) butter, softened
- 1 ½ cups (375 mL) packed dark brown sugar
- 2 cups (500 mL) **Robin Hood® Nutri™** Flour Blend
- 2 cups (500 mL) **Robin Hood** Oats
- ½ tsp (2 mL) baking soda, salt; each

- Preheat oven to 350°F (180°C). Lightly grease and line a 9" x 13" (3 L) baking dish with parchment paper, overlapping 2 sides for easy removal.
- Filling:** In a medium saucepan, combine dates, corn syrup, water, sugar and lemon juice. Bring to a boil. Reduce heat and simmer, stirring often, until thickened, about 10 minutes. This will make about 3 cups (750 mL) of filling. Cool for 15 minutes. Stir in nuts.
- Base & Topping:** In a medium bowl, cream butter and sugar. Add remaining dry ingredients. Mixture may be a bit crumbly. Reserve 2 cups (500 mL) for topping.
- Pat remaining mixture onto bottom of prepared dish. Spread cooled date mixture over base. Sprinkle remaining 2 cups (500 mL) of dry mixture.
- Bake in preheated oven 25-30 minutes, or until top is golden brown. Chill 2-3 hours and cut into squares.

Tips:

- Try pairing with **Folgers Classic Roast®** Coffee for a sweet afternoon treat.
- To toast nuts, heat oven to 350°F (180°C) and bake for 10 minutes.
- Make some extra squares and place in Limited Edition Holiday **Ziploc®** brand Containers as sweet party favours for your guests.



Caramel Pudding Freeze

Indulge in every silky smooth spoonful.

Prep Time: 10 minutes + 2 hours chilling time + 4 hours freezing time
Cooking Time: 10 minutes | Makes: 4 individual servings | Freezing: excellent

- | | | | |
|---|--|---|---|
| 2 | tblsp (30 mL) butter | 1 | egg |
| ½ | cup (125 mL) packed brown sugar | ½ | cup (125 mL) butterscotch chips |
| 1 | can (370 mL) Carnation® Regular, 2% or Fat Free Evaporated Milk | 1 | tsp (5 mL) pure vanilla extract |
| 2 | tblsp (30 mL) Fleischmann's® Canada Corn Starch | 2 | cups (500 mL) Gay Lea® Real Whipped Cream, divided |
| ¼ | tsp (1 mL) salt | | |

- In a saucepan over medium heat, melt butter. Add sugar and cook until mixture bubbles, about 2 minutes. Remove from heat.
- In a medium bowl, whisk evaporated milk, corn starch and salt. Whisk into saucepan and stir to combine. Return to heat and stirring constantly, cook 4-5 minutes or until lightly thickened.
- In a separate bowl, beat egg. Spoon about ½ cup (125 mL) of warmed pudding into beaten egg and mix. Whisk this mixture back into pudding and cook for another 2 minutes, until thickened. Remove from heat.
- Stir in butterscotch chips and vanilla. Transfer to a bowl. Place plastic wrap directly on top of pudding to prevent a skin from forming. Chill for at least 2 hours to ensure whipped cream will not melt when folded in.
- Fold 1 cup (250 mL) whipped cream into cold pudding. Place in a freezer-proof container and freeze 4 hours.
- Assembly:** In individual serving bowls or glasses, scoop ½ cup (125 mL) frozen pudding and top with ¼ cup (50 mL) whipped cream. Add berries for a pop of colour.

Tips:

- Pudding can also be made into a layered parfait or scooped with a melon baller for a different look.
- For the finishing touch, pair with Chocolate Dipped Shortbread Bliss. Flip to page 6 for the recipe.



I-Dish Chicken Parmesan



Your family will love it.
But don't worry, it's our little secret how easy it is to make.

Prep Time: 20 minutes | Baking Time: 30 minutes | Makes: 6 servings | Freezing: not recommended

Batter

- 1 ½ cups (375 mL) **Robin Hood®** Best for Bread Flour
- 2 envelopes **Fleischmann's®** Quick-Rise Yeast (2 ¼ tsp/11 mL each)
- 2 tsp (10 mL) sugar
- ½ tsp (2 mL) salt
- ¾ cup (175 mL) very warm water (120°F-130°F/50°C-55°C)
- 3 tbsps (45 mL) **Crisco®** Canola or Vegetable Oil
- 1 tbsps (15 mL) chopped garlic

Topping

- 3 cups (750 mL) chopped fully cooked, breaded chicken breasts or tenders
- 2 cups (500 mL) prepared tomato sauce (tomato basil or plain)
- ¾ cup (175 mL) **Europe's Best®** Roasted Red & Yellow Peppers Parrilla, defrosted and chopped or roasted peppers from a jar
- 1 cup (250 mL) grated mozzarella cheese
- 1 tsp (5 mL) Italian seasoning

1. **Batter:** Grease an 8" x 8" (2 L) baking dish. Mix all ingredients in prepared dish. Let rest 5-10 minutes.
2. **Topping:** Scatter chicken evenly over batter. Pour tomato sauce over chicken and sprinkle with chopped peppers. Top with cheese and seasoning.
3. Bake by placing in a cold oven. Set temperature to 350°F (180°C). Bake for 30 minutes or until baked through.

