



...from Marky Maypo's kitchen to yours

Maypo Cherry Squares

- 1/2 cup sifted flour
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 1 1/2 cups **Instant Maypo Oatmeal**
- 1 cup brown sugar, firmly packed
- 3/4 cup melted butter or margarine
- 1 can cherry pie filling

Sift flour, baking soda and salt together. Mix Maypo, brown sugar and melted butter with dry ingredients until well blended. Press 1/2 of the mixture into bottom of a buttered 11x7x1-1/2 inch baking pan. Spread with pie filling. Sprinkle remaining mixture over filling; press in lightly. Bake in preheated 350 F oven for 30 - 35 minutes or until it tests done. Cool in pan; cut into squares.





Healthy Fun!

Easy Maypo Apple Crisp

1/2 cup brown sugar, firmly packed
1/2 cup sifted flour
1 cup **Instant Maypo Oatmeal**
1/2 cup melted butter or margarine
1 can apple pie filling

Mix together dry ingredients; blend in melted butter. Press 2/3's of mixture into a lightly buttered 8 inch square cake pan. Cover with pie filling and sprinkle with remaining Maypo mixture. Bake in 350 F preheated oven for 30 - 35 minutes or until lightly browned. Cool. Cut into squares. Serve topped with ice cream or whipped cream.

Marky's BBQ Meatballs

MEATBALLS:

1 1/2 lbs lean ground beef
1/2 cup **Instant Maypo Oatmeal**
1/4 cup finely chopped onion
1/4 cup BBQ sauce (see recipe below)
Salt and pepper to taste

BBQ SAUCE:

1 cup ketchup
1 cup light brown sugar
2 1/2 tbsp Worcestershire sauce
2 1/2 tbsp honey
1 tsp white vinegar to taste (optional)

Preheat oven to 375 F. Prepare BBQ sauce. Combine meatball ingredients. Stir 1/4 cup BBQ sauce into mixture. Roll into 1 inch balls. Grease 2 1/2 qt baking dish with non stick cooking spray. Pour small amount of BBQ sauce in bottom of dish. Place meatballs in dish, layering if necessary, and pour remaining BBQ sauce over meatballs. Bake 25 minutes. Yield 2 dozen.

Maypo Turkey Burger

1 lb 99% lean ground turkey breast
1 cup **Instant Maypo Oatmeal**
3/4 cup finely chopped onion
3/4 cup finely chopped red or green bell pepper
1/2 cup shredded zucchini (about 1 small)
1/4 cup ketchup
2 cloves garlic, minced
1/2 teaspoon salt (optional)
6 whole wheat hamburger buns, split, toasted
1 cup nonfat sour cream
lettuce and tomato slices (optional)

Lightly spray rack of broiler pan with cooking spray. In medium bowl combine turkey, Maypo, onion, bell pepper, zucchini, ketchup, garlic and salt. Mix lightly but thoroughly. Shape into 6 - 1/2 inch thick patties. Broil or grill patties 7 to 9 minutes on each side or until golden brown and no longer pink in center. Serve on buns with rounded tablespoon sour cream per serving. Optional garnish with lettuce and tomato. Yield: 6 servings (serving size: 3/4 cup)

