

Desserts, Pies, Cakes and Cookies

Yum Yum Cookies

Carole Laughary

1/2 cup butter
1 cup flour
1-1/2 cup brown sugar
2 T flour
1/2 tsp. salt
1/2 cup coconut
2 eggs
1 tsp. vanilla
1/4 tsp. baking powder
1 cup walnuts

Mix butter and flour as for crust. Bake 15 minutes at 350° in 9" pan.

Mix remaining ingredients and spread over crust. Bake 20-25 minutes at 350°.

Personal Notes: This was my mother's company staple. Everyone always asked her to make Yum Yum Cookies. I haven't made them for a while. I seem to remember them in a 9 x 13 pan, so you will have to experiment.

Peach Rice Pudding

Carole Laughary

2/3 cup Minute Rice
1-2/3 cup milk
1/4 tsp. nutmeg
1/2 tsp. salt
1 egg
1/3 cup sugar
2 tsp. lemon rind

Mix rice, milk, nutmeg and salt. Bring to full boil. Cover, remove from heat and let stand 5 minutes.

Combine in bowl:
1 egg

1/3 cup sugar
2 tsp. lemon rind

Add small amount of hot rice to egg mixture, stir well, return entire mixture to pan. That prevents curdling. Add 1 T. butter. Cook and stir over low heat for 4 minutes. Add 1 cup sliced peaches. Pour out of pan immediately. Chill covered. Fold in 1/2 cup Cool Whip before serving.

Personal Notes: Paula, Mike, and Melissa: You should remember this. I made it quite often for a week-night dessert. Your dad liked it.

Pistachio Dream Cake

Carole Laughary

1 package light cake mix
2 small packages sugar-free pistachio pudding
1 8 oz. non-fat vanilla yogurt
3 egg whites
1 tsp. vanilla
1 cup diet lemon-lime soda

Frosting:

1-1/2 cup cold skim milk
1 package sugar-free instant pistachio pudding
2 cups fat-free whipped topping

Combine cake mix, pudding, yogurt, egg whites, vanilla and beat at low speed for one minute. Gradually beat in soda. Pour into 9 x 13 pan well sprayed with Pam. Bake at 350° for 30-35 minutes until toothpick comes out clean.

For frosting: Mix the pudding and milk for 2 minutes. Fold in the whipped topping.

Personal Notes: This was a Weight Watcher recipe that I liked. It had 3 points per serving.