



Ghoulish Goodies



APPLE CIDER DOUGHNUTS

- 1 cup (100 gm) Cambrooke Foods MixQuick
- 2/3 cup apple cider
- 1/2 tsp ground cinnamon

Combine the MixQuick, apple cider, and cinnamon in a mixing bowl and mix with a fork until blended. Drop batter into electric doughnut maker and cook until browned. Cool on a wire rack. Sprinkle with sugar and cinnamon mix if desired.

Makes 5 doughnuts. Each doughnut = 0.2 mg phe

BLACK PUNCH**

- 1 envelope unsweetened grape drink mix
- 1 envelope unsweetened orange drink mix
- 2 cups sugar
- 3 quarts cold water
- 1 liter ginger ale, chilled



Stir together drink mixes, sugar, and water until dissolved. Combine with ginger ale just before serving.

Makes about 4½ quarts. One cup (8 oz) serving = 0 mg phe



EYEBALL ICE CUBES**

- 12 purple seedless grapes
- 4 drops green or red food coloring
- Ice cube tray

Peel most of the skin off of the grapes, leaving bits for red color. Tint cold water with a few drops of food coloring. Pour into ice cube tray and place a peeled grape in each section. Freeze until solid and serve in beverage of choice. The “eyeballs” will be most visible in a fairly clear beverage, such as ginger ale.

Makes 12 ice cubes. One ice cube = 1 mg phe

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