

Just
For
Kids
• COOKBOOK •

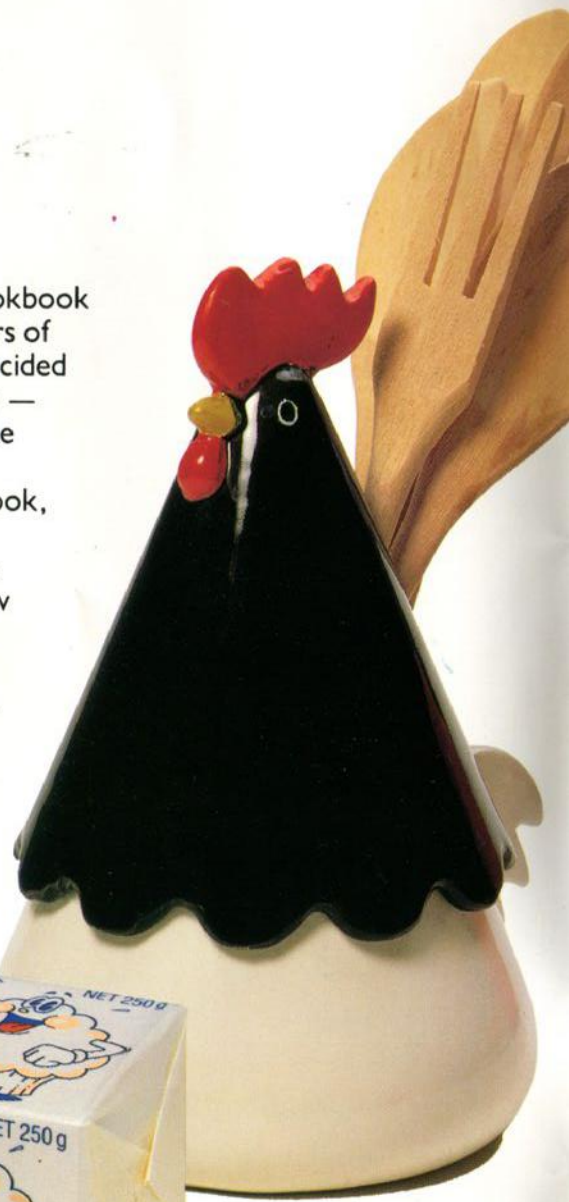
HAVE SOME FUN

The first "Just For Kids" cookbook has been so popular that the makers of COPHA* Vegetable Shortening decided to bring you this brand-new edition — full of delightful treats you can make yourself!

If you already have the first book, you'll know how easy it is to cook with Copha: You simply melt some Copha in the saucepan, mix in a few ingredients — and put it all in the fridge to set.

It's simple — and a lot of fun. So why not start right away? Just have a look through the colourful recipes on the next few pages and try making some of them soon.

HAPPY COOKING!



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E.O.I. Pty. Limited.
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Just FOR Kids COOKBOOK

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COOKING WITH Copha

Cooking with COPHA Vegetable Shortening is fun — because it's so simple! All you have to remember are these three easy steps . . .

1 MELT: Each recipe tells you how much COPHA you need. Cut the COPHA into small, even cubes, then simply melt COPHA in one of three ways . . .
On the stove: Place COPHA cubes in a heavy-based saucepan on the stove and melt over a LOW heat.
In the microwave: Place COPHA cubes in a microwave safe bowl and melt on a LOW power setting.
With other ingredients: Place COPHA and other ingredients in a saucepan over a LOW heat and stir occasionally with a wooden spoon until all the ingredients are completely melted.



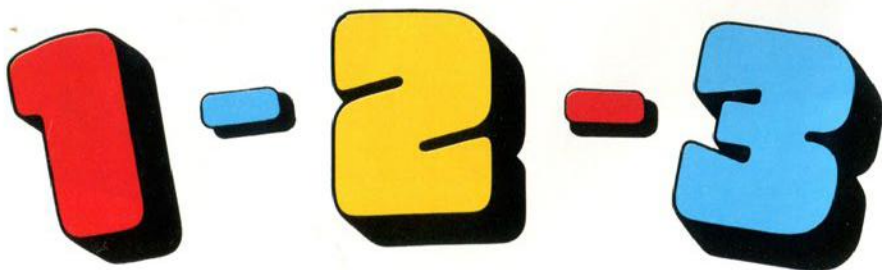
2 MIX: Just mix all the ingredients shown in each recipe with the melted COPHA. Your recipe is now almost ready.



