

First Presbyterian Church of Taymouth

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Founded October 24, 1868
 140 Years Strong

Rev. Ted McCulloch, Pastor
 Sunday Worship 9:30a
 Sunday School 11:00a

Taymouth Tidings



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Newsletter Deadline:
 16th of each month
 unless otherwise noted.

Editor: Connie Lingle CPS

Events – At – A – Glance	Date	Time
Chancel Choir Resumes	September 8	7:00p
Kick-Off Sunday Carnival	September 12	9:30a
Chime choir Resumes	September 12	11:30a
Sunday School & Praise Time Resumes	September 19	11:00a
Bible Study	September 21	7:00p
Bible Study	September 28	7:00p
Rummage Sale	October 7 & 8	
Worldwide Communion	October 3	9:30a
Membership Class	October 3	11:00a
Harvest Supper	October 21	4:00 – 7:00p
Fall Fest	October 30	5:00p
Annual Meeting	November 7	11:00a



THOUGHTS FROM TED

I have to admit that it isn't even my kind of music to listen to and I couldn't tell you any other of this group's songs, but this summer, one of the most popular songs you could hear was *I Gotta Feeling* by the "Black Eyed Peas." The lyrics to the song were very basic but it was very catchy and could get stuck in your brain. It reminded me of a song from about 20 years ago by Bobby McFerrin called *Don't Worry, Be Happy*.

Anyway the basic lyric of *I Gotta Feeling* is "I gotta feeling that tonight's gonna be a good night, tonight's gonna be a good, good night." Like I said, pretty basic lyrics. But it's one of those tunes that just sticks in your head and feels good to listen to.

Yet as it ran through my head for the umpteenth time this summer, I started to think that the song's lyrics are actually not a bad idea for many of us. We live in a world full of chaos and uncertainty and even disaster. Are we going to enter a double-dip recession? Will my kids be able to find good jobs? How bad will the oil spill in the Gulf be for the environment? What will happen to the people in Pakistan, Iowa, China or any of the other places where a natural disaster has struck?

In the middle of all that stuff, how in the world can we get excited or feel good about tonight or any other night?

Yet that's where God comes in.

God comes in and reminds us that He is with us no matter what's going on. God comes in and reminds us that despite everything that's happening, this is His world, His creation and He has declared it good. God comes in and says, "I gotta feeling that tonight's gonna be a good night."

And you know what? In God's hands, tonight or any time is a good one.

That's something that's important for all of us to remember. When we put ourselves in God's hands, no matter how dark the night seems, it will be a good night, a good time in our lives.

That seems especially important to remember as we rev up our fall activities. Every once in a while, we hear someone talk about how churches don't have much, that church is boring or depressing. Then we look at our fall – we have voice choir, chime choir, Sunday School from pre-school through adults, a new Adult Bible Study twice a month, Yarn-N-Thread, Noisy Offering, Presbyterian Women and probably some I forgot.

And that's just in September.

I gotta feeling that tonight – this whole month – will be a good time in the Taymouth Presbyterian branch of God's family. It's exciting to be a part of it. It's exciting to hear new ideas and new activities blend in with our treasured traditions and long-standing groups and activities. It's exciting to see where God will lead us. And even more importantly, where God will lead the entire family of God throughout this whole wide wonderful world of God's.

So as we rev up in September, may God speak to each of us, may we look around and see all the good times we can have as the family of God.

I gotta feeling that this time is gonna be a good, good time.

