

Introduction

My name is Rachel. I've always had an interest in working in the kitchen. As young girls, my sister Kathy and I would have lil' arguments about who makes what. We'd each want to make the cheese sauce for haystack or the sausage gravy for brunch, and so on. Of course, we laugh about it now but you get the hint...Mom didn't have to worry too much about making supper. But now with us girls having jobs, things are a little different. Mom gets to be the main cook again.

When I got into graphic designing at Carlisle Printing, this cookbook idea started percolating. Not knowing where to begin, I asked around and my co-workers were more than willing to help me out. So, it all started by copying our favorite recipes by hand and eventually typing, designing and taking pictures—lots of pictures. Now, here I am, 3 years later, and this cookbook is finally finished! There was a time or two I would have liked throwing my hands in the air and calling it quits, but too many people knew about my project. So they'd get me motivated again. It's never a good idea to be a quitter and I'm glad now I stuck to it.

I like cookbooks with food pictures—it'll let you see the end results. That's why I made every recipe in this cookbook and took a picture to go with it. My goal was to create a simple, step-by-step cookbook.

Look up the 'Homemade Health & Beauty' section in the back. These are recipes I use myself. I'm a do-it-yourselfer and like to try new things. You'll find all you need to have a special spa night with your friends. Have fun with these recipes and be creative.

Welcome to *My Flavor'ite Blends!* Browse through these tasty recipes and try something new for dinner tonight. I hope you'll have a cookin' blast!

—Rachel Miller

A decorative border of small, gold-colored dots is scattered across the top of the page.

Enjoy every
Moment.

Acknowledgements

A special thanks to my amazing family! I know it was hard to wait to eat until I had that picture "just perfect." You are an inspiration to me and my greatest encouragers. I cherish your love and acceptance. At home with all of you everything feels just right.

A special mention to you, Mom! It was you who taught me all the tricks to cooking and baking. I appreciate your helpfulness and patience when dishes were piled high and the kitchen was a mess.

Thanks...

...to all of my former pupils for the yummy recipes each of you submitted. I will always treasure the good times and memories made the 3 years I had the privilege of being your teacher.

...to my friends for submitting recipes. Your friendship means so much to me and is what keeps my life interesting.

...to my co-workers at Carlisle Printing for your effort and advise in making this cookbook come to life.

Most of all I thank you, Jesus, for the many blessings you have graciously given me. My greatest joy is found in you. Everyday is a gift and with you life is a beautiful journey.

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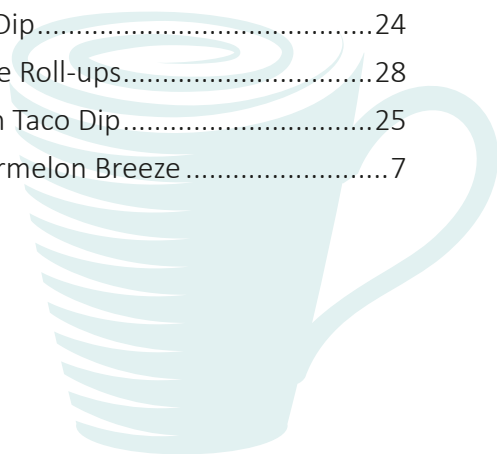
Homemade Health & Beauty



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ALL I NEED TODAY IS A

little bit of coffee



A WHOLE LOT OF JESUS



PUMPKIN LATTÉ

INGREDIENTS

- 1 c. milk
- ½ c. strong coffee
- ¼ tsp. cinnamon or pumpkin pie spice
- ½ tsp. vanilla
- 2 Tbsp. pumpkin
- 1 Tbsp. maple syrup
- 5 drops stevia

INSTRUCTIONS

1. Put all ingredients in saucepan; heat and stir.
2. Pour into your favorite mug and enjoy.



PUMPKIN SPICE CHAI

INGREDIENTS

2 c. water
 2 individual tea bags
 1 cinnamon stick
 ¼ tsp. ground cardamom
 1 whole clove
 ¼ tsp. ground ginger
 1½ tsp. pumpkin pie spice
 2½ c. milk
 ¼ c. evaporated cane sugar
 Cool Whip (*for garnish*), opt.
 cinnamon (*for garnish*), opt.
 cinnamon sticks (*for garnish*), opt.

