

Home Baking Association

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FOR IMMEDIATE RELEASE
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FEBRUARY IS BAKE FOR FAMILY FUN MONTH

What could be better than the delicious aroma of cookies baking in the kitchen?

Family laughter and chatter waiting for a delicious taste warm from the oven creates a special family memory.

The Home Baking Association has designated February as “Bake for Family Fun Month” and encourages families to spend time together in the kitchen. Winter is the perfect time to warm up the kitchen and bake together as a family. Baking is an inexpensive family activity that provides delicious rewards. Charlene Patton, Home Baking Association, suggests families visit the Home Baking Association Web site that is filled with recipes and family baking activities.

Each week during February new recipes and baking activities will be posted at (www.homebaking.org) to assist families with children of all ages with helpful hints and baking ideas for families to share. Family traditions and memories are often created in the

kitchen with special family recipes. Baking together is also a great opportunity to teach children life skills of cooking and nutrition.

“Cookies...Cookies...Cookies” is a pre-school family baking activity featured to kick-off the month long event with a delicious recipe for “Designer Oatmeal Cookies”. Families can substitute ingredients in this cookie recipe to create their own unique family cookie. Do you know when cookies were first introduced to America? With this fun baking activity families will make cookies together and explore some cookie trivia.

The Home Baking Association provides free resource information on the Web site including “Ten Tips for Baking Success,” and “Safe Kitchen Check List”. “The Thrill of Skill” provides age appropriate activities and the benefits of baking together to develop math, literacy, history/social studies and science.

The Home Baking Association mission is to grow the practice of home baking. Members include corporations and associations that promote home baking by providing resources and information to perpetuate future generations of home bakers. Additional resource information is also available through member companies.

Start today creating a family memory by making these delicious “Designer Oatmeal Cookies” and visit the Web site www.homebaking.org for the Cookies...Cookies...Cookies” family baking activity and other upcoming features for Valentine’s Day, Baking History and Traditions and Baking for Others.



Designer Oatmeal Cookies

Makes about 2 dozen cookies

Ingredients

2/3 cups all-purpose flour or whole wheat flour
1/2 teaspoon baking powder
1/4 teaspoon baking soda
1/2 teaspoon ground cinnamon
1/8 teaspoon salt
1/2 cup (1 stick) butter or margarine
1/3 cup packed brown sugar
1/3 cup granulated white sugar
1 large egg
1/2 teaspoon vanilla extract
3/4 cup baking chips **and/or** moist dried fruit pieces
1 1/2 cups quick or old-fashioned oats
1/2 cup chopped nuts

Instructions: Before starting, select the type of chips, and/or dried fruit and nuts you will use.

1. Preheat oven to 375 degrees F.
2. In a small mixing bowl, combine the flour, baking powder, baking soda, cinnamon and salt with a wire whisk.
3. In a medium mixing bowl, beat or cream softened margarine, brown and white sugars, large egg and vanilla until well blended.
4. Stir in the blended dry ingredients and mix well.
5. Mix in chips or dried fruit pieces and nuts.
6. Drop by teaspoonfuls onto an ungreased or parchment lined baking sheet. Bake 8 to 10 minutes.
7. Cool on baking sheets for 2 minutes; remove to wire cooling racks.

Nutrition Facts: One (1 oz) cookie of 24:

Made with 1/2 whole wheat flour, dried cherries and pecans

Total calories: 120 calories Total fat: 6g; Saturated fat 2.5g; Cholesterol 20mg; Sodium 55 mg; Total Carb. 15 g; Dietary fiber 1g; Sugars 8g; Protein: 2g; Vit A 4%; Vit C 0%; Calcium and Iron, 2%

Made with 1/2 whole wheat flour, chocolate chips and pecans

Total calories: 140; Total fat: 8g; Sat. fat: 4g; Cholesterol: 20mg; Sodium: 60mg; Total carb. 16g; Dietary fiber: less than 1g; Sugars 9g; Protein 2g; Vit. A 4%; Vit. C 0%; Iron and Calcium: 2%

Source: Home Baking Association

Find more delicious and fun cookie recipes at www.homebaking.org.

The All American Cookie Book-www.kitchenlane.com

Cookie flour: www.stone-buhr.com

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