Yours in Christ,

Pastor Ted



September 2010

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2 11:00a Member Care 6:30p Yarn N Thread	3	4
5 23 rd Sunday in Ordinary Time 9:30a Worship Ushers: Flowers: Coffee Hosts:	6 Office Closed Labor Day	7 7:00p Worship 7:00p B&G	8 7:00p Chancel Choir	9 1:00p Independence Village Rosh Hashanah	10	11
12 24 th Sunday in Ordinary Time 9:30a Worship Receive Confirmands Ushers: Flowers: Claude & Nellie Tanner Coffee Hosts: 11:30 Chime Choir Start-up Sunday for Church Activities	13 Office Closed	14 7:15p Session	15 7:00p Chancel Choir	16	17	18 Yom Kippur
19 25 th Sunday in Ordinary Time 9:30a Worship – Noisy Offering Ushers: Flowers: Jim & Sharon Peters Coffee Hosts: 11:00a Sunday School	20 Office Closed	21 7:00p Bible Study	22 7:00p Chancel Choir	23 Autumn Begins	24 PM - Church Reserved	25
26 26 th Sunday in Ordinary Time 9:30a Worship Ushers: Flowers: Chad & Brandy Przeslawski John & Patti Ostermiller Coffee Hosts: 11:00a Sunday School	27 Office Closed	28 1:00p PW 7:00p Bible Study	29 7:00p Chancel Choir	30		10/3 11:00a Membership Class 10/7-8 PW Rummage Sale

WORSHIP SCHEDULE

- ✝ September 5: Scripture: Philemon 1-21
Sermon: Useful Is AS Useful Does
- ✝ September 12: Scripture: Luke 15:1-10
Sermon: What I Learned in Sunday School
- NOTE: Startup Sunday for Sunday School
Chime practice resumes
- ✝ September 19: Scripture: Jeremiah 8:18-9:1
Sermon: So Honest, It Hurts
- NOTE: Collection of Noisy Offering for Helping Hands
- ✝ September 26: Scripture: I Timothy 6:6-19
Sermon: Guess Who Gave the Greatest Sermon I Ever Heard?

SESSION REPORT

At it's regularly scheduled meeting on August 10, the Session...

... opened with prayer at 7:40p.

... had lengthy discussion on the upkeep and care of flowers, etc. Will discuss with the congregation at the Annual Meeting in November.

... approved the audit of the church books.

... received Treasurer's Reports for June and July, showing the General Fund is behind by about \$7,000 (compared to \$9,600 behind at the end of July last year).

... noted Pastor officiated the funerals of members Lorraine White (June 12) and Jack Huber (August 14). Approved wedding of Robert Mueller and Lisa Pridgeon for August 19 and baptism of Keylie Mullin for August 22.

... heard a report from Tammy Ewing, Youth Director, on the youth activities this summer.

... Pastor Ted gave an updated report from the Health Department on things to be done in the kitchen.

... reminded Nominating Committee members that four people will be rotating off Session at the end of the year: Cindy Beardslee, Rox Krause, Sharon Leach, and Sharon Peters.

...discussed budgeting for personnel in 2011.

... gave permission for Kim Reed to repaint the lettering of the names in our stained glass windows.

... closed with prayer at 9:00p.

YARN 'N THREAD

September 2, mark this date on your calendar – 6:30p. Why, you ask? Because Yarn and Thread starts back.

Come find your favorite chair in the Geneva Room. Come share a good “yarn” that will leave you in “stitches.” If you need help getting started or to finish a project, it's always available. Look for the group during coffee hour – we are usually huddled over 2 sticks. Patterns and yarn are also available.

We meet the first Thursday of each month from 6:30p – 8:00p. Hope to see you September 2. Thank you all for keeping the cupboard full. Once again we will be supporting Southern Care.

DeAnn McCulloch and Holly Wendzik

SOMETHING NEW, SOMETHING OLD

➤ ADULT SUNDAY SCHOOL CLASS

We are very excited to offer an **Adult Sunday School** class this year from 11:00-11:30a. Class will meet in the Geneva Room lead by Jeff Lingle. Jeff is currently attending Liberty University's religion program and has over three years of prior Bible class experience, and is looking forward to building your relationship with Christ.

➤ MID-WEEK ADULT BIBLE STUDY

Beginning **September 21**, we will have an adult Bible Study on the third and fourth Tuesday of each month. We will meet from 7:00-8:00p in the Geneva Room. Based on the responses received we will look at the history of the world, using specific Bible passages and events in Old Testament times (and maybe the New Testament too!). This trip through the Bible will be interesting and a lot of fun.