INSTRUCTIONS

1. In a saucepan, combine water, tea bags, cinnamon stick, cardamom, clove, ginger and pumpkin pie spice. Bring to a boil. Reduce heat, cover and simmer for 5 minutes.
2. Stir in milk and return to a boil for 1 minute. Strain; discard tea bags and spices. Stir in sugar until dissolved.
3. Ladle into mugs. Garnish each with Cool Whip, cinnamon and cinnamon stick, if desired.

Yield: 4 cups



WHAT'S BETTER THAN A GOOD BOOK AND A CUP OF
 PUMPKIN SPICE CHAI ON A CHILLY FALL EVENING?

SPICED HOT APPLE CIDER

INGREDIENTS

8 c. fresh apple cider
2 tsp. cinnamon or 2 cinnamon sticks
 $\frac{1}{8}$ tsp. nutmeg
4 whole cloves
1 orange, cut into slices
cinnamon sticks (*for garnish*), opt.
orange slices (*for garnish*), opt.

INSTRUCTIONS

1. Heat cider, cinnamon, nutmeg, cloves and orange slices in a saucepan. Cook over medium heat for 5 minutes, stirring occasionally.
2. Strain cider into individual mugs. Garnish with cinnamon sticks and orange slices, if desired.

Yield: 8 (1 cup) servings



FRESH STRAWBERRY LEMONADE

INGREDIENTS

- 1 c. evaporated cane sugar
- 1 c. water
- 2 c. fresh sliced strawberries
- 1½ c. fresh lemon juice (*about 6 med. lemons*)
- 6 c. cold water
- ice
- 1 c. strawberries, sliced for topping
- lemon slices (*for garnish*), opt.

INSTRUCTIONS

1. In a small saucepan, bring sugar and water to a boil. Remove from heat and let cool to room temperature.
2. Place strawberries into a food processor or blender and process/blend until smooth.
3. Pour pureed strawberries into sugar water. Add lemon juice; stir well.
4. Pour strawberry lemon mixture and cold water into a large pitcher; stir well and add ice.
5. Pour into glasses and top with chopped strawberries and a lemon slice.

Serves: 6–8

THIS DRINK TASTES ESPECIALLY GOOD RIGHT AFTER
YOUR DONE MOWING LAWN ON A REALLY WARM DAY.



WATERMELON BREEZE

INGREDIENTS

3–4 c. cubed chilled watermelon
1 c. water
squeeze of fresh lime
ice cubes

INSTRUCTIONS

1. Put all ingredients in a blender. Blend until smooth.
2. Pour into glasses and add a few ice cubes.

Serves: 2



THIS IS A FRESH AND LOW-CALORIE SUMMER DRINK.

EASY PUNCH

INGREDIENTS

- 1 (2 L.) ginger ale
- 1 qt. Sherbet ice cream

INSTRUCTIONS

1. Mix and enjoy.

Note: Raspberry Sherbet is my favorite.



PINK MILK

INGREDIENTS

- 1 c. strawberries or raspberries
- ½ c. evaporated cane sugar
- ½ c. water

INSTRUCTIONS

1. Heat strawberries/raspberries, sugar and water in a saucepan over medium heat until berries break down and sauce thickens into a syrup. Strain through a sieve or fine mesh strainer; cool.
2. Store in refrigerator. Add a few teaspoons to your glass of milk. Enjoy!