Tip:

- Try roasted or rotisserie chicken instead of breaded to change it up. Alternatively, if you have leftover turkey from the holidays, replace the chicken with turkey for a quick family meal.

Cheddary Chicken Pot Pie

The comfort of the past with a 'cheesy' new twist for today.

Prep Time: 40 minutes + 30 minutes chilling time | Cooking Time: 16 minutes | Baking Time: 45 minutes | Makes: 12 appetizers or 4 dinner portions | Freezing: not recommended

Crust

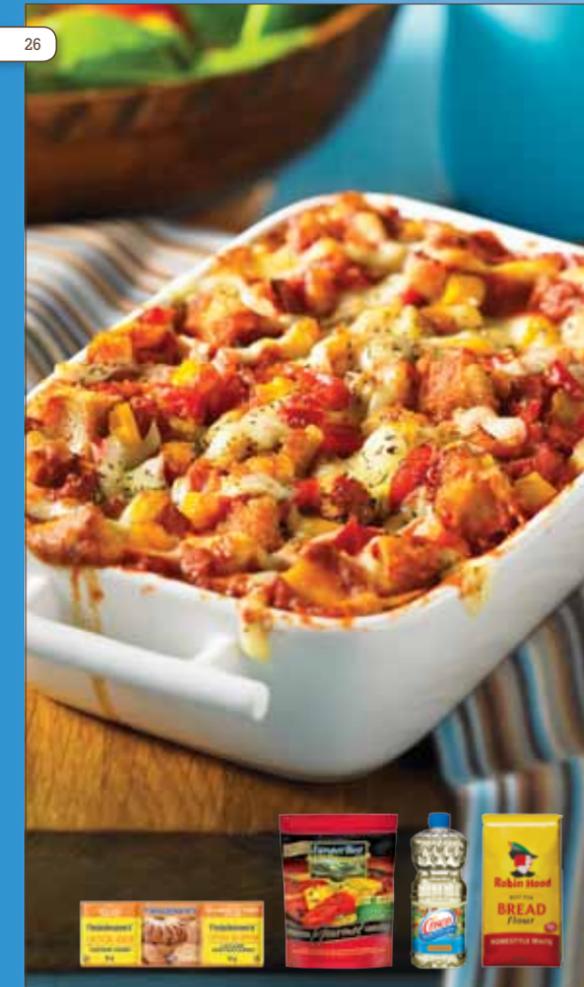
- 1 ½ cups (375 mL) **Robin Hood®** All Purpose Flour
 - ¾ cup (175 mL) grated **Ivanhoe®** Old Sharpe Cheddar
 - ½ tsp (2 mL) salt
 - ½ cup (75 mL) **Crisco®** All-Vegetable Shortening, cold
 - 3-6 tbsps (45-90 mL) ice cold water, divided
- ### Filling
- ¼ cup (50 mL) butter
 - 1 onion, chopped
 - 2 cloves garlic, finely chopped

- 1 ½ cups (375 mL) baby carrots, sliced in half lengthwise
- 3 tbsps (45 mL) **Robin Hood** All Purpose Flour
- 2 cups (500 mL) prepared chicken broth can (370 mL) **Carnation®** Regular, 2% or Fat Free Evaporated Milk
- 1 tbsps (15 mL) grainy Dijon mustard
- 1 rotisserie chicken, about 2 ½ lb (1.1 kg) meat removed and shredded, about 3 cups (750 mL) or leftover turkey
- 1 cup (250 mL) grated **Ivanhoe®** Old Sharpe Cheddar