3 SET: Take the mix you have just made and spoon into paper patty cases, press into a baking tin, shape into rolls, balls or other shapes, and put the mixture in the fridge to set. This usually doesn't take long — and your delicious treats will be ready to eat!



IT'S AS EASY AS



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KEEP IT NEAT- KEEP IT SAFE

Here's a few handy hints on how to make cooking more fun and enjoyable!

- Always keep workbench wiped clean and orderly.
- Rinse used cooking tools as you cook and stack them neatly by the sink.
- Wash up and wipe down benches as soon as you finish cooking.
- **WATCH OUT FOR HOT SAUCEPANS** – always wear oven mits!

NEED HELP?

If you need advice or help, write to:

COPHA COOKING CLUB
c/o E.O.I. PTY. LTD.
74 EDINBURGH ROAD
MARRICKVILLE NSW 2204



Passionfruits

WHAT YOU NEED

125g (1/2 block) Copha
250g cream cheese, softened
1/2 cup passionfruit pulp
1 cup icing sugar, sifted
1/2 cup plain biscuit crumbs
shredded coconut

HOW TO MAKE IT

- 1** Melt Copha in a saucepan over a low heat or in a microwave oven.
- 2** Beat cream cheese, passionfruit, icing sugar, biscuit crumbs and melted Copha until smooth. Cover and refrigerate until firm.
- 3** Take teaspoonfuls of mixture, shape into balls and roll in shredded coconut. Refrigerate to set.

Makes 20



Peppermint Delights

WHAT YOU NEED

- 125g (1/2 block) Copha
- 125g peppermint cream chocolate
- 1 1/2 cups plain biscuit crumbs
- 1 x 35g Peppermint Crisp* chocolate, finely chopped

HOW TO MAKE IT

- 1** Melt Copha and chocolate in a bowl over gently simmering water.
- 2** Mix biscuit crumbs, Peppermint Crisp and melted Copha mixture until well combined.
- 3** Place teaspoonfuls of mixture into small confectionery cases. Set in the refrigerator.

Makes 40

* Peppermint Crisp is a Rowntree Hoadley Trademark.

