

FRUIT KABOBS

TO PREPARE: 15 MIN.

TO BROIL: 8-10 MIN.

- 3 oranges, rinsed
- 3 large, firm bananas with slightly green-tipped peel
- 8 large, firm, canned peach halves, drained
- $\frac{1}{4}$ cup lemon or lime juice
- $\frac{1}{4}$ cup sugar
- $\frac{1}{4}$ teaspoon ground cinnamon

1. Eight 9-in. skewers will be needed.
2. With a sharp knife, cut the peel and white membrane from oranges. Cut crosswise into eight slices about $\frac{3}{4}$ -in. thick. Cut each slice in half.
3. Peel bananas and cut into 16 $1\frac{1}{2}$ -in. pieces.
4. Cut each peach half in half.
5. Thread pieces of banana, peach, and orange lengthwise on each skewer; repeat. Sprinkle juice and a mixture of the sugar and cinnamon over fruits. Place kabobs in a shallow pan.
6. Broil 4 in. from source of heat 8 to 10 min., or until bananas are lightly browned. If desired, insert large, ripe pitted olives on end of each skewer after broiling.

8 kabobs

A serve-yourself buffet with all the fixin's—Whipped Cream Waffles, scrambled eggs, Orange-Raisin Muffins, and coffee.

ORANGE-RAISIN MUFFINS



TO PREPARE: 15 MIN.

TO BAKE: 15 MIN.

- 2 cups buttermilk pancake mix
- 1 tablespoon sugar
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{2}$ cup dark or golden raisins
- 1 teaspoon grated orange peel
- 1 egg, well beaten
- $\frac{1}{4}$ cup melted butter
- 1 cup orange juice

1. Grease bottoms only of 16 2-in. muffin-pan wells.
2. Mix together in a bowl the pancake mix, sugar, and salt. Mix in the raisins and orange peel.
3. Blend together the egg, butter, and orange juice.
4. Make a well in center of dry ingredients and add liquid at one time. With not more than 25 strokes, stir quickly and lightly until dry ingredients are barely moistened. (Too much mixing will result in muffins tunnels.) Batter will be lumpy and break from spoon.
5. Cut against side of bowl with spoon to get enough batter at one time to fill each muffin-pan well two-thirds full; push batter off with another spoon or spatula. Fill any empty wells half-full with water.
6. Bake at 400°F about 15 min., or until golden brown.

16 muffins

(Continued)



CLEAN CLEAR THROUGH

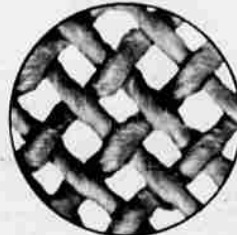
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