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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Jalapeno Jelly

By Joyce Moseley Pierce

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Need a quick treat for those upcoming holiday office gatherings? A few years ago I was introduced to the combination of Wheat Thins(TM), cream cheese and jalapeno jelly! Don't let the jalapeno scare you. There are two ways to combat the "fire" you feel on your tongue caused by these hot peppers, and that's with milk or bread. Whoever created this Southwest delicacy knew what they were doing. The cream cheese and cracker are there to calm the nerve endings in your tongue so you can enjoy the blend of flavors.

The kick in this jelly is a delicious way to open the eyes, as well as the taste buds, of your friends and co-workers. Just place a block of cream cheese on a festive holiday plate and pour the jelly over it. Put the crackers within reaching range, but not close enough that they get soggy from the jelly.

You can buy the crackers and cream cheese at any grocery store, but you may have to search specialty shops for the jelly. Sometimes you can find it at Cost Plus or Marshalls in their food section. However, if you really want to impress your friends, try making your own. If you've never handled raw jalapenos before, let me offer a word of warning. The skin of the pepper is safe to touch – it's the seeds

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that produce the burning sensation. Use plastic gloves if you're worried about handling them. If you choose to brave it without the gloves, keep your hands away from your eyes while working with the peppers – even the slightest bit on your fingers will send you screaming if you get it in your eyes.

Pepper Jelly

14 hot peppers (jalapeno)

4 sweet peppers (red)

3 cups white vinegar

10 cups sugar

2 pouches pectin

2 tsp red (or green) food coloring

Cut peppers. Discard seeds and stem. Grind peppers in blender with vinegar. Move this mixture to a large pan and place on your stove burner. Add sugar, bring to boil, and boil for 5 minutes. Remove from heat and skim. Add 2 pouches pectin and food coloring. Boil hard for one minute. Seal hot.

One year for Christmas I canned the jelly in half pint jars and gave them as gifts. I made a label with a jalapeno on the front and tied a holiday ribbon around the lid. You might also add a Southwest fabric to lay under the screw top lid. One friend was so excited she grabbed a spoon and ate it right out of the jar!

In addition to being great for dipping with crackers, it's great on toast or as a ham glaze. It adds a "kick" wherever it's used. You may even find yourself reaching for a spoon!

Joyce is a freelance writer and owner of Emerson Publications. She is the creator of "All They'll Need to Know," a workbook to help families record personal and financial information. <http://www.emersonpublications.com/pages/843554/index.htm> She is also the editor of The Family First Newsletter, an ezine for families with young children. To subscribe: <http://www.emersonpublications.com/pages/848640/index.htm>

Best Recipes: Peanut Butter and Jelly Milkshake

By Donna Monday

Jalapeno Jelly

Our old favorite sandwich standby: peanut butter and jelly, has got a new twist! That's right. Now you can have your peanut butter and jelly in a glass. Got milk?

A little ice cream? Good. Then you're ready to have a yummy taste treat that will really satisfy all your PBJ desires.

Peanut Butter and Jelly Milkshake makes a great afternoon snack for kids and adults. Now all you've got to do is decide what kind of jelly you want with that milkshake.

I know. Decisions like this can be so hard sometimes.

Peanut Butter and Jelly Milkshake 1 tablespoon peanut butter 2 tablespoons jelly or jam (grape, raspberry or strawberry) 1/2 cup milk 1 cup vanilla ice cream

Directions

Combine peanut butter and jelly. Place in blender. Add milk and ice cream.

Blend until smooth.

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Donna Monday

Easy to make - fun to drink

<http://www.1st-milkshake-n-smoothie-recipes.com>



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