

Honey Bunnies

Cookie type result is very tasty, tender

Ingredients (Makes 15 Bunnies):

- 4-1/2 to 5 cups all-purpose flour
- 2 envelopes Fleischmann's RapidRise Yeast
- 1 teaspoon salt
- 2/3 cup evaporated milk
- 1/2 cup water
- 1/2 cup honey
- 1/2 cup butter or margarine
- 2 large eggs
- Raisins
- Honey Glaze (recipe follows)

Directions:

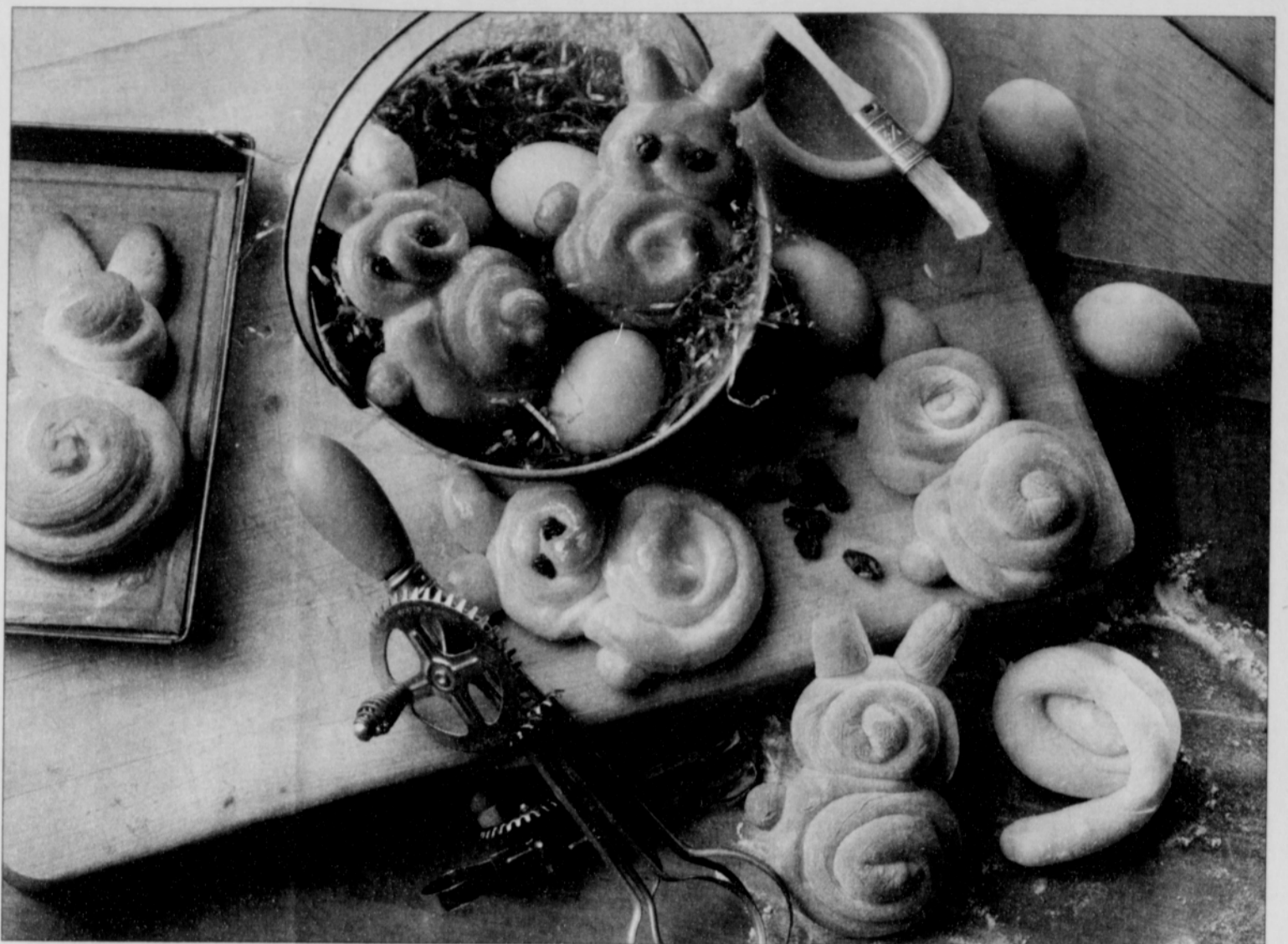
In large bowl, combine 1-1/2 cups flour, undissolved yeast, and salt. Heat evaporated milk, water, honey and butter until very warm (120°F to 130°F). Gradually add to dry ingredients. Beat 2 minutes at medium speed of electric mixer, scraping bowl occasionally. Add eggs and 1/2 cup flour. Beat 2 minutes at high speed. Stir in enough remaining flour to make thick batter. Place in greased bowl.

Grease top; cover tightly with plastic wrap. Refrigerate for 2 to 24 hours.

Remove dough from refrigerator; punch down. Remove to floured surface. Divide dough into 15 equal pieces. Roll each to 20-inch rope. Divide each rope into 1 (12-inch); 1 (5-inch), and 3 (1-inch) strips. Coil 12-inch strip to make body; coil 5-inch strip to make head. Attach head to body; pinch to seal. Shape remaining 3 strips into ears and tail and attach to body and head. Place on 2 greased baking sheets. Cover; let rise in warm, draft-free place until doubled in size, about 1 hour.

Bake at 375°F for 12 to 15 minutes or until done. Remove from sheets to wire racks. Brush with Honey Glaze while warm. Insert raisins for eyes. If desired, brush again with glaze before serving.

Honey Glaze: In a small saucepan, combine 1/2 cup honey and 1/4 cup butter. Cook over low heat until butter melts, stirring occasionally.



Honey bunnies are a thoughtful and nutritious addition to any Easter basket.

Nutrition Information

Per Serving

Serving Size: one bunny
Serving Weight: 3.5 ounces

• Calories: 320
• Total Fat: 11g
• Saturated Fat: 6g

• Cholesterol: 55 mg
• Sodium: 270mg
• Carbohydrates: 50 g

• Dietary Fiber: 1g
• Sugars: 20 g
• Protein: 6g

'Superfoods' Offer New Way to Eat

Shoppers evaluate food label ingredients

People may fantasize about living a leisurely, slow-food life, but in today's go-go world, what consumers really want are superfoods, says UC Davis American studies scholar Carolyn de la Peña.

That attitude is changing how we eat, she believes.

"People are going for the new

short-cut foods," she says. "And when we choose among those foods, we often evaluate them using mathematical equations rather than through taste, smell and pleasure."

Consumers have learned to examine food labels to count the quantities of proteins, vitamins, carbohydrates, salt, caffeine and calories.

In the search for technologically superior foods, shoppers are drawn increasingly to manufactured "superfoods" such as high-caffeinated drinks and power bars that concen-

trate particular ingredients.

New hyper-caffeinated drinks such as Red Bull are popular because they give a quick boost of energy. But the high-tech packaging and promotion are also part of the seduction. Red Bull's blue and silver spacecraft-like design, for instance, brands the drink as being a technologically superior product. As a result, consumers who buy it may also buy the illusion that they, too, are technologically superior, de la Peña says.

"The brand is marketed as

'techno-energy,' and these drinks promote the virile image of energy," de la Peña says.

Author of "The Body Electric," de la Peña connects today's cultural attitudes toward food with her investigations into the early 20th century belief that technology could renew energy in the human body.

"These superfoods tap into how excited people feel to be in the modern technological age," she says. "Eating these superfoods is seen as a productive, modern act."

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