1. **Crust:** In a large bowl, combine flour, cheese and salt. Cut in shortening with pastry blender or 2 knives until mixture resembles coarse crumbs. Add cold water, 1 tbsps (15 mL) at a time, mixing until dough can be gathered in a ball. Flatten dough into 4" (10 cm) circle. Wrap in plastic wrap and chill 30 minutes.
2. **Filling:** In a large deep skillet, melt butter on medium heat. Add onion and garlic and cook for 3 minutes until soft and fragrant. Add carrots, continue cooking 3 minutes. Add flour, stirring constantly about 3 minutes. Stir in broth, evaporated milk and mustard. Bring to a boil over medium-high heat. Cook 5-7 minutes, stirring frequently until sauce thickens. Stir in chicken.
3. Preheat oven to 425°F (220°C). Pour filling into oven-proof bowls or ramekins. Sprinkle cheese over filling.
4. On a lightly floured surface, roll out dough. With a round cookie cutter (or using a small plate as a guide), cut out circles that are slightly wider than the bowls being used. Top filling with a dough round. Gently press the dough down on the top of the bowls. Cut a small X in the centre of each circle. Place the pot pies on a foil lined baking sheet.
5. Bake in preheated oven until the filling is bubbling and the crust is deep golden brown, about 40-45 minutes. Cool 10 minutes before serving.

Tips:

- Looking to add more vegetables? Try adding frozen peas or sautéed mushrooms.
- Portion-wise, use ½ cup (125 mL) ramekins for appetizer or lunch portions and 1 ½ cups (375 mL) ramekins or bowls for dinner.



Rustic Apple Pie

This free-form pie or tart is also known as a galette. The best part of this recipe is that the less uniform it looks, the more 'rustic' it becomes.

Prep Time: 20 minutes + 15 minutes chilling dough | Baking Time: 70 minutes
Makes: 12 servings | Freezing: not recommended

Crust

- 2 cups (500 mL) **Robin Hood®** All Purpose Flour
- $\frac{3}{4}$ tsp (4 mL) salt
- 1 cup (250 mL) **Crisco®** All-Vegetable Shortening, room temperature
- 1 egg
- 2 tbsp (30 mL) cold water
- 1 tbsp (15 mL) white vinegar

Filling

- 4 apples (2 lb/1 kg) peeled, cored and thickly sliced
 - $\frac{1}{2}$ cup (125 mL) **Redpath®** Golden Yellow Sugar
 - 1 tbsp (15 mL) lemon zest
 - 1 tsp (5 mL) cinnamon
 - 1 egg, beaten
 - 3 tbsp (45 mL) coarse sugar
- Add cranberries as optional garnish

Step 1

1. **Crust:** In a large mixing bowl, combine flour and salt. Cut shortening into flour with pastry blender or 2 knives until mixture resembles coarse crumbs.

The best way to make pastry is to combine flour and shortening by hand. Have your kids wash their hands, then start mixing!



Practice measuring by having your kids cut out and measure 8" circles and 16" circles as a template using parchment paper or wax paper.



Step 2

2. In a small bowl, beat egg, water and vinegar together to blend. Pour liquid mixture over flour mixture. Stir with fork until moistened. On a piece of plastic wrap, flatten into a circle about 8" (20 cm). Wrap and chill dough, 15 minutes, for easier rolling.

Steps 3-6

3. Preheat oven to 425°F (220°C). Line a baking sheet with parchment paper.
4. **Filling:** In a large bowl, combine apples, brown sugar, lemon zest and cinnamon.
5. On a lightly floured surface, roll refrigerated dough, into a 16" (40 cm) circle. Don't worry if it comes out a different shape! Transfer pastry to prepared baking sheet.
6. In middle pastry, pile apples and other fruit in a 9" (23 cm) circle. Fold pastry up over apples, leaving a hole in the centre. Apples will show in the middle.

Try colouring the coarse sugar by adding a few drops of food colouring in a small plastic bag and rubbing together. This way, each child can customize their own pie.



Step 7

7. Brush pastry with beaten egg and sprinkle with coarse sugar. Bake in preheated oven for 20 minutes. Reduce heat to 375°F (190°C) and continue to bake for 40-50 minutes, or until crust is golden and apples are tender. Serve warm or room temperature and tastes delicious with ice cream.

Brushing the pastry with a beaten egg has 2 benefits. Can your kids guess what they are? It holds the sugar in place and it makes the crust shiny and a beautiful golden colour. What would happen if you painted patterns with the beaten egg?



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a
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Tuna Casserole



Tie-Dyed Mini Cupcakes



Milk Chocolate Fudge Layer Cake

Classic Pumpkin Pie

Think back to when you were a kid. That autumn day spent outside and then coming home to the sweet, warm fragrance of pumpkin pie. Mmmmmmm.

