



Spice it Right with Watkins

November & December 2004

This time of year we particularly think of you, our valued customer, and want to take this opportunity to thank you for your business. Watkins has been serving people like yourself for over 136 years and it is a pleasure to continue this service!

It's also time, if you haven't already, to book your **Good Tastings Party**. We still have a few dates available but don't wait any longer! The SPECIAL Fall Gift Line is wonderful and always sells out. You and your friends will see lots of gift ideas as well as ingredients for holiday entertaining. **Call today to book a party or place your Watkins order!**

Your
Watkins
Associate

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Peanut Butter Cookies

This recipe earned Wendy Schwartz, Watkins Consultant from Vernon, B.C., a "1st Place Ribbon" at her local fair. Thanks Wendy for the recipe and Watkins for the "special ingredient", **Watkins Peanut Butter Extract!**



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| 1 1/4 c unbleached white flour | 1/2 c sugar |
| 3/4 tsp baking soda | 1/2 c packed brown sugar |
| 1/4 tsp salt | 1 farm fresh brown egg |
| 1/2 cup butter | 1/2 tsp Watkins DS Vanilla |
| 1/2 c smooth peanut butter
(no nuts) | 1/2 tsp Watkins Peanut Butter Extract |

Stir together flour, soda, and salt. Beat butter and peanut butter. Add sugar and brown sugar; beat till fluffy. Add egg and vanilla and peanut butter extract; beat well. Add dry ingredients to beaten mixture and beat till well blended. Shape dough into 1-inch balls, roll in additional sugar, if desired. Place on ungreased cookie sheet. Press crisscross markings with a fork. Bake at 350° F for 10 minutes or until done. Makes about 24 cookies. (For a "taste change", add a 1/2 teaspoon of **Watkins Cinnamon** to the dry ingredients ... yummy!)

Snack & Dip Tips

With holiday entertaining we have some easy and delicious recipes for using **Watkins Snack and Dip Mixes**. Watkins has 13 dip mixes to choose from!

Bagel or Cracker Spread

Instead of sour cream, add snack & dip mixes to cream cheese for a tasty bagel or cracker spread.

Tasty Deviled Eggs

Use **Watkins Bacon Cheddar** or **Bacon Horseradish Snack & Dip Mix** to flavor devilled eggs.

Spinach Dip

Add either **Watkins Garden Vegetable** or **Bacon Cheddar Snack & Dip Mix** to your spinach dip recipe. Serve in hollowed-out bread bowl.

Cheese Ball

Mix well 1-2 TBSP of **Watkins Snack & Dip mix** into 8 oz/227g package of cream cheese. Form into ball and roll in **Watkins Omelet & Soufflé Seasoning**.

Salad Dressing

For a low fat salad dressing, whisk together 1/2 cup low fat mayonnaise, 1/3 c low fat milk, 2 tsp vinegar and 1 1/2 TBSP **Watkins Snack & Dip Mix**. For a creamy ranch dressing, combine 1 c buttermilk, 1/3 c sour cream, 3 TBSP mayonnaise and 1 1/2 TBSP **Watkins Pepper Ranch Snack & Dip Mix**.

Breading for Baked Chicken

Mix in large zip lock bag 1/2 c bread crumbs, 1/4 c parmesan cheese and 1-2 TBSP **Watkins Snack & Dip Mix**. Dip chicken pieces in Watkins Grapeseed oil (your choice of flavor... they're all good!) and place in bag. Shake and place in shallow baking pan. Bake for 45 min at 375°F. Enough breading for 4 - 6 chicken breasts.

Stuffed Celery

Combine cream cheese, your favorite **Watkins Snack & Dip Mix** (to taste) & enough milk to make a smooth texture. Great spread for sandwiches too!

Mini Shrimp Quiche

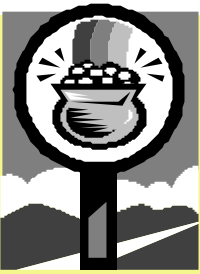
- 1 8-oz. package refrigerated Pillsbury Butterflake rolls
- 4 oz. small cooked shrimp
- 1 egg
- 1/2 c whipping cream or light cream
- 2 tsp. **Watkins Minced Green Onion**
- 1 tsp. **Watkins All Purpose Seasoning**
- 1/2 c shredded Swiss Cheese

Separate rolls into twelve equal pieces. Cut each in half and press into bottom and sides of muffin cups that have been sprayed with **Watkins Cooking Spray**.

Divide shrimp evenly among pastry shells. Beat together egg, cream, **Watkins Minced Green Onion** and **All Purpose Seasoning** until well blended. Put about two teaspoons of mixture in each pastry shell. Sprinkle Swiss cheese over tops.

