

Food for Thought

Fresh fruit and warm summer days were made for each other. Whether you are looking for a quick and easy dessert, a frozen treat, or a tasty cold beverage, there's something here for everyone in the family.

Here are two easy and amazingly delicious desserts that go beautifully with cream, whipped cream or ice cream.

BLUEBERRY-APPLE CRISP

4 cups blueberries (if frozen, do not defrost)
2 cups peeled, diced Granny Smith apples
1 tbs. + 1 tsp. fresh lemon juice
1 cup all-purpose flour
1 cup packed light brown sugar
1/2 tsp. salt
1/4 tsp. ginger
Heavy cream or vanilla ice cream (optional)

2 cups old-fashioned rolled oats
1-1/2 tsp. cinnamon
1/4 tsp. grated nutmeg
1 cup unsalted butter, melted

Preheat oven to 375 degrees. Grease a 9" x 11" casserole dish. (The exact size doesn't matter as long as the fruit fills the dish about 2 inches deep.) In a medium-sized bowl, toss the fruits and the lemon juice, then spread them evenly in the casserole.

In a separate bowl, toss the flour, oats, brown sugar and spices until thoroughly blended. Add the melted butter and mix until crumbly. Pat this mixture on top of the fruit. Bake the crisp for 30 minutes, or until the top is browned and the fruit is soft. Serve warm with heavy cream or vanilla ice cream.

Serves 6.

PEACH CRUMBLE

1/2 cup flour
1/2 cup brown sugar
1/2 tsp. nutmeg
1 tsp. cinnamon
Pinch of salt
4 tbs. butter
5 peaches, or 2 16-oz. cans of peach halves, drained and sliced
Whipped cream or ice cream (optional)

Preheat oven to 450 degrees.

Make the topping by combining flour, brown sugar, nutmeg, cinnamon and salt in a bowl. Cut in the butter and mix with your fingers until crumbly. Set aside.

Peel and slice peaches. Arrange the slices in a buttered 1-quart baking dish. Cover with the crumble topping and bake for 20 minutes. Serve warm with ice cream or whipped cream.

Serves 4.

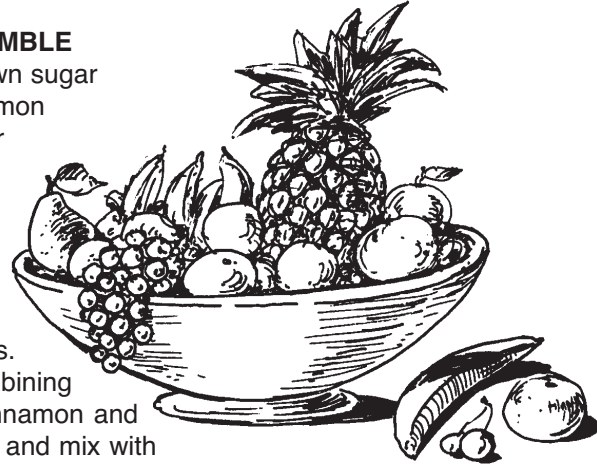
The kids will go bananas over the following sweetly nutritious cold beverages and frozen treats.

HULA COOLER

Juice of 2 oranges
Juice of 1 lemon
1 banana
One 8 oz. can pineapple, with juice
2/3 cup pineapple juice concentrate

Put all ingredients in a blender with a cup of crushed ice. Blend until smooth. Pour into 6 paper cups. Freeze until firm and eat with a spoon.

Serves 6.



A SHAKE WITH A TWIST

1/2 cup milk
2 scoops chocolate ice cream
3 tbs chocolate syrup
1/8 tsp peppermint or orange extract

Combine all ingredients in a blender. Mix on high for about 8 seconds or until the ingredients are evenly combined; pour into a tall glass.

Serves 1.

BANANA-BERRY SMOOTHIE

One 8 oz. container fruit-flavored yogurt or 8 oz. plain or vanilla yogurt
1/2 cup fresh berries
1 medium banana

In a blender, process all the ingredients until just combined. Serve immediately.
Serves 1.