Prep Time: 15 minutes + 30 minutes chilling time for pie crust | Baking Time: 70 minutes

Makes: 16 servings | Freezing: excellent

Crust

1 ½ cups (325 mL) Robin Hood®	2	eggs
All Purpose Flour	2	tbsp (30 mL) Robin Hood
½ tsp (2 mL) salt		All Purpose Flour
½ cup (125 mL) well-chilled Crisco®	1	tsp (5 mL) cinnamon
All-Vegetable Shortening, cubed	½	tsp (2 mL) ground ginger, ground nutmeg; each
3-6 tbsp (45-90 mL) ice cold water, divided	¼	tsp (1 mL) ground cloves
Filling	½	tsp (2 mL) salt
1 ¾ cups (425 mL) pure pumpkin purée	1	can (370 mL) Carnation® Regular, 2% or Fat Free Evaporated Milk
1 cup (250 mL) packed brown sugar		

- Crust:** In a large bowl, blend flour and salt. Using a pastry blender or your fingers, work in shortening until coarse crumbs form. Sprinkle 2 tbsp (30 mL) cold water over flour mixture. Using a fork, mix until dough is slightly moist. Add remaining cold water if needed. Shape dough into a ½" (1 cm) thick disc. Wrap in plastic wrap. Refrigerate dough at least 30 minutes.
- Preheat oven to 350°F (180°C). On a floured surface, roll out pastry to ⅛" (3 mm) thickness. Fit pastry in 10" (25 cm) pie plate; press into bottom and up sides of plate. Trim overhang and flute edges.
- Filling:** In a large bowl, whisk together pumpkin purée, sugar, eggs, flour, spices and salt until smooth and well combined. Gradually whisk in evaporated milk. Fill pie shell with mixture.
- Bake in bottom third of oven for 60-70 minutes or until set. Let cool completely on rack.

Tips:

- There is a difference between pure pumpkin purée and pumpkin filling. Make sure to use 100% pumpkin purée so you can add your own spices and sugar.
- Filling can be split between two 9" (23 cm) pie crusts. Bake 40-45 minutes or until set.





Making family time
a real treat!



Chocolate Chip Black Bottom Cheesecake

A fantastic and fun way to learn about weight and measurement while reading and following instructions.

Prep Time: 15 minutes + 4 hours chilling time | Baking Time: 60 minutes
Makes: 16 servings | Freezing: not recommended

Cheesecake Filling

- 2 pkgs (250 g each) cream cheese, softened
- 1 can (300 mL) **Eagle Brand®** Regular or Low Fat Sweetened Condensed Milk
- ½ cup (125 mL) unflavoured yogurt or sour cream
- 2 eggs
- 2 tsp (10 mL) pure vanilla extract
- 1 ½ cup (375 mL) **Chipits®** Semi-Sweet Chocolate Chips, divided

Chocolate Cake Batter

- 1 egg
- ½ cup (125 mL) sugar
- 1 tsp (4 mL) pure vanilla extract
- ½ cup (125 mL) **Crisco®** Vegetable or Canola Oil
- ¼ cup (50 mL) unflavoured yogurt
- 1 cup (250 mL) + 2 tsp (30 mL) **Robin Hood®** All Purpose Flour
- ¼ cup (50 mL) unsweetened cocoa powder
- ¾ tsp (4 mL) baking powder, baking soda; each
- ½ cup (125 mL) boiling water
- ½ cup (125 mL) **Chipits®** Semi-Sweet Chocolate Chips

Step 1

1. Preheat oven to 350°F (180°C). Grease a 10" (4 L) tube pan.

Greasing a tube pan is fun and has practical reason. Let your kids take charge of this task. Do they know what would happen if the pan wasn't greased?



Have your kids measure, then count the chocolate chips. Guess how many chocolate chips will be in each slice when it's baked (Remember they are in the batter and the filling!)



Step 2

2. **Filling:** In a large bowl, beat cream cheese until fluffy, 1 minute. Gradually beat in sweetened condensed milk until smooth. Add yogurt, eggs and vanilla. Beat well. Stir in ¾ cup (175 mL) chocolate chips. Reserve.

For easy blending, liquids and eggs should always be at room temperature. Cold ingredients don't mix as well as room temperature ones. Does it really make a difference? You can try it both ways.

Steps 4 & 5

4. Pour chocolate cake batter into prepared pan. Spoon cheesecake batter on top. Sprinkle with remaining ¾ cup (175 mL) chocolate chips.
5. Bake in preheated oven 60 minutes, or until a toothpick inserted into cake comes out clean. Cool on wire rack. Wrap well with plastic wrap and chill 4 hours or overnight in refrigerator.

