

Spice it Right with Watkins

September 2003

Summer holidays are over for most and in many homes it's "Back to School" ! We are featuring some ideas for making those "bag lunches" ... for school or work ... just a little more interesting and healthy.

It's also a good time to start planning a date for your "**Good Tasting**" event! Watkins has introduced this type of food tasting party so you and your friends can enjoy an hour TASTING, LEARNING NEW TIPS & TRICKS in the kitchen along with adding some GREAT NEW RECIPES to your collection.

We make these events FUN and EASY for you, and your reward will be FREE Watkins Products (based on party sales) and an opportunity to start collecting the beautiful Casafina Stoneware hand made in Portugal when parties get booked from your party (they are specially priced for you, our Hostess). This beautiful collection features uniquely shaped pieces that can go into the freezer, microwave, oven ... to the table and even dishwasher! You'll want to book an event NOW so you'll have time for a second or third one before Christmas giving you an opportunity to collect the complete set.



Health Cookies

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| 1 cup brown sugar | 1/2 tsp salt |
| 1/2 cup butter | 1/2 cup grated carrots |
| 1 egg | 1/4 cup flax (seed or ground) |
| 3 tsp water | 1 cup raisins |
| 1 tsp Watkins Vanilla | 1 3/4 cups oatmeal |
| 1 cup flour | 1/2 cup wheat germ |
| 1/2 tsp Watkins Baking Powder | 1/2 cup chocolate chips |
| 1/2 cup crushed nuts | |

Beat sugar, eggs and butter & vanilla till smooth. Add dry ingredients alternately with carrots and water. Drop by teaspoon onto cookie sheet sprayed with **Watkins Cooking Spray**, approx. 2" apart. Bake @ 350 F for 10-12 minutes.



Vanilla Refrigerator Cookies

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| 2 1/2 cups flour | 3/4 cup sugar |
| 1 1/2 tsp Watkins Baking Pder | 1 egg |
| 1/2 tsp salt | 1 Tbsp Watkins Vanilla |
| 1/2 cup shortening | 1/4 cup half & half cream |
| 1/2 cup finely chopped nuts (your choice) | |

Combine first 3 ingredients; set aside. In large mixing bowl, beat shortening, sugar, egg and vanilla until light and fluffy. Add 1/2 flour mixture; beat well. Stir in cream; mix well. Add rest of flour mixture; beat well. Stir in nuts. Shape dough into a log about 12 " long and 2" across. Wrap in plastic wrap and chill until firm enough to slice. Cut roll into 1/4" thick slices. Place an inch apart on ungreased cookie sheet. Bake at 375 F for 12 -15 minutes.

Sandwiches to Savor

Did you ever think about all the different ways you could dress up those sandwiches? How about using one of Watkins many **DIP MIXES** ... after spreading bread with mayonnaise, sprinkle one of the mixes over and spread knife to blend. In particular you might want to try the NEW "**Cool Curry**" as it goes wonderful with chicken. Watkins also has 4 different mustards that go very well with meat, sausage or chicken. Choose from **German, Honey, Horseradish or Jalapeno.**



Wrap it Up!

We've all enjoyed a new style of sandwich ... it's referred to as a "Wrap". Simply use your imagination for this easy and tasty variation to a sandwich. Spread fajita shells with cream cheese that's been blended with one of our **DIP MIXES**. Add chopped meats, shredded cheese, sliced peppers and/or lettuce. This is a great way to use up leftover meat, chicken etc. For those who like to "spice it up", drizzle a little **Watkins Tropical Salsa or Inferno Sauce.**

Here's a "Sneak Preview" to Watkins 2003 Specialty Gift Line!

Every Chai lover will enjoy sipping a cup of Watkins NEW **Chai Latté**. It's the exotic taste of Chai... the creaminess of latté... the ease of instant cocoa! Have it all with this delicious beverage that's perfect for a quiet evening by the fire. Great as a "hostess gift" or a stocking stuffer!



Here's another way to give those "bag lunches" a special touch. Watkins has 2 very unique condiments. Back by popular demand is the **Pumpkin Butter**. The new addition is the luscious **Cinnamon Honey Crème**. We know they both are delicious on quick breads or muffins but it's your imagination and taste that will dictate where you'll use them. The packaging makes them ready for gift giving too!



We know many of you will be DELIGHTED to see this soup back.... It's our famous **Six Onion Soup**. Besides all the wonderful variations of soup that you can make, here is the recipe for a delicious **CHEESE BALL!** Mix 1 - 8 oz (250g) package of cream cheese with 1-1/2 TBSP of Watkins Six Onion Soup. Form into ball, roll in Watkins Omelet & Soufflé Seasoning & serve with crackers. You're ready to entertain!



Sugar & Spice Popovers

3 eggs	1 cup flour
1 cup milk	2 Tbsp sugar
3 Tbsp melted butter	1 3/4 tsp Watkins Cinnamon
1 tsp Watkins Vanilla	1/4 tsp salt

Heat oven to 375 F. Beat eggs at med speed, until thick and lemon colored (about 1 min.). Add milk, butter and vanilla - beat 1 minute. Add flour, sugar, cinnamon and salt, beat 1 minute. Pour batter into 8 well-greased custard cups or an 8-cup popover pan. Bake 40 minutes. Cut a slit in each for steam to escape and bake 5-10 minutes or until tops are brown and crispy. Serve hot with Cinnamon Butter.

Cinnamon Butter

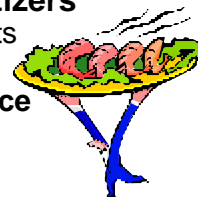
1/2 cup butter
2 Tbsp powdered sugar
1/4 tsp Watkins Cinnamon

Combine all ingredients and beat until smooth. Refrigerate any leftovers and serve over pancakes, waffles, biscuits or just plain toast!



Bacon Chicken Appetizers

2 boneless skinless chicken breasts
Watkins Hot Honey Soy Sauce
1/4 tsp **Watkins Garlic Liquid Spice**
Watkins Black Pepper to taste
Lean Bacon
Brown Sugar



Bake chicken in a touch of water (covered) in 350F oven for 1/2 hour. Marinate in Soy Sauce & Liquid Garlic for 3-4 hrs turning occasionally. Cut chicken into bite-sized pieces, sprinkle with Pepper, wrap in bacon. Roll in brown sugar, skewer with toothpick. Place on cookie sheet. Bake approximately 10 minutes at 350F.

Run Out of an Ingredient You Need?

These simple substitutions will work in a pinch: Out of baking powder? Need 1 teaspoon? Mix 1/2 teaspoon cream of tartar with 1/4 teaspoon baking soda. Out of unsweetened chocolate? Need 1 square? Mix 3 tablespoons **Watkins Baking Cocoa** with 1 tablespoon shortening. Out of whole milk? Need 1 cup? Mix 1/2 cup evaporated milk and 1/2 cup water.

Would You Like EXTRA \$\$\$ for this Fall??

Watkins offers a **variety** of ways to earn income. You'll have training and support, and represent a company that's been helping people just like you, earn that little extra or... find out about the **Leadership positions now available**. For more information, call Your Watkins Associate:

Peter Aggus or Shirley Franklin - 250-544-1252 (Toll-free 1-877-544-1252 outside Victoria)
or e-mail us (watkins@aflww.com) - check out our web site <http://www.aflww.com/watkins>