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# Your Just Desserts

If you're having trouble getting your family to eat high-fiber foods, you're not alone. Despite the well known benefits of such a diet, many people just don't enjoy the traditional high-fiber foods.

"High-fiber foods have received wide publicity yet many people still are unfamiliar with how to incorporate fiber into everyday foods," says Faye Egan of the Nabisco Brands consumer food center.

In response to requests, Egan and her staff have developed many recipes using **Nabisco 100% Bran** cereal in a wide range of main meals, side dishes and desserts.

Following are two desserts that taste so good, your family and friends will never guess they're rich in fiber.

**Bran Chip Cookies** are a high-fiber version of that all-American favorite, chocolate chip cookies. **Pumpkin Bars** are made from a spicy cake batter and feature a cream cheese frosting.

"High-fiber does not mean low flavor," Egan says.

### BRAN CHIP COOKIES

**Makes 4 1/2 dozen**
**1 1/4 cups all-purpose flour**
**1/2 teaspoon baking soda**
**1/2 teaspoon salt**
**1/2 cup margarine**
**1/2 cup granulated sugar**
**1/2 cup firmly packed light brown sugar**
**1 egg**
**1 teaspoon vanilla extract**
**1 cup Nabisco 100% Bran**
**1 cup chocolate chips**

In small bowl, combine flour, baking soda and salt; set aside.

In large bowl, with electric mixer at medium speed, beat margarine and sugars until creamy. Beat in egg and vanilla. Blend in flour mixture. Stir in bran and chocolate chips.

Drop batter by teaspoonfuls, two inches apart, onto ungreased baking sheets. Bake at 375° for 10 to 12 minutes. Remove from sheets; cool on wire racks.

### PUMPKIN BARS

**Makes 24 servings**
**1 1/2 cups all-purpose flour**
**2 teaspoons baking powder**
**2 teaspoons pumpkin pie spice**
**1/2 teaspoon baking soda**
**1/2 cup margarine**
**1 cup firmly packed light brown sugar**
**2 eggs**
**1 cup canned pumpkin**
**1 cup Nabisco 100% Bran**
**1 cup raisins**
**Cream Cheese Spice**

In small bowl, combine flour, baking powder, pumpkin pie spice and baking soda.

In large bowl, with electric mixer at medium speed, beat margarine and brown sugar until creamy. Beat in eggs and pumpkin. Stir in flour mixture, bran and raisins. Spread batter into greased and floured 13x9x2 inch baking pan. Bake at 350°F for 35 to 40 minutes or until knife inserted in center comes out clean. Cool on wire rack. Frost with Cream Cheese Spice Frosting.

**Cream Cheese Spice Frosting:** Beat 3 ounces cream cheese, 1 tablespoon milk and 1 teaspoon vanilla extract. Slowly beat in 2 cups confectioner's sugar until smooth and creamy.

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# Tips on Toasting

Whether it's to honor a newly-married couple or make a declaration of love, the toast is an uplifting all-purpose social gesture that has been practiced for centuries. That "clink" of glasses in raised hands makes the most commonplace events of our lives special. The artful toast is sumptuous yet simple, touching but never somber.

Chances are that, at some momentous occasion, you'll be asked to raise a toast. Although there is no such thing as a master plan for toasts, the Distilled Spirits Council of the United States, Inc. (DISCUS) offers some points that might help loosen a tied tongue.

•*Start with a specific thought* — a brief anecdote or a special fact about the person, and go from there. Lead-ins such as "I am delighted to be here on this auspicious occasion..." are gauranteed sleep-inducers.

•*Be witty, yet avoid being comical* — It's better to evoke a knowing grin, rather than knee-slapping hysterics. Remember: this isn't a televised "roast."

•*Be clear — and sincere.* If you don't really believe what you are saying, the audience won't either.

•*Avoid touchy subjects* such as politics and money.

•*Make it clear when you're finished.* Then raise your glass to "clink" with a partner, and put the glass to your lips.

Anyone can be an artful toaster. The trick is to be prepared, but sound spontaneous. And keep it brief. As the late master of the art, George Jessel said, "If you haven't struck oil in the first 3 minutes, stop boring!"

DISCUS offers entertainment information as part of its national program, "Liquor - Good Spirits, Good Sense." A free brochure on other entertainment and food tips is available by sending a stamped, self-addressed envelope to: DISCUS, Box 32275, Washington, DC 20007.

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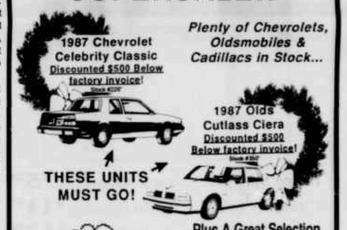


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