Step 3

3. **Batter:** In a large bowl, beat eggs, sugar and vanilla until combined. Add oil and yogurt. Add next 4 ingredients. Mix until well combined. Carefully stir in boiling water. Add chocolate chips and mix.

A great time to learn about density! Since baking with 2 different kinds of batter, can your kids guess which will sink and which will rise once baked through? Make sure to check out the impressive designs before digging in!



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Apple Berry Fruit Crisp



A nice warm ending to a cool crisp day.

Prep Time: 15 minutes | Baking Time: 1 hour | Makes: 12 servings | Freezing: not recommended

Topping

1 ½ cups (375 mL) **Robin Hood®** Oats
¼ cup (50 mL) **Robin Hood Nutri™**
Flour Blend
3 tbsp (45 mL) **Splenda®** No Calorie
Sweetener, Granulated
½ tsp (2 mL) cinnamon
½ cup (125 mL) cold butter, cut into
pieces

Filling

4 apples, peeled, cored and sliced
(about 5 cups/1.1 L)
2 cups (500 mL) **Europe's Best® Fruit
Essentials™/MC** Berry Cherry Medley,
frozen or fresh berries
¾ cup (175 mL) **Splenda®** No Calorie
Sweetener, Granulated
¼ cup (50 mL) lemon juice
1 tbsp (15 mL) lemon zest
½ tsp (2 mL) cinnamon
¼ tsp (1 mL) nutmeg

- Preheat oven to 375°F (190°C). Grease a 9" x 9" (2.5 L) baking dish.
- Topping:** In a large bowl, combine oats, flour, sweetener and cinnamon. Cut in butter with a pastry blender or 2 knives until mixture is crumbly. Reserve.
- Filling:** In a large bowl, combine all ingredients for filling. Stir until well combined. Transfer mixture to prepared baking dish.
- Sprinkle reserved topping over fruit mixture.
- Bake in preheated oven for 1 hour until topping is lightly browned and fruit is bubbling. Serve warm, at room temperature or cold. Pairs deliciously with a scoop of ice cream on the side.

Tip:

- To make individual crisps, bake in single serve baking dishes or ramekins for 45-50 minutes.



Nutritionals

Recipe	Serving Size per recipe	Cal	Pro (g)	Fat (g)	Carb (g)	Fib (g)	Na (mg)	Chol (mg)
Ginger Cookie Puzzle	1 Cookie (1.4 oz)	176	1.7	8	24.9	0.3	88	28
Chocolate Dipped Shortbread Bliss	1 Shortbread (0.9 oz)	135	1.4	8.6	14.3	0.9	4	18
Melting Moment Cookies	1 Cookie (0.6 oz)	86	0.5	5.2	9.4	0.1	50	14
Chocolata Biscotti	1 Biscotti (1.7 oz)	232	3.5	11.9	27.7	1.2	50	24
Jammy Scones	1 Scone (5 oz)	507	7.5	21.3	72.2	1.1	291	37
Honey Multigrain Muffins	1 Muffin (4.5 oz)	322	6.7	11.3	51.2	4	203	17
Light & Fluffy Rolls	1 Roll (1.6 oz)	134	4.5	4.8	18.2	0.6	243	19
Chocolate Magic Bars	1 Bar (1.5 oz)	200	3.4	9.7	25.1	1.5	56	9
Crunchy Nut Date Squares	1 Square (1.4 oz)	137	1.6	4.1	25.2	1.5	70	10
Caramel Pudding Freeze	1 Serving (7.5 oz)	517	13.2	22.1	63.8	0	405	95
1-Dish Chicken Parmesan	1 Serving (9.3 oz)	443	19.3	20.4	46.3	3.2	1131	29
Cheddar Chicken Pot Pie	1 Serving (8.1 oz)	366	23	20.6	21.5	0.8	708	78
Rustic Apple Pie	1 Serving (3.5 oz)	331	3.8	21.1	32.6	1	159	31
Classic Pumpkin Pie	1 Serving (3.3 oz)	203	4.4	8.8	27.2	1.1	186	25
Chocolate Chip Black Bottom Cheesecake	1 Serving (4.6 oz)	453	8.4	25.8	46.6	2	213	73
Apple Berry Fruit Crisp	1 Serving (3.2 oz)	153	2	8.4	19.2	2.4	56	20

The above nutrients per serving information is based on the use of the lowest fat variety of **Carnation®** Evaporated Milk or **Eagle Brand®** Sweetened Condensed Milk specified in each recipe.

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goodness of whole wheat.



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