

Fabulous Food

Got Milk...and Apple Sauce?

(NAPSA)—Bananas and ketchup sandwiches, spaghetti and eggs for dinner, peanut butter, granola, honey and bananas, bundled in a bowl for breakfast, with a little molasses and milk to wash it all down. Whatever will we think of next? How about apple pie in a glass...of milk, or apple sauce, milk and bananas, that's what some kids are experimenting with today. To start mixing it up, here are some creative recipes using Mott's Apple Sauce and milk. Go ahead, shake it up and gulp it down, it's easy, it's fun and it's good for you.

For more great recipes and to submit your own edible concoction of Mott's Apple Sauce and Milk check out www.motts.com. You could win a \$5,000 college scholarship, a trip for four to the Big Apple (New York City) and a year's supply of Mott's Fruitsations.

Apple Pie in a Glass

Yield: 1 serving

- 1 cup low fat milk
- 1 4-ounce container Mott's Apple Sauce
- ¼ teaspoon cinnamon
- 1½ teaspoons sugar

Shake all ingredients in a container with tight-fitting lid or stir in glass until well blended.

Banana-Peanut Butter Flip

- 2 4-ounce containers Banana Mott's Fruitsations
- 1 cup milk
- 1 cup ice
- ⅓ - ½ cup peanut butter

Combine all ingredients in blender. Blend on high until smooth.

Makes approx. 3½ cups



Combining apple sauce and milk adds up to a bit of kitchen creativity.

Strawberry Chocolate Chipper

- 2 4-ounce containers Strawberry Mott's Fruitsations
- 1 cup milk
- ½ cup vanilla ice cream or frozen yogurt
- 3 rounded tablespoons mini-chocolate chips

Combine all ingredients in blender. Blend on high. Stir mixture well before pouring.

Makes approx. 2⅔ cups

Strawberry-Lemon Surprise

- 2 4-ounce containers Strawberry Mott's Fruitsations
- 1 cup milk
- 1 cup ice
- 4 tablespoons lemonade concentrate

Combine all ingredients in blender. Blend on high until smooth.

Makes approx. 3¼ cups

For more recipes using apple sauce log onto motts.com.