➤ OTHER SUNDAY ACTIVITIES

Sunday morning schedules start up again, beginning on **September 12**. Check the Christian Education article for all of the Sunday School information and times for the various classes for preschool - sixth grade.

In addition, we have a Youth Class for the youth beginning in seventh grade. They will meet with Pastor Ted in his office from 11:00-11:30a. Pastor Ted has some new and interesting materials for the youth.

Then, as announced, the Chime Choir will begin their practices September 12 at 11:30a in the Music Room.

CHRISTIAN EDUCATION

Hello and welcome to a brand new Sunday School year. Our Sunday School kick-off will be held **September 12** following worship service. This year's activities have a Carnival theme and include games, prizes, and Gon' Fishin' (the clown) will visit with balloon animals. There will be plenty of games and fun for everyone. See you all there!

The Christian Education department is proud to present our theme for this year – the Colors of Faith. Sunday School will be held 10:45-11:10a.

We will be learning about the different parts of our Sunday morning worship service. We are all so excited for this new Sunday School year and with it a few changes as well.

We gratefully welcome the return of Valina James; she will be working with the Middler group (youth grades 3 – 6). This group will be meeting in the upstairs Yarn & Thread room.

Dawn Patrick will be working with the Kids group (preschool – grade 2). This class will meet in the downstairs classroom.

New this year will be Praise Time with Tara Stinson. All youth will join together for this time at 11:10-11:30a. This will be a fun time to explore the many ways to praise God with music, instruments, and drama.

As in the years past, our congregation is always invited to share and participate in the youth activities of our church. The youth appreciate all the encouragement and support they receive.

Please feel free to visit the Sunday School rooms and see what the youth are learning as the year progresses. Our Christian Education is not just for those who teach and the young people who attend, but also for anyone who wants to learn and grow in their faith. May God bless our church as we all continue to teach and grow with our youth.

MEMBERSHIP CLASS

Pastor Ted will be holding a membership class on **Sunday, October 3**. It would run from 11:00a - noon. If anyone is interested in exploring what it means to be a member of the church, please let Pastor Ted know.

The class will look at the core beliefs of the Presbyterian Church, the way this congregation is organized and operates, and the history of Taymouth Presbyterian Church. Upon completion, there will be an opportunity to join the church.

RUMMAGE SALE

Just a reminder that the PW has their church Rummage Sale scheduled for **October 7 and 8**.

Save your "treasures" to donate! They will be accepting donations the first week of October, starting late afternoon on **Sunday, October 3**. Please, no early donations as we have a wedding at the church on October 2. More information will be in next month's newsletter.

HARVEST SUPPER

The Harvest Supper is tentatively scheduled for **Thursday, October 21**. Our traditional dinner of roast, potatoes, squash and other yummys is scheduled to run from 4:00-7:00p. We will be looking for donations of squash, onions, carrots, and (maybe) potatoes.

As always, any ideas – and suggestions – will be welcomed. Be looking in your September bulletins for notice of our first meeting and further information.

WITH OUR PEOPLE...

...Our thoughts and prayers are with the family of Jack Huber, who passed away. The family appreciated all of the thoughts and prayers and expressions of support during the time of their loss.

...Our thoughts and prayers continue with Bob Fedder. As of this writing, he is approaching a month in the hospital, battling infections. The family is thankful for all of the kindnesses and cards during Bob's hospital stay.

THANK YOU...

... to Kim Reed for painting and refinishing all of the names on the church's stained glass windows.

... to the Fortiers for all of the work on the church flowers beds and shrubbery. It's a huge job and greatly appreciated.

... to Ken Maurer for keeping the church garden going. It should provide much of the squash and decorations for the Harvest Supper.