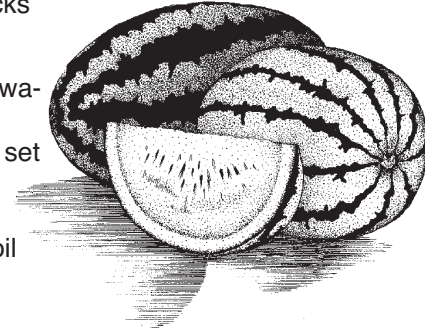
WATERMELON POP STARS

Watermelon, seedless
Popsicle sticks
Star-shaped cookie cutter

Cut star shapes from 1-inch-thick slices of watermelon with the cookie cutter.

Insert a popsicle stick into each star, then set the pops on a baking sheet lined with aluminum foil.

Cover the stars with another sheet of foil and freeze for 1 hour or until firm.



FROZEN BANANAS

3 bananas
6 ice-cream sticks
Two 1-1/2 oz. chocolate bars
1 tbsp. chopped nuts, crispy rice cereal, granola, or shredded coconut (optional)

Peel bananas and remove any stringy fibers. Cut bananas in half, crosswise, and push an ice-cream stick through the cut end of each half. Cover them in plastic wrap and freeze for about three hours.

Place chocolate bars in a microwave-proof bowl and cook on high for about 2 minutes, or until the chocolate melts. Check after one minute. Stir in the nuts, cereal, or coconut.

Using a knife, spread the chocolate mixture over the frozen bananas to coat them completely. Rest the pops on a plate covered with waxed paper and freeze until ready to serve.

Serves 6.

Church Directory

NEHALEM VALLEY BIBLE CHURCH

Gary Taylor, Pastor
Grant & North Streets, Vernonia
503 429-5378
Sunday School 10:00 a.m.
Morning Worship 11:00 a.m.
Nursery available
Wednesday Service 7:00 p.m.

SEVENTH DAY ADVENTIST

John Aitken II, Pastor, 396-1856
2nd Ave. and Nehalem St., Vernonia
503 429-8301
Morning Worship, 9:15 a.m.
Bible Study 10:30 a.m.

VERNONIA COMMUNITY CHURCH

Grant Williams, Pastor
957 State Avenue, Vernonia
503 429-6790
Sunday Breakfast 9:00 a.m.
Morning Worship 9:45 a.m.
Children and Nursery 10:00 a.m.
Youth Group 6:00 p.m.
Preschool Tues. & Thurs. 9:00 a.m.
Wednesday Prayer 7:00 p.m.
Friday Adult Volleyball 7:00 p.m.

ST. MARY'S CATHOLIC CHURCH

Rev. Luan Tran, Administrator
960 Missouri Avenue, Vernonia
503 429-8841
Mass Schedule
Sunday 12:00 Noon
Religious Education
Sunday 10:30 a.m.

VERNONIA FOURSQUARE CHURCH

Carl Pense, Pastor
850 Madison Avenue, Vernonia
503 429-1103
Sunday Worship Service: 10:30 a.m.
Children's Sunday School

FIRST BAPTIST CHURCH

359 "A" Street, Vernonia
503 429-5190
Sunday School 9:45 a.m.
Sunday Worship Service 11:00 a.m.
Wednesday Prayer Meeting 7:00 p.m.

ST. AUGUSTINE (CANTERBURY) EPISCOPAL CHURCH

375 North St. (Vernonia Grange Hall)
Vernonia, 503 705-2173
Please call for service schedule.

ASSEMBLY OF GOD

Wayne and Maureen Marr
662 Jefferson Ave., Vernonia,
503 429-0373
Sunday School 9:45 a.m.
Morning Worship 11:00 a.m.

VERNONIA CHRISTIAN CHURCH

Sam Hough, Evangelist
410 North Street, Vernonia
503 429-6522
Sunday School 9:45 a.m.
Morning Worship 11:00 a.m.
Every Wednesday:
Ladies' Bible Study 9:30 a.m.
Ladies' Worship 10:00 a.m.
Children's Choir 3:00 p.m.
Family Bible Study 7:00 p.m.

CHURCH OF JESUS CHRIST OF LATTER DAY SAINTS

Marc Farmer, Branch President
1350 E. Knott Street, Vernonia
503 429-7151
Sacrament Meeting, Sunday 10 a.m.
Sunday School & Primary 11:20 a.m.
Relief Society, Priesthood and
Young Women, Sunday 12:10 p.m.



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