Bake 20 min. uncovered at 375° or until center is set. Serve warm. Makes 24 quiche.





There is still time to get all your Christmas presents **FREE** ... that's right, I said **FREE!** It all starts with becoming a **Watkins Associate**. You can make **IMMEDIATE CASH** and you can purchase all your own products for a minimum 25% discount. The cash you earn can **MORE** than pay for all the rest of your Christmas shopping! The way it's done is through marketing these "asked-for products" through **Good Tasting parties**, public events or one-on-one presentations. You can also **INCREASE** your income by adding others to your team who want what you're receiving... **extra CASH!**

But it doesn't stop there....You can be well on your way to building a new financial future—OR—you can continue to enjoy the discount buying and selling to friends and family. You see with Watkins, you decide how much you want! **ADD** to that "SUPPORT" which you'll get from being part of our group! We'll help you take all the beginning and continuing steps. We're only a "phone call" away. You'll also be part of a group that is supported with on-line training as well as monthly conference calls. Actually, you can't fail ... unless you simply don't work our proven plan or you quit!

Don't wait another day...call me and we'll talk — then you can decide!

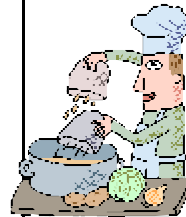


RECIPE OF THE MONTH Fire Pepper Bread

featuring Watkins **Good Tastings Bread Mix**

- 1 pkg **Watkins Good Tastings Bread Mix**
- 2 tsp **Watkins Fire Pepper**
- 1 tsp **Watkins Garlic Granules**
- 2 c grated Cheddar Cheese
- 1 c chopped red or green pepper
- 1 TBSP butter, melted
- 12 oz club soda

Heat oven to 375° F. Spray loaf pan with **Watkins Cooking Spray**. Combine Bread Mix with seasonings, chopped pepper and grated cheese in large mixing bowl. Add club soda and mix until blended, do not over mix. Spoon batter into pan. Drizzle butter over dough and sprinkle with **Watkins Sea Salt**. Bake one hour. Cool slightly & serve! Delicious as an appetizer dipped in **Watkins Garlic & Parsley Grapeseed Oil**. This bread completes a meal when served with Potato Soup (see recipe to the right).



Potato Soup

Featuring Watkins **NEWEST Bacon & Onion Snack & Dip Mix**

In a soup pot, cook 3 medium potatoes (cut in small cubes) and 1 medium diced onion in 2 c water until fork tender (do not drain). In another bowl, combine 1/4 c flour, 1/2 c **Watkins Cream Soup Base**. 1 c milk and 1-2 TBSP **Watkins Bacon Onion Snack & Dip Mix** (to taste).

Slowly add mixture to vegetables and their cooking water. Stir well. Bring to a boil. Pour in bowls and top with grated cheddar cheese. Sprinkle with **Watkins Minced Green Onions**. Makes 4 - 6 servings.

Almond Roca

- 1 pkg. soda crackers
- 1 lb. butter
- 1-3/4 c brown sugar
- 1 tsp. **Watkins DS Vanilla Extract**
- 1 tsp. **Watkins Caramel Extract**
- 1 c sliced almonds
- 1 pkg. chocolate chips (2 cups)

Spray cookie sheet with **Watkins Cooking Spray**. Cover with a layer of soda crackers and set aside. In a saucepan, heat brown sugar and butter. Bring to a rolling boil & then add the extracts. Boil for 4-5 minutes, stirring constantly to avoid burning. Remove from heat & stir in almonds. Pour mixture over cracker base.

Cook at 350° for 5 min. Remove from oven and sprinkle chocolate chips over top. Place back in oven until chips start to melt (10 min). Let cool, then cut into squares or break into pieces.

Freezes well.

Sweets To Savor



Cream Wafers

- 1 c soft butter
- 1/3 c whipping cream
- 2 c flour

Mix thoroughly butter, cream & flour. Cover & chill. Heat oven to 375° F. Roll 1/4 of dough at a time 1/8 inch thick on floured cloth-covered board (keep remaining dough refrigerated until ready to roll). Cut into 1 1/2 inch circles. Transfer rounds with spatula to piece of waxed paper that is heavily covered with granulated sugar; turn each round so that both sides are coated with sugar. Place on ungreased baking sheet. Prick rounds with fork about 4 times. Bake 7 to 9 minutes or just until set but not brown; cool. Put cookies together in pairs with Creamy Filling. Makes about 5 dozen cookies.

Creamy Filling

Cream 1/4 c soft butter, 3/4 c icing/powdered sugar and 1 tsp **Watkins DS Vanilla** until smooth and fluffy. Tint with few drops of food color. (Add few drops water if necessary for proper spreading consistency.)