MONEY COUNTERS NEEDED

Due to increasing family commitments, Thomas and Tiffany Fortier will not be able to continue as money counters. If you would be interested in helping out in this very important church task, please let Pastor Ted know. This is a shared task so is not every Sunday and training will be provided. Exact start date can be worked out with Thomas and Tiffany. We want to thank them for their service and flexibility in helping the church out, it has been greatly appreciated.

“We Have Come to Worship”
Music Season 2010-2011
Taymouth Presbyterian Church



We’ve got lots of new and exciting plans for this season! For anyone who loves music, friendship and fun – Taymouth Church is the place to be! Join us on the dates listed below, or call Tara Stinson with any questions. Hope to see you there!

Chancel Choir

7th grade through adult
Practice Wednesdays at 7:00p
Rehearsals begin September 8th

Taymouth Chimers

7th grade through adult
Practice Sundays @ 11:30a
Rehearsals begin September 12th



Praise Time!

Youth of all ages
Sundays @ 11:10a
Begins September 19th

“In front are the singers, after them the musicians; with them are the maidens playing tambourines. Praise God in the great congregation....” Psalm 68:25-26



Our DVD’s are ready! If you missed the August 15th deadline and would like to order a copy of our April 25th play – “State Road 47” (morning presentation), please see Tara or Ed. The cost for the DVD’s is \$6.00 each.



Welcome!

**New this year-Sunday School
kick off Carnival**

Sunday, September 12

Following morning worship service



**Games, Games, and
more Games!**

Popcorn, cookies, lemonade!

Prizes for all youth!

Balloon animals!!!



KAABA SHRINERS

July 13, 2010

Dear Friends,

Many thanks for the generous donation of tabs, cans and/or scrap aluminum to the KAABA Shiners' Tab project, which helps in the support of the Shiners' Hospitals for Children.

So far this year, 15,351 pounds have been recycled amounting to \$6,147.65. Since the project was started in 1990, 328,517 pounds have been recycled amounting to \$164,241.49 for the Shiners' Hospital for Children.

If you know of any child up to 18 years of age, regardless of race, color, or creed, who needs Orthopedic Care, please contact any Shriner or call the DAABA Shiners' office at 1-800-670-5222 or use the Shiners' Hospital Hot Line at 1-800-237-5055. We would like to help

Thanks again – and please keep saving those tabs and/or cans.

Sincerely,
Jack Stamm, Chairman
KAABA Tab Program



INCREASE YOUR COMPUTER'S SECURITY

Computers face security threats every time you go online. Besides using a firewall and anti-virus software, here are a few easy ways to help improve your computer's security:

Upgrade to the latest version of your operating system and software to keep your computer secure. Also beware of spammers and download upgrades and patches from official sites only.

Check for the closed padlock or key symbol in the browser window when entering your credit card details and other personal information on a website.

If you use Microsoft's Internet Explorer (which is subjected to the largest number of security threats), consider switching internet browsers to a popular safer alternative such as Google Chrome, Apple Safari, Mozilla's Firefox, or Opera. Otherwise, tweak settings and make usage adjustments, such as

increasing your web browser's security level to "high."

Disable file sharing on your hard drive, especially if you are on an open wifi network, such as libraries where you don't know who could be browsing through your files.

Password protect your wireless network to avoid allowing strangers to use your connection.

Never sign into financial accounts (banking, Paypal, etc.) while connected to an unprotected wifi connection in locations such as airports or apartment complexes, which may be traps set by hackers to snag your personal information.

Use caution when downloading, since spammers often hide dangerous malware in programs that are offered free on the internet.

Do not open attachments unless you are expecting them or click on links in questionable e-mails. Many phishing scams try to trick people into opening attachments or clicking links which can install a virus on your computer after you click it.

Set up e-mail filters that help reduce the levels of spam that reaches your inbox.

Use strong passwords that are at least seven characters long, mixing digits with lower and uppercase letters. Also change your passwords frequently and do not store them on your machine.

Password protect your computer login access to prevent unintended harm to your computer from inexperienced internet users, such as young children.

