

Back-to-School DAYS

Recipes

From Page 2

Pennsylvania PB & C Bars

Recipe contributed by winner Victoria Z., Northeast region
Servings: 12 bars

Crust:

- 1 cup melted butter
- 2 cups peanut butter
- 3/4 cup brown sugar
- 2 1/4 cups granulated sugar
- 1/4 teaspoon salt
- 5 eggs
- 2 teaspoons vanilla extract
- 3 cups flour
- 1 teaspoon baking powder
- 1/2 cup chopped peanuts

Topping:

- 1 1/2 tubs chocolate frosting
- 1 cup peanut butter, melted
- 1 cup salted peanuts, chopped

Preheat oven to 350°F. In large bowl, mix butter, peanut butter, sugars, salt, eggs and vanilla until well mixed. Add flour and baking powder and mix thoroughly. Spread on a 10-by-15-by-2-inch ungreased cookie sheet.

Bake 12-15 minutes or until golden brown. Let cool.

Spread frosting over crust. Drizzle melted peanut butter over chocolate. Sprinkle chopped peanuts on top of peanut butter and chocolate. Let set until topping is firm.

You can refrigerate cookie sheet to speed firming process, if desired. Cut into desired size bars.

Classroom Success Begins

with Breakfast

Nutritious dairy foods give kids an essential boost

(Family Features) Dairy and breakfast go hand in hand. With so many types of milk, cheeses and yogurts available, it's easy to find breakfast combinations that set the curve for success as the kids head back to school this fall.

Children who eat a morning meal perform better in the classroom and have better overall nutrition. Research shows that kids who eat breakfast have better memory, attention and behavior, and score higher on tests.

In addition to the wide variety of dairy foods that make school day breakfasts easy, dairy also gets an A-plus for nutritional and economic value. Dairy delivers a unique package of nine essential nutrients in a variety of tasty and affordable options. For example, one 8-ounce glass of milk delivers calcium, potassium and vitamin D and costs only about 25 cents.

Recognizing the important role breakfast and dairy foods play for school children and their success in the classroom, dairy farmers and

milk processors nationwide have organized the Great American Milk Drive, a Feeding America program to deliver gallons of milk to hungry families who need it most. To donate, text "Milk" to 27722 or visit milklife.com/give.

Meanwhile, to boost breakfast success for your family this school year, consider these tips:

*Keep breakfast foods on hand such as ready-to-eat cereals, yogurts, white and flavored milks, and fruit.

*Build a breakfast burrito bar. Prepare toppings such as shredded cheese, diced ham, tomatoes and olives the night before. In the morning, just scramble eggs, warm tortillas and fill with your favorite toppings.

*Save money on dairy foods by buying milk by the gallon, cheese in block form and shredding it yourself, and plain, low-fat yogurt by the quart and stirring in your own flavorings, such as honey or fresh fruit.

*Whip up a yogurt smoothie or build a yogurt parfait, such as this recipe for



a Fruit Salsa Yogurt Parfait provided by the Midwest Dairy Council. Or, bring more smiles to the table with the Fruity Splash Smoothie.

Find more kid-friendly breakfast nutrition tips and recipes at www.DairyMakesSense.com.

Fruit Salsa Yogurt Parfait

Servings: 8
Prep time: 15 minutes

- 1 can (15 ounces) peach slices in juice
- 1 can (8 ounces) pineapple chunks in juice
- 2 peeled and chopped kiwis
- 1 cup chopped strawberries
- 2 tablespoons brown sugar
- 1/4 teaspoon ground

- cinnamon
- 1/4 teaspoon ground ginger
- 1 carton (32 ounces) non-fat vanilla yogurt
- Drain peach slices, discarding juice. Drain pineapple chunks, reserving juice. Chop peaches and pineapple.

Toss peaches, pineapple, kiwi, strawberries, brown sugar, spices and reserved pineapple juice in medium bowl. Layer 1/2 cup yogurt with 6 tablespoons of fruit salsa in each of eight parfait glasses or dessert dishes. Serve immediately.

Fruity Splash Smoothie

Servings: 2
Prep time: 5 minutes

- 1 cup fat-free milk
- 5-7 large, unsweetened frozen strawberries
- 1 medium banana, cut into chunks
- 1 tablespoon honey
- 3/4 cup orange juice
- 1/2 teaspoon vanilla extract
- Combine all ingredients in blender; blend until smooth and creamy. Pour in glasses. Note: For frozen fruit pops, pour leftover smoothie into small plastic cups. Cover cups with plastic wrap, insert stick and freeze.

YANKTON, SD • 2320 BROADWAY • 605.665.3446

Back to SCHOOL

HOT DEALS

up to 45% OFF!



FUTON & 6" MATTRESS
\$138
FINAL PRICE REG \$269 • SAVE \$121

sleep. study. save!



TWIN OVER FULL A-FRAME BUNK
\$298
FINAL PRICE REG \$499 • SAVE \$201



48" X 24" COMPUTER DESK
\$178
FINAL PRICE REG \$289 • SAVE \$111



48" X 28" LEG DESK
\$198
FINAL PRICE REG \$319 • SAVE \$121



32" LED TV
\$229
FINAL PRICE REG \$299 • SAVE \$70



50" LG PLASMA TV
\$499
FINAL PRICE REG \$599 • SAVE \$100

UNCLAIMED FREIGHT FURNITURE

new name brand furniture. guaranteed lowest prices.

OUR SHOP EASY GUARANTEE

110% Price Guarantee
We won't just match any local competitor's price, we'll give you more.

New Name Brand Furniture
Shop confident with top quality brands you trust, like Ashley and Sealy.

Easy Financing
No interest financing or lease to own with no credit check financing

Yankton, SD • 2320 Broadway • 605.665.3446

unclaimedfreightfurniture.com

Advertised price is based on posted regular price and are calculated on original total purchase price. No minimum purchase required for discounts. Some exclusions may apply, including but not limited to Hot Buys, room packages, select mattress purchases, clearance items and previous purchases. Some fabrics may vary by region and store. Although every precaution is taken, errors in price and/or specification may occur in print. We reserve the right to correct any such errors. An amount equal to sales taxes and delivery charges must be paid at the time of purchase. Picture may not represent item exactly as shown, advertised items may not be on display at all locations. Prices are valid for a limited time only. Financing terms may be available with minimum purchase amounts. See store for financing details. Offer expires 8/4/14.