

SS Week Cooking

Super Strawberry Bars

Ingredients:

- 1 c. flour
- 1 c. rolled oats
- ½ c. butter or margarine, softened
- ⅓ c. light brown sugar
- ¼ tsp. baking powder
- ⅛ tsp. salt
- ¾ c. strawberry jam

Directions:

1. Preheat oven to 350°.
2. In a large bowl, mix everything together except the strawberry jam.
3. Measure out 2 cups of this mixture. Leave the rest in the bowl, and set it aside.
4. Take the 2 cups of the mixture and press it into the bottom of 8" x 8" pan. You can use your hands or a spoon. Make sure you cover the entire bottom of the pan!
5. Using a large spoon spread the strawberry jam on top of the mixture in the pan. Spread it evenly all over.
6. Take the mixture that was left in the bowl, and spread it over the strawberry jam. Press it down lightly.
7. Bake for 25 minutes. Remove the pan from the oven, and allow it to cool for at least 15 minutes.
8. Cut the bars into 12 squares to eat and share.

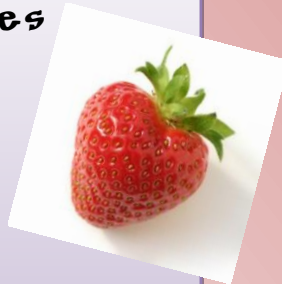


Smoothies

- 1 Cup Vanilla Yogurt**
(or use **Milk** or **Rice Milk**)
- Fresh or Frozen Strawberries**
- Fresh or Frozen Blueberries**
- 1 Banana**

Blend all ingredients in a blender.

Blend for about 30-40 seconds or until smooth and creamy.
Pour into glasses and enjoy!



**Don't Forget
Strawberry Shortcake**

Super Sweet Snack

Mix as a Dip:

1/2 cup peanut butter
with 1/4 cup honey

For:

Carrot Sticks
Celery Sticks
Apple Slices