5 THINGS YOU MUST CHECK BEFORE DISPOSING OF OLD COMPUTERS

Computers are essential tools today. Software demands and hardware capability tend to grow exponentially. So if you want to stay on top of things, it's a good idea to get a new computer every two to three years. Now what do you do when disposing of old computers?

Whatever you do, there are a few things you must check before giving away, trashing, or recycling a computer. Backing up information and securely deleting private data is one major concern. You may also be able to reuse

parts or the entire computer. This article provides a quick overview of your options when it comes to disposing of old computers.

1. Backup Data

Obviously, you will want to keep a copy of your data. Here is a quick list of information you should not forget to backup:

- Personal Files
Pictures, Music, Movies, anything entertaining you have on your computer, don't lose it. Same goes for any documents or files you have downloaded.
- Browser Data
This includes bookmarks, saved logins & passwords, extensions, and other personal settings. It's much easier to transfer the data than to set it all up again, don't you agree?
Backup & Restore Your Internet Explorer Browser Settings
- Email
If you're using a desktop eMail program like Thunderbird or Outlook, do backup your profile and take your conversations and your address book with you.
- Program Data

Did you create databases, make specific settings, or save other data with any of the programs you're using? Think of calendars, bibliography tools, image editing software, games, or music playlists. Any of that information can be backed up and transferred to your new computer.

- Fonts
Have you downloaded and installed any additional fonts? They are likely compatible with your new computer, so save you the time of tracking them down again and just backup the fonts folder. In Windows, it's found under C:/Windows/Fonts.

2. Serial Numbers & Registration Keys

This point deserves special attention because losing a serial number or registration keys can actually cost you money. If you're not sure where you stored that information, retrieve it before it's too late. If you purchased software online and downloaded the installation file, rather than having it on a CD, be safe and back that up, too.

3. Wipe Private Data

If you seriously don't want to keep your hard drive or can't be bothered to remove it from your old computer, make sure all your private information is gone.

Your data in the wrong hands could result in humiliation, financial loss, or worst of all: identity theft. Neither deleting files, nor emptying the trash, or formatting your hard drive is enough! To be on the safe side, you must shred and overwrite your data.

4. Strip Out Useful Parts

Basically, all parts of your computer, if still functional, may be useful for you or someone else. So think twice before you trash anything.

- Monitor

Keep it as a backup, set up a dual screen if your graphics card supports it, or hook it up to your laptop for a better screen.

- Cables and External Devices

Keep one set of everything as a backup. Nobody wants a used mouse or keyboard anyways.

- Hard Drive

Put it into a USB case and use as an external hard drive, hook up internally to your new computer, or wipe it clean before you give it away.

- RAM

If your old RAM is compatible with your new computer's motherboard, you may as well use it. However, never mix different RAM modules.

- Power Supply Unit

An often searched for replacement part.

- Motherboard & CPU

You won't need that with your new computer. But someone else may use it as a replacement.

- CD / DVD drive

- Card Reader

- Floppy drive

- Graphics Card

- Sound Card

Try to sell the parts you can't use yourself on eBay, and give away leftovers via your local FreeCycle.

5. Re-Use Entire Computer

This may be the most important point! Maybe you can actually still use your old computer. So check out the possibilities before you submit it to the trash.

If your old computer is still running, it can serve many purposes. If it can connect to the internet, you could donate the CPU time. You could also give it to someone who needs it or turn it into an entertainment center.



