... A family favorite that is moist and tasty, especially with a topping of melted cheese, catsup or barbeque sauce ...

SUPPER MEAT LOAF

1 pound ground beef
1/2 pound ground pork
1/3 cup MALT-O-MEAL
1/4 cup chopped onion
1-1/4 tsp. salt
1/4 tsp. sage
1/4 tsp. dry mustard
1/4 tsp. pepper
1 tbsp. Worcestershire sauce
1 egg
1 cup water
1/2 cup milk

OVEN: 350° 6 Servings

In large bowl combine all ingredients thoroughly. Pat into greased 9 x 5 inch loaf pan. Bake at 350° for 1-1/2 hours. If desired, spread top with catsup before cutting and serving.
EASY MEAT BALLS IN TOMATO SAUCE

1 cup cold cooked MALT-O-MEAL
1 pound ground beef
1/4 cup chopped onion
1 tsp. salt
1/2 tsp. beef seasoning*
1/4 tsp. pepper
1 egg
1 can condensed tomato soup
1 can water
1 (7 oz.) can mushroom stems and pieces, drained
1 tbsp. Worcestershire sauce

OVEN: 350° ............................. 6 Servings

In medium bowl combine first seven ingredients; mix well. Form into 1-1/2 inch balls; place in shallow baking pan. Bake at 350° for 40 minutes. Meanwhile, combine tomato soup, water, mushrooms and Worcestershire sauce in large saucepan or fry pan. Simmer. Spoon meat balls into sauce (using slotted spoon); cover and simmer 15 to 20 minutes. If desired, thicken sauce with 2 tbsp. flour and 2 tbsp. water. Serve over rice, whipped potatoes or cooked noodles.

* Use your favorite mixture of Basil, Marjoram, Oregano, Rosemary, Sage.
... A MALT-O-MEAL recipe specialty. Their sweet flavor and nutty texture have been all-time favorites.

**MAGIC MUFFINS**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>1-1/4 cups flour</td>
<td>1/2 tsp. salt</td>
</tr>
<tr>
<td>3/4 cup MALT-O-MEAL</td>
<td>3/4 cup milk</td>
</tr>
<tr>
<td>1/2 cup sugar</td>
<td>1/4 cup soft or liquid shortening</td>
</tr>
<tr>
<td>3 tsp. baking powder</td>
<td>1 egg</td>
</tr>
</tbody>
</table>

**OVEN: 400°** .......................... 12 Muffins

In mixing bowl combine all ingredients until flour is moistened. Fill greased muffin pans 3/4 full. Bake at 400° for 20 minutes.

★ ★ ★

... Serve piping hot; flavor of orange is delicious—plus you found a use for left-over MALT-O-MEAL.

**ORANGE BLOSSOM MUFFINS**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>1-1/2 cups flour</td>
<td>1/4 cup milk</td>
</tr>
<tr>
<td>1/3 cup sugar</td>
<td>1/4 cup orange juice</td>
</tr>
<tr>
<td>3 tsp. baking powder</td>
<td>1 egg</td>
</tr>
<tr>
<td>1/2 tsp. salt</td>
<td>1/4 cup melted shortening</td>
</tr>
<tr>
<td>1/2 cup cooked MALT-O-MEAL</td>
<td>2 tbsp. grated orange rind</td>
</tr>
</tbody>
</table>

**OVEN: 425°** ............................. 12 Muffins

Combine flour, sugar, baking powder and salt in medium mixing bowl. Add remaining ingredients; mix until all ingredients are moistened. Fill greased muffin pan 2/3 full. Bake at 425° for 20 minutes.
... An ideal and colorful accompaniment for turkey or chicken; serve warm, naturally!

CRANBERRY MUFFINS

1 cup cranberries
1/4 cup sugar
3/4 cup flour
1/2 cup MALT-O-MEAL
2 tsp. baking powder
1/4 tsp. salt
1/4 cup sugar
1 egg
1/2 cup milk
2 tbsp. melted butter or oil

OVEN: 425° .......................... 8 Muffins

Wash and chop cranberries. Sprinkle with 1/4 cup sugar; let stand. In medium bowl combine dry ingredients. Add egg, milk and shortening and stir just until dry ingredients are moistened. Add cranberries and mix to distribute. Fill greased muffin pans 2/3 full. Bake at 425° for 15 to 18 minutes. Turn out of pan immediately. Serve warm or reheat if served later.
Waffles with an interesting texture that blends nicely with fruits and warmed maple syrup...

