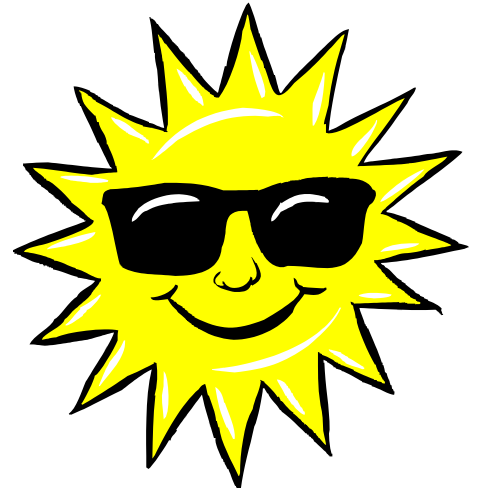


Give Your Day A Brighter Start



Did you know?

Ascorbic acid is the water-soluble vitamin needed for formation of connective tissue. The quantity of ascorbic acid (vitamin C) needed for maintaining healthy gums and for forming necessary connective tissue is available simply by including orange juice or other ascorbic acid rich foods in the diet each day.

Foods with Vitamin C include

Oranges, grapefruit, pineapple, tomato, strawberries, cantaloupe, and vegetables such as broccoli, spinach, potatoes, and green beans.

There are many ways to start a brighter day by including vitamin C rich foods.

Juicy Shake

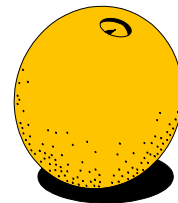


1 8-oz. Container orange-pine-apple or lemon yogurt	250 ml
1 cup unsweetened pineapple juice	250 ml
1/2 cup cooked or canned carrots, drained	125 ml
1 teaspoon lemon juice	5 ml

1. Place all ingredients in a blender.
2. Cover.
3. Whirl at low speed for 30 seconds, then at high speed for 30 seconds.
4. Serves 2.

Serving know-how...

Section oranges and grapefruits



1. Wash the fruit. Using a sharp knife, cut a slice from the stem and blossom end.



2. Peel by cutting off strips from top to bottom. Cut deep enough to remove all the white membrane from the pulp.



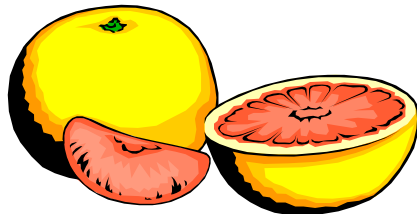
3. Cut along the sides of each dividing membrane and lift out each section.



4. Serve on a plate or in a serving dish.



Grapefruit Halves add Sparkle...

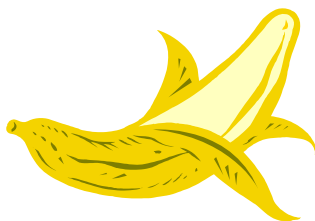


1. Wash grapefruit, cut it in half, and remove the seeds.
2. Cut around the outer edge of the fruit with a sharp knife.
3. Cut around each section, loosening the fruit from the center membrane.

VARIATION: Sprinkle half lightly with brown sugar.

Broil until slightly bubbly.

Banana turnover Breakfast or Snack Cookies



- 1 1/3 cups unsifted all-purpose flour
- 1/4 tsp. salt
- 1/4 tsp. cinnamon
- 1/4 cup salad oil
- 1/2 cup creamed cottage cheese
- 1 1/2 Tbsp. honey
- 2 bananas
- 1/4 cup raisins
- 2 Tbsp. sunflower seeds (shelled)

1. In a large bowl, mix together flour, salt, and cinnamon.
2. Add oil and stir until mixture resembles coarse meal.
3. Mix together cottage cheese and honey; stir into flour mixture and form into a ball.
4. Roll out 1/4 of dough at a time on a board (it is not necessary to sprinkle flour over the board); cut into 4-inch squares.
5. Peel bananas, cut into slices and place 8 slices on half of each dough square.
6. Add 1 teaspoon raisins and 1/2 teaspoon hulled sunflower seeds to banana slices.
7. Fold far end of dough over filling to form a turnover.
8. Seal edges.
9. Place on ungreased baking sheet.
10. Bake in 400 degree oven for 10 minutes.
11. Remove and cool.
12. Sprinkle top with confectioners' sugar before serving.

Yield: 12 turnovers
Serve with Milk

More Ideas....

Mix Fruits -- Bananas with orange sections, grapefruit and orange sections, applesauce with crushed pineapple.

Blend Juices -- Orange with apple.

Vary the Flavor -- add lemon juice to prunes, sliced lemon with melon.

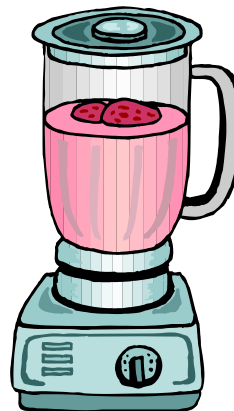
Combine Fruit and Juice -- Sliced bananas, applesauce, or prunes with orange juice.

Cereal Sundae -- Ready-to-Eat cereal topped with sliced bananas and fruity milk topping.

Fruity Milk Topping

- 1 pkg. (10 oz.) quick thaw frozen strawberries, peaches, raspberries
- 2 cups milk

1. Place thawed fruit in blender with milk.
2. Whirl at medium speed until smooth.
3. Do try... Yogurt with oat cereal mixture and apple juice



Oat Cereal Mixture

1. Combine 4 cups of old-fashioned rolled oats with 1 cup each wheat germ, chopped nuts, and coconut.
2. Combine 1/3 cup each oil and honey, and add; stir well.
3. Spread on cookie sheet.
4. Bake at 300 degrees for 15 minutes, stirring every few minutes.
5. Add 1 cup of diced prunes and dates.
6. Store in closed container.