23 WAYS TO FIGHT FOOD CRAVINGS

1. Plan ahead for healthy choices
2. Drink plenty of water between meals
3. Eat at regular, set times and avoid snacking
4. Eat slowly and deliberately; put your fork down between bites
5. Chew food well
6. Fill up on fiber-rich foods
7. Enjoy a wide assortment of fruits and vegetables
8. Enjoy soluble fiber foods on a regular basis (oats, beans, barley, flax, legumes)
9. Include healthy fats in your diet instead of trans and saturated fats
10. Eat a piece of fresh fruit instead of sweets
11. Share your dessert (if you have one) with another person
12. Limit the number of food choices you allow yourself when at potlucks or buffets (i.e. 2 entrees, 1 salad, 1 veggie)
13. Bring healthy choices to share at social functions
14. Chew gum or use a breath mint strip after eating
15. Push your plate away from you when you are full
16. Push your chair back from the table when visiting after a meal
17. Put a napkin over your plate when done with a meal while others are still eating
18. Divert your attention away from food after a meal
19. Don't keep binge food items in the house or workplace
20. Exercise every day; take a 10-minute brisk walk to energize and reduce cravings
21. Get regular sleep
22. Manage stress
23. Utilize prayer

SENIOR MOMENT

Aging is normal. Successful aging requires a plan. Part of successful transitions as we age involves following a strategy for optimizing physical fitness and managing body weight.

Weight loss in the elderly can be a sign of disease, excess muscle loss due to inactivity, inadequate nutrition, or depression. Sudden changes in weight, either up or down, can signal the onset of conditions that need medical attention. Packing too much weight is linked to a higher rate of disease and early death from chronic ailments such

as heart disease, cancer, stroke, high blood pressure, and diabetes. How can we keep the muscles toned, the tummy trim, and the body healthy as the metabolic engine slows down?

Here are some simple strategies that can brighten up your life, help you beat disease, and better cope with chronic conditions that present ongoing challenges.

1. **Get moving.** A good daily exercise program can help you become more supple and less stiff, improve mood, muscle tone and balance. It will also keep the metabolic engine humming at a higher rate, making it easier to burn calories and stave off unwanted pounds.
2. **Get nutrition.** Eating plenty of fresh fruits, vegetables and whole grains, with healthy fats from nuts, olive oil, and seeds reduces risk of overweight, decreases antioxidant damage, and provides flavor, variety and nutrition instead of calories.
3. **Get involved.** Turn off the TV and turn on the social life. Taking time to interact with others in a meaningful way keeps body, mind, and spirit tuned in to the needs of others and wards off isolation and depression.
4. **Get connected.** Spend daily time with God in His Word. You are special, and every day of life affirms that God has a special plan for you. He will help you use your life in a positive way, help you cope with limitations, and empower you to make healthy lifestyle choices.

HEALTHY MORNINGS MATTER – A GOOD BREAKFAST

1. **Powers your brain**
The right breakfast keeps your blood sugar and insulin more stable. Gives your brain the energy it needs for maximum performance and productivity. Better nutrition in the morning means more strength, physically and mentally, to improve performance and productivity.
2. **Helps you reach and maintain healthful weight**
Eating more fiber and fewer calories helps curb cravings for refined sugar and fatty foods. Getting better nutrition at breakfast means less of an urge to snack later on empty-calorie foods.

3. Energizes you
Enjoying nutritious breakfast choices instead of caffeine and sugar alternatives yield more real strength instead of nervous energy.
4. Shield against and combats stress
A good breakfast charges your system with anti-oxidants and nutrients that protect against stress, both physical and mental. Starting the day with a satisfied feeling instead of nervous energy and hunger gives you the mental and physical edge you need to make the best choices when challengers come your way.

WHAT'S A GOOD BREAKFAST FOR MY KIDS?

Many kids are eager to eat breakfast, others aren't. Encouraging a healthful breakfast is good for the body and brain. Eating healthfully not only affects learning but also behavior. Having a healthy, happy child with a balanced blood sugar makes for a better-behaved child.

A good breakfast includes a source of complex carbohydrates or fiber foods, such as whole grain bread or cereal and fresh fruit with fortified (calcium and B12) soy or other milk. Choose a cereal with at least 3 grams of fiber per serving. Whole grain hot cereal is the best choice. Choose bread with at least 2 grams of fiber per slice. A peanut butter and fruit spread sandwich is also a quick and easy breakfast.

If children do not eat late at night, they will have a better appetite for breakfast. Also, a regular routine of exercise, drinking water between meals, and a good night's sleep will improve morning appetite.