MALT-O-MEAL WAFFLES

2 eggs
1 cup flour
1 cup MALT-O-MEAL
2 tsp. baking powder
1 tsp. soda
1/2 tsp. salt
1 tsp. sugar
2 cups buttermilk or sour milk
1/4 cup soft shortening

Makes 4 - 10-inch Waffles

Heat waffle iron while mixing batter. In mixer bowl, beat eggs. Add remaining ingredients; beat until smooth. Bake in hot waffle iron.
... Light, tender pancakes that will take you back to grandma's kitchen!

JEAN ALICE PANCAKES

2 eggs
1-1/4 cups flour
3/4 cup MALT-O-MEAL
1 tsp. soda
1 tsp. salt
1 tbsp. baking powder
1 tbsp. sugar
2 cups buttermilk or sour milk
2 tbsp. melted shortening

Makes 8 - 6-inch pancakes

Beat eggs in mixer bowl. Add remaining ingredients; beat until smooth. Bake on hot griddle.* For lighter batter, add more buttermilk.

*Griddle is hot enough when droplets of water "skip" along griddle.
A delicious cinnamon-nutty top and center surrounded by moist cake. Perfect with coffee!

**BUSY DAY COFFEE CAKE**

<table>
<thead>
<tr>
<th>FILLING:</th>
<th>CAKE:</th>
</tr>
</thead>
<tbody>
<tr>
<td>1/4 cup MALT-O-MEAL</td>
<td>1-1/4 cups flour</td>
</tr>
<tr>
<td>1/4 cup flour</td>
<td>1/4 cup MALT-O-MEAL</td>
</tr>
<tr>
<td>3/4 cup brown sugar</td>
<td>3/4 cup sugar</td>
</tr>
<tr>
<td>1 tsp. cinnamon</td>
<td>2 tsp. baking powder</td>
</tr>
<tr>
<td>1/4 cup melted butter</td>
<td>1/2 tsp. salt</td>
</tr>
<tr>
<td>1/2 cup raisins</td>
<td>1/4 cup shortening</td>
</tr>
<tr>
<td>1/4 cup chopped nuts</td>
<td>2 eggs, beaten</td>
</tr>
<tr>
<td></td>
<td>1/2 cup milk</td>
</tr>
</tbody>
</table>

| OVEN: 375° . . . . . . . . 8-inch square cake |

In small mixing bowl combine filling ingredients except raisins and nuts. Set aside. In large mixing bowl combine dry ingredients for the cake. Cut in shortening until particles are fine. Add beaten eggs and milk. With a fork combine all ingredients just until blended. Spread half of batter in greased 8-inch square pan. Sprinkle half of filling and all of raisins over batter. Spread remaining cake batter in pan and top with remaining filling and nuts. Bake at 375° for 35 to 40 minutes. Serve warm.
... A not-too-sweet gingerbread, versatile as a dessert with warm toppings or fruits ...

**GINGERBREAD SQUARES**

1/2 cup MALT-O-MEAL  
1-1/2 cups flour  
1/4 tsp. soda  
1-1/2 tsp. baking powder  
1/4 tsp. salt  
1/2 tsp. cinnamon  
1/8 tsp. cloves  
1/8 tsp. ginger  
1/4 cup shortening  
1/3 cup sugar  
1 egg  
1/2 cup molasses  
1/2 cup strong cold coffee

**OVEN: 350° ... 9 x 9 inch cake**

In a large mixer bowl, combine first eight ingredients. Add shortening, sugar, egg, molasses and coffee and mix at medium speed until thoroughly combined. Bake in 9 x 9 inch square greased and lightly floured pan at 350° for 25 to 30 minutes. Serve warm with lemon sauce or frost with a confectioner's sugar frosting flavored with lemon. Cut into squares.
... These are a MALT-O-MEAL taste and texture surprise; a delicate almond flavor surrounded by toasted coconut ...

