



# Kids In The Kitchen

## Tasty Treats Kids Can Bake While Giving Mom A Break

(NAPSA)—Whether it's Mother's Day, her birthday, or any other day of the year, why not show Mom how special she is by putting together some easy-to-make treats that will delight her and the rest of the family?

For example, transport Mom to a tropical island with an abundance of fresh fruit in a light and airy Caribbean Parfait. Or, for a not-too-sweet treat that can be prepared the night before and baked fresh for the morning, try a batch of Apple Cinnamon Rolls, made with rich, fruity Mott's Apple Sauce.

For more information and recipes, log onto [www.motts.com](http://www.motts.com) or call 1-800-426-4891.

### Caribbean Parfaits *Serves 10*

- 1 can (14 oz.) fat-free or lowfat sweetened condensed milk (*not* evaporated milk)
- 1 container (8 oz.) nonfat strawberry yogurt
- 2 Tbsp. ReaLime Lime Juice from Concentrate
- 1 container (8 oz.) light frozen non-dairy whipped topping, thawed (3½ cups)
- 5 cups assorted cut-up fresh tropical fruits (banana, kiwi, mango, papaya, orange, pineapple or starfruit)

In large bowl, combine condensed milk, yogurt and lime juice. Fold in whipped topping. Layer mixture and fruit into individual serving dishes. Garnish as desired. Refrigerate leftovers.

### Apple Cinnamon Rolls *Serves 12*

- 3 to 3¾ cups all-purpose flour
- ¼ cup sugar



These Apple Cinnamon Rolls can be a delicious way to get Mom's day off to a great start.

- ½ tsp. salt
- 1 package active dry yeast
- 1 cup Mott's Natural Apple Sauce
- ¼ cup margarine or butter
- 1 egg

#### *Filling:*

- ¼ cup margarine or butter, softened
- ¾ Mott's Natural, Cinnamon or Chunky Apple Sauce
- ¼ cup firmly packed brown sugar
- ¼ cup chopped nuts
- 1½ tsp. cinnamon

In small bowl, combine 1 cup flour, sugar, salt and yeast; blend well. In small saucepan, heat apple sauce and margarine until very warm (120° to 130°F). Add warm liquid and egg to flour mixture. Blend at low speed until moistened; beat 2 minutes at medium speed. Stir in 1¾ to 2 cups flour to form a stiff dough.

On floured surface, knead

in ¼ to ¾ cup flour until dough is smooth and elastic, about 5 to 10 minutes. Place in greased bowl; cover loosely with plastic wrap or cloth towel. Let rise in warm place until light and doubled in volume, about 30 minutes.

Grease 13x9-inch pan. On lightly floured surface, roll dough into 15x12-inch rectangle. Spread ¼ cup margarine evenly over dough. In small bowl, combine rest of filling ingredients; spread evenly over margarine. Starting with 12-inch side, roll up tightly, pressing edges to see. Cut into 12 (1-inch) slices; place cut-side down in prepared pan. Cover with plastic wrap; refrigerate overnight.

When ready to bake, uncover rolls; let stand at room temperature 30 minutes. Heat oven to 350°F. Bake 25 to 35 minutes or until golden brown. Cool 5 minutes; remove from pan. If desired, drizzle with powdered sugar glaze.