CHOCOLATE MILK

INGREDIENTS

- ½ c. cocoa
- ⅓ c. evaporated cane sugar
- ½ c. milk

INSTRUCTIONS

1. Combine all ingredients. Whisk until smooth.
2. Store in refrigerator. Add 1–2 teaspoons to your glass of milk.



CARAMEL MOCHA ICED COFFEE

INGREDIENTS

2 c. boiling water
1¼ c. evaporated cane sugar
½ c. instant coffee
¼ c. DaVinci sugar-free caramel syrup
1½ tsp. vanilla
ice cubes
milk
Cool Whip (*for garnish*), opt.
caramel syrup (*for garnish*), opt.

INSTRUCTIONS

1. Dissolve sugar and coffee in boiling water. Add caramel syrup and vanilla. Cool to room temperature, then refrigerate. *This will be your iced coffee base.*
2. **To Make 1 cup iced coffee add:**
¼ c. iced coffee base
1½ c. milk
ice cubes
3. Garnish with Cool Whip, extra caramel syrup, etc., if preferred. Serve with a nice straw.

Note: Regular caramel syrup can be used, but it's not as tasty. You can buy DaVinci syrup at Wal-Mart.

HEY, WHAT'S MORE REFRESHING ON A WARM SUMMER EVENING?



CARAMEL MOCHA FREEZE

INGREDIENTS

Iced Coffee Base (*recipe on previous page*)

frozen milk cubes

Cool Whip (*for garnish*), opt.

caramel syrup (*for garnish*), opt.

INSTRUCTIONS

1. Blend together milk cubes along with desired amount of iced coffee base.
2. Pour into glasses and garnish with Cool Whip and caramel syrup, if desired.

Note: Best if you drink immediately.



THIS DRINK IS ABSOLUTELY A HIT!

MIXED BERRY SMOOTHIE

INGREDIENTS

1 c. strawberries
½ c. blueberries
1 banana
¾ c. yogurt
a few drops stevia

INSTRUCTIONS

1. Blend all together. Delicious!

Note: We like to freeze our fruit. If you don't use frozen fruit, add ice cubes instead.



CHOCOLATE CHIP CHEESEBALL

Submitted by: Keri Yoder

INGREDIENTS

8 oz. cream cheese, softened
 ½ c. butter, softened
 ½ tsp. vanilla
 ¾ c. powdered sugar
 2 Tbsp. brown sugar
 ¾ c. mini chocolate chips
 Teddy Grahams

INSTRUCTIONS

1. Beat cream cheese, butter and vanilla until fluffy.
2. Add sugars; beat until combined.
3. Stir in chocolate chips.
4. Cover and refrigerate for 2 hours. Serve with Teddy Grahams or whatever crackers you prefer.