**MALT-O-MEAL REFRIGERATOR COOKIES**

| In mixer bowl thoroughly cream butter, shortening, confectioner's sugar and almond flavoring. Blend in remaining ingredients except coconut. Shape cookie dough into a roll on waxed paper 1-1/2 inches in diameter. Sprinkle coconut on paper and roll cookie dough until coated. Wrap wax paper to hold roll in shape, twist ends. Chill until firm. Cut 1/4 inch slices and place on ungreased cookie sheet. Bake at 375° for 8 to 10 minutes. Cookies will be very light — do not overbrown. Let baked cookies cool slightly before removing from cookie sheet. | 1/2 cup butter or margarine  
(1 stick) | 1 cup MALT-O-MEAL  
1/2 tsp. salt  
1 tsp. Cream of Tartar  
1 cup chopped nuts  
(almonds are suggested) |
| 1/2 cup shortening | 1 cup MALT-O-MEAL |
| 1 cup confectioner's sugar | 1 cup chopped nuts  
(almonds are suggested) |
| 1/2 to 1 tsp. Almond Flavoring  
(or 2 tsp. vanilla extract) | 1 cup chopped nuts  
(almonds are suggested) |
| 1 cup flour | 1 to 1-1/4 cups coconut |
| 4 dozen cookies |
... Here is a new version of grandma's fluffy tapioca pudding that can be varied to ingredients on hand ...

MALT-O-MEAL DELIGHT

1-1/2 cups milk
1/4 tsp. salt
1/3 cup MALT-O-MEAL
1/3 cup sugar
2 egg yolks
1/4 tsp. vanilla
2 egg whites

Makes 4 to 5 servings


VARIATIONS –

Fruit Pudding: add chopped dates, raisins or other dried fruit to hot pudding.

Lemon or Orange Delight: omit vanilla; add 1 tbsp. lemon or orange juice. Add 1/2 tsp. grated rind for more flavor, if desired.

Banana Delight: serve hot pudding with sliced bananas.
... We like candy-like flavor of this topping — also use it over fruit pies ...

**FESTIVE FRUIT CRUNCH**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 can (1 lb. 5 oz.) prepared pie filling</td>
<td></td>
</tr>
<tr>
<td>1/2 cup MALT-O-MEAL</td>
<td></td>
</tr>
<tr>
<td>1/4 cup brown sugar</td>
<td></td>
</tr>
<tr>
<td>1/4 cup melted butter</td>
<td></td>
</tr>
<tr>
<td>1/2 tsp. cinnamon</td>
<td></td>
</tr>
<tr>
<td>1/4 cup coconut</td>
<td></td>
</tr>
</tbody>
</table>

**OVEN:** 400°  8 inch square

Spread pie filling in 8 inch square baking dish. Combine remaining ingredients until crumbly; spoon over filling. Bake at 400° for 20 minutes. Serve warm or cold topped with whipped cream or ice cream.

... A good and easy last minute dessert that speaks to a topping of cold cream or ice cream ...

**SPEEDY DATE PUDDING**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 cups milk</td>
<td></td>
</tr>
<tr>
<td>1/3 cup MALT-O-MEAL</td>
<td></td>
</tr>
<tr>
<td>1/4 cup sugar</td>
<td></td>
</tr>
<tr>
<td>1/4 tsp. salt</td>
<td></td>
</tr>
<tr>
<td>1 cup chopped dates</td>
<td></td>
</tr>
</tbody>
</table>

Makes 4 to 5 Servings

Heat milk in medium saucepan. Add MALT-O-MEAL, sugar and salt. Cook until thickened, stirring constantly. Add dates; continue cooking for several minutes. Serve warm with whipped cream.
... Cereal and nuts add the surprise texture to this rich, delicious-when-hot dessert...

**RICH CHOCOLATE PUDDING**

2 3/4 cups milk  
1/4 cup MALT-O-MEAL  
2 squares unsweetened Chocolate  
2 egg yolks  
1/2 cup sugar  
1/4 tsp. salt  
1/4 tsp. cinnamon  
1/2 cup chopped nuts  
3/4 tsp. vanilla

**OVEN: 350° .................. 4 to 6 Servings**

In medium saucepan, heat milk. Add MALT-O-MEAL gradually. Cook until thickened. Add Chocolate; stir until melted and blended. Cook at low heat for 10 minutes, stirring occasionally. Combine remaining ingredients in a small bowl. Add slowly to cooked mixture and continue cooking for 2 minutes. Pour into greased 1 quart casserole and bake at 350° for 15 minutes. Serve warm.
VERSATILE MALT-O-MEAL

... substitute MALT-O-MEAL for a portion of flour when making french-fry or fritter batter.

... when breading fish and meats, use MALT-O-MEAL seasoned with favorite spices and herbs to replace flour or bread crumbs. Can use seasoned salt, marjoram, parsley, savory or thyme.

... dip vegetables to be pan fried in egg and then in MALT-O-MEAL.

... use left-over MALT-O-MEAL in recipes; see EASY MEAT BALLS IN TOMATO SAUCE and ORANGE BLOSSOM MUFFINS.

... fry slices of left-over MALT-O-MEAL and serve with butter and syrup.