RECIPES

Breakfast in a Glass

Serves 2

- 1 banana
- 1/4 cup strawberries
- 1/3 cup nonfat milk
- 1 (8 ounce) container nonfat plain yogurt

In a blender, combine banana, strawberries, milk and yogurt. Blend until smooth. Pour into glasses and serve.

Breakfast Cookies

Serves 12

- 1/2 cup butter, softened
- 3/4 cup sugar
- 1 egg
- 1 cup all-purpose flour
- 1/4 teaspoon baking soda
- 10 bacon strips, cooked and crumbled (optional)
- 2 cups cornflakes
- 1/2 cup raisins

In a mixing bowl, cream butter and sugar. Beat in egg. Add flour and baking soda; mix well. Stir in bacon, cornflakes and raisins. Drop by rounded tablespoonfuls 2 inches apart onto ungreased baking sheets.

Bake at 350 degrees for 15-18 minutes or until lightly browned. Cool for 2 minutes before removing to wire racks. Store in the refrigerator.

Breakfast Rounds

Serves 8

- 1/2 cup peanut butter
- 4 English muffins, split and toasted
- 1 red apple, cored and sliced
- 1/4 cup packed brown sugar
- 2 tablespoons margarine
- 1/4 teaspoon ground cinnamon

Spread 1 tablespoon of peanut butter onto each English muffin half. Top each one with a few apple slices. In the microwave, melt together the brown sugar, margarine and cinnamon, stirring frequently until smooth. Drizzle the cinnamon mixture over apple slices. Mmmmmmm...

Apple Oat Delight

Makes 12, 2/3 cup servings

- 2 cups oats (rolled or quick)
- 1 cup raisins
- 12 cups shredded, unsweetened coconut
- 1/2 cup pecans, chopped
- 2 apples, shredded
- 3 cups milk (soy)
- 1/2 teaspoon salt
- 1 tablespoon vanilla

Spray an 8" X 8" or round baking dish. Sprinkle 2/3 cups of the oats on the bottom of the dish. Layer half of the raisins, coconut and pecans, and 2/3 cups more oats.

Sprinkle all the shredded apples on top. Add the remainder of the raisin, oat, and coconut/pecan mixture.

Whiz the salt, vanilla and milk in a blender and pour over the layered mixture.

Cover and bake 45-60 minutes at 350 degrees.

Uncover to crisp and brown on top (last 10 minutes)

Serving Suggestions:

This is a wonderful recipe for a quick, hot breakfast. Just mix it all up the night before, and pop it in the oven an hour before breakfast. Serve with fresh peaches, blueberries, or hot applesauce.

For a real treat, make up some fruit smoothies or banana ice cream, and pile it on top of the casserole for a nutritious summer treat.

Breakfast Pizza

Serves 6

- 2 cups frozen shredded hash brown potatoes
- 1/4 teaspoon ground cumin
- 1/4 teaspoon chili powder
- 2 tablespoons canola oil, divided
- 1 cup egg substitute
- 2 tablespoons fat-free milk
- 1/4 teaspoon salt
- 2 green onions, chopped
- 2 tablespoons diced sweet red pepper
- 1 tablespoon finely chopped jalapeno pepper
- 1 garlic clove, minced
- 1 (16 ounce) package pre-baked Italian bread shell crust
- 1/2 cup salsa
- 3/4 cup shredded reduced-fat Cheddar cheese

In a nonstick skillet, cook hash browns, cumin and chili powder in 1 tablespoon oil over medium heat until golden.

Remove and keep warm. In a bowl, beat egg substitute, milk and salt; set aside. In the same skillet, sauté the onions, peppers and garlic in remaining oil until tender. Add egg mixture. Cook and stir over medium heat until almost set. Remove from the heat.

Place crust on an ungreased 14-in. pizza pan. Spread salsa over crust. Top with egg mixture. Sprinkle with hash browns and cheese. Bake at 375 degrees for 8-10 minutes or until cheese is melted.