CHEESEBALL

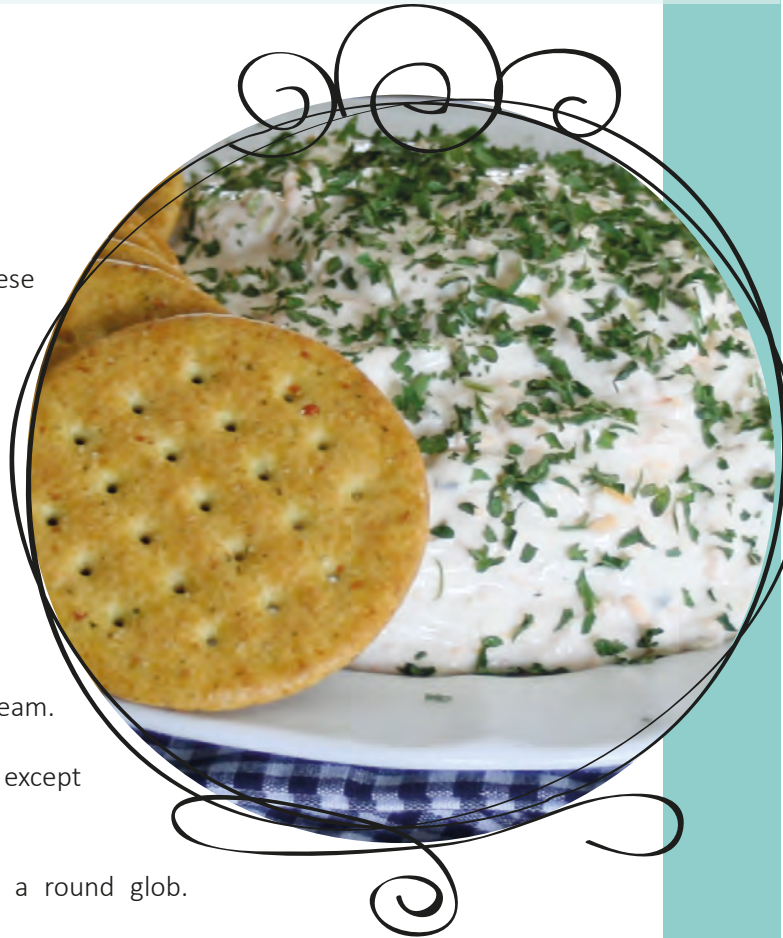
INGREDIENTS

16 oz. cream cheese, softened
½ c. sour cream
½ c. chopped & drained pineapples
1 c. shredded cheddar or colby cheese
2 tsp. Worcestershire sauce
½ tsp. garlic powder
2 tsp. Hidden Valley Ranch mix
2 tsp. chives, opt.
parsley flakes

INSTRUCTIONS

1. Mix cream cheese with sour cream.
2. Add rest of ingredients, except parsley flakes.
3. Put on plate and form into a round glob. Sprinkle with parsley flakes.

Serve with your favorite crackers.



IT'S A TRADITION TO HAVE THIS CHEESEBALL WHEN WE HAVE OUR FAMILY CHRISTMAS GATHERING. SISTER KATHY IS USUALLY THE ONE WHO MAKES IT.

FRESH FRUIT DIP

INGREDIENTS

- 1 container strawberry yogurt
- 1 sm. jar marshmallow creme
- 8 oz. Cool Whip

INSTRUCTIONS

1. Beat together and serve with any fresh fruit. Delicious!



CHIP DIP

INGREDIENTS

- 16 oz. sour cream
- 3½ tsp. taco seasoning
- 4½ tsp. sour cream & onion powder
- ½ tsp. Lawry's seasoned salt

INSTRUCTIONS

1. Mix all together and serve with your favorite chips or pretzels.



SISTER KATHY AND I WERE ALWAYS SO DIP HAPPY, SO WE
CREATED THIS RECIPE WHEN WE WERE LITTLE GIRLS.

PRETZEL DIP

INGREDIENTS

Cream Cheese Layer:

8 oz. cream cheese
1 Tbsp. finely-chopped onions
⅛ tsp. garlic salt

Sweet Layer:

¼ c. butter
¼ c. brown sugar
1 tsp. Worcestershire sauce
½ tsp. mustard

¾ c. coarsely-chopped pecans

INSTRUCTIONS

1. *Cream Cheese Layer:* Mix together and spread about ½" thick on a nice serving plate.
2. *Sweet Layer:* Put in saucepan and heat until melted. Do not boil. Spread over top of cream cheese layer.
3. Top with pecans.

Note: I like to dip with square pretzels if I have some.



JALAPEÑO POPPER DIP

INGREDIENTS

Dip:

- 16 oz. cream cheese, softened
- 2 c. sour cream
- ½ c. Miracle Whip
- 4–6 jalapeños, chopped & deseeded
- 1½ c. shredded cheddar cheese
- ¼ c. chopped onions

Topping:

- 1 c. crushed Ritz crackers
- ½ c. Parmesan cheese
- ¼ c. butter, melted
- 2 tsp. dried parsley flakes



INSTRUCTIONS

1. **Dip:** Combine all ingredients in a medium bowl; stir well.
2. Spread in a 9" round pan.
3. **Topping:** Mix and spread over dip.
4. Bake at 350° for 20 minutes or until hot. Serve with your favorite crackers.