

Fabulous Food

Bake To Help Beat Breast Cancer

(NAPSA)—Baking has always been a special way to share love and show support for someone you care about—now it can do even more.

By visiting the Bake for the Cure® recipe exchange on bakefortheCure.com, you can post a recipe that has special meaning to you or a loved one affected by breast cancer. Behind every recipe is a unique story of love, hope, courage and inspiration.

In addition, a new cookbook has been created to honor all those touched by breast cancer. By ordering “Bake for the Cure Cookbook: A Celebration of Love and Hope,” you help support ACH Food Companies’ partnership with Susan G. Komen for the Cure®. This year, ACH will donate over \$250,000 to Susan G. Komen for the Cure in the fight against breast cancer.

Baking a recipe such as this one from the book may help give hope to someone you know:

Goopy Chocolate Peanut Butter Bars

Prep Time: 15 minutes

Bake Time: 35 to 43 minutes

Makes: 24 bars

- ¾ cup all-purpose flour**
 - ½ cup sugar**
 - ¼ cup Argo® or Kingsford’s®
Corn Starch**
 - ½ cup butter or margarine**
 - 2 eggs**
 - ½ cup Karo® Light Corn
Syrup**
 - ½ cup brown sugar**
 - ¼ cup creamy peanut butter**
 - 1 teaspoon vanilla extract**
 - ¼ teaspoon salt**
 - ½ cup flaked coconut**
 - ½ cup semi-sweet chocolate
chips**
- Combine flour, sugar and**



Ooey and goopy and oh so good, these chocolate and peanut butter bars are easy to make and inspired by a good cause.

corn starch in a medium-size bowl. Cut in butter until mixture is crumbly. Press into a greased 13 x 9-inch pan. Bake in a preheated 350°F oven for 15 to 18 minutes or until crust is lightly browned. Beat eggs, corn syrup, sugar, peanut butter, vanilla and salt in a medium mixing bowl. Stir in coconut and chocolate chips. Pour over crust. Return to oven. Bake an additional 20 to 25 minutes or until mixture is golden. Cool on wire rack and cut into bars.

The experts at ACH Food Companies, including Fleischmann’s Yeast, Argo Corn Starch and Karo Corn Syrup, say no matter what the recipe, make sure you always:

- Measure dry ingredients in a dry ingredients measuring cup or spoon.
- Measure liquid ingredients in see-through measuring cups at eye level.
- Use a thermometer for precise temperatures.
- Follow each recipe exactly.

- Preheat the oven.
- Make sure your measuring spoon is completely dry before dipping it into dried spices.

• Use light corn syrup when a delicately sweet flavor is desired, such as in fruit sauces and jams; dark corn syrup when you want a more robust flavor and color for baked goods. Karo Lite Syrup contains 33 percent fewer calories than regular light corn syrup and works well in most recipes.

• Use only half as much corn starch as you would flour for thickening. Corn starch lets colors and flavors come through instead of being covered up as with flour.

Recipes And More

For a copy of the cookbook, send \$2 to Bake for the Cure Cookbook, P.O. Box 5012, Clinton, IA 52736-5012. Or visit the site www.bakefortheCure.com to find an order form. For information on breast cancer and more about Susan G. Komen for the Cure, go to www.komen.org or 1-877-GO-KOMEN.