

Take one delicious taste and you'll agree... there's a reason! / Canadian Postum Company, Ltd.

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Canadian Postum Company.

Publication/Creation

Ontario : Canadian Postum Company, 1929.

Persistent URL

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GRAPE-NUTS STUFFED CARROTS

- 8 medium sized carrots, cooked
- $\frac{3}{4}$ cup grated cheese
- $\frac{1}{2}$ cup Grape-Nuts
- 2 tablespoons green pepper, chopped
- 1 tablespoon milk
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{8}$ teaspoon pepper
- $1\frac{1}{2}$ cups cooked rice

Hollow out one side of each carrot. Remove thin slice from other side so that it will rest firmly in pan. Add cheese, Grape-Nuts, green pepper, milk, and seasonings to rice. Stuff carrots with mixture. Place in greased baking dish. Bake in hot oven (400° F.) 20 minutes, or until brown. Garnish with parsley. Serves 4.

TAKE ONE
DELICIOUS TASTE

and you'll agree-



*There's a
reason!*

Free booklet

Postum Company, Inc., Battle Creek, Mich.

Please send me, free, your recipe booklet, "75 Ways to Use A Famous Food".

NAME Print name and address. Fill in completely.

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EVERY morning Grape-Nuts makes millions of homes happy. One taste—and you'll know why!...They're good — these golden kernels! Crisp — nut-like — delicately salt-sugar tinged! They'll delight you at breakfast. And they'll bring to luncheon and dinner dishes a new, enticing flavor. Here are four wonderful recipes. Every single one of them will tempt you. Grape-Nuts Baked Custard, for instance...Umm...m — There's A Reason!

GRAPE-NUTS MOCK HAMBURG STEAK

- 1 cup lentils
- 1 cup Grape-Nuts
- 2 onions, grated
- 1 teaspoon salt
- 1 teaspoon powdered sage
- 1 tablespoon melted butter
- 2 eggs, well beaten

Soak lentils in water overnight. Cook in same water until soft. Drain and force through sieve. Add other ingredients in order given and mix thoroughly. Place by tablespoons in hot greased frying pan. Flatten with spoon into cakes and brown on both sides. Serve with brown gravy or tomato sauce. Serves 6.

GRAPE-NUTS BAKED CUSTARD

- $\frac{1}{3}$ cup sugar
- $\frac{1}{8}$ teaspoon salt
- $\frac{1}{2}$ teaspoon vanilla
- 2 cups milk
- 2 eggs, slightly beaten
- 5 tablespoons Grape-Nuts

Add sugar, salt, vanilla, and milk to eggs. Strain. Put 1 tablespoon Grape-Nuts in each custard cup and pour in custard mixture. Place cups in pan of hot water. Bake in moderate oven (350°F.) 35 minutes, or until a knife inserted comes out clean. Serves 5.

GRAPE-NUTS ICE CREAM

- 1 tablespoon flour
- $\frac{1}{2}$ cup sugar
- $\frac{1}{8}$ teaspoon salt
- 1 egg, slightly beaten
- 2 cups milk, scalded
- 1 cup cream
- 1 tablespoon vanilla
- $\frac{1}{2}$ cup Grape-Nuts

Combine flour, sugar, salt, and egg. Add a small amount of milk, stirring vigorously. Return to double boiler and cook until mixture coats spoon. Cool. Add cream and vanilla. Freeze. When partly frozen, add Grape-Nuts. Continue freezing until firm. Serves 6.