Choc Crunch

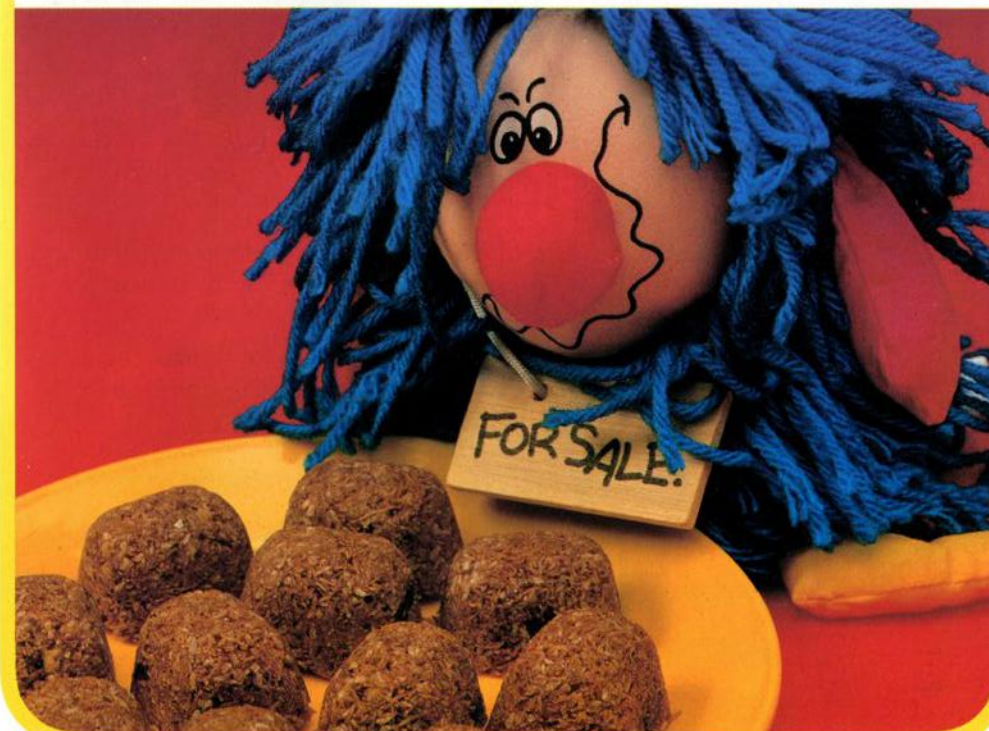
WHAT YOU NEED

- 85g (1/3 block) Copha
- 1/4 cup icing sugar, sifted
- 1 tablespoon cocoa
- 1 cup crushed Kelloggs* Ready-Wheats†
- 1 cup desiccated coconut
- 1/4 cup sultanas
- 1 egg, beaten
- 1/2 teaspoon vanilla essence

* Registered trade mark
 † Trade Mark
 Kellogg (Aust.) Pty. Ltd.
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HOW TO MAKE IT

- 1** Melt Copha in a saucepan over a low heat or in a microwave oven.
- 2** Mix icing sugar, cocoa, Ready-Wheats, coconut, sultanas, egg, vanilla and melted Copha until well combined.
- 3** Press mixture into 2 x 14 block plastic ice block trays. Set in the refrigerator.
 Makes 28





Nutty Oat Chews

WHAT YOU NEED

- 125g (1/2 block) Copha
- 1/3 cup golden syrup
- 1/2 cup brown sugar
- 3 cups rolled oats
- 1 cup peanut flakes or almond flakes
- 1 cup desiccated coconut

HOW TO MAKE IT

- 1** Melt Copha, golden syrup and brown sugar in a saucepan over a low heat.
 - 2** Mix rolled oats, peanut flakes, coconut and melted Copha mixture until well combined.
 - 3** Press mixture into a foil-lined 28 x 18cm lamington tin. Set in the refrigerator.
- Makes 36

Fruit 'n Nut Clusters

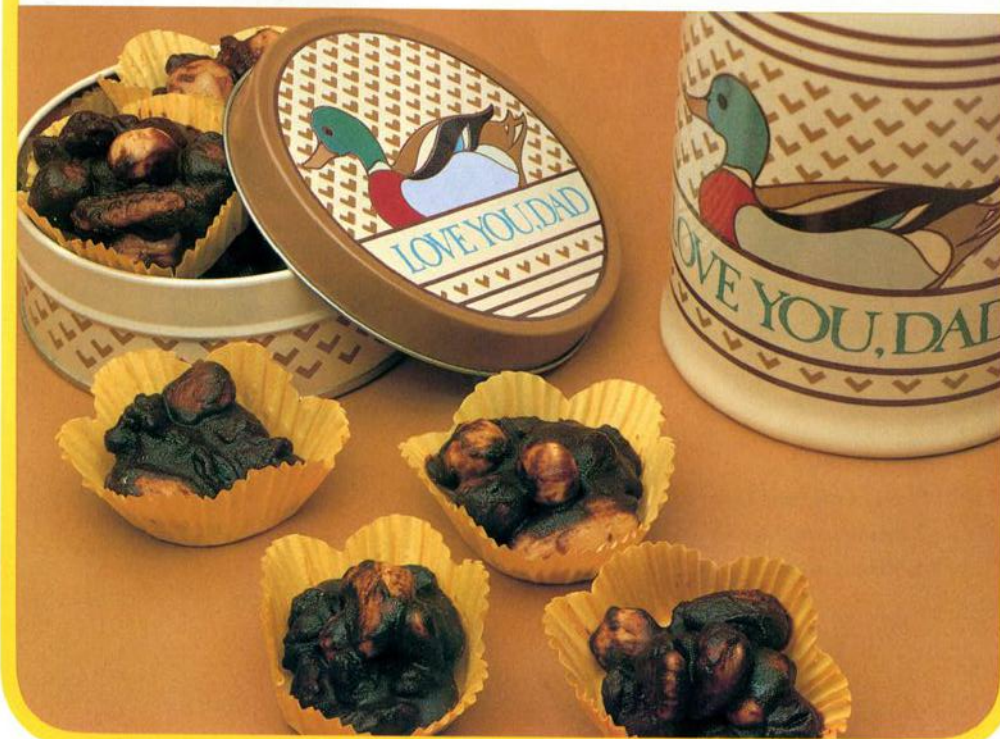
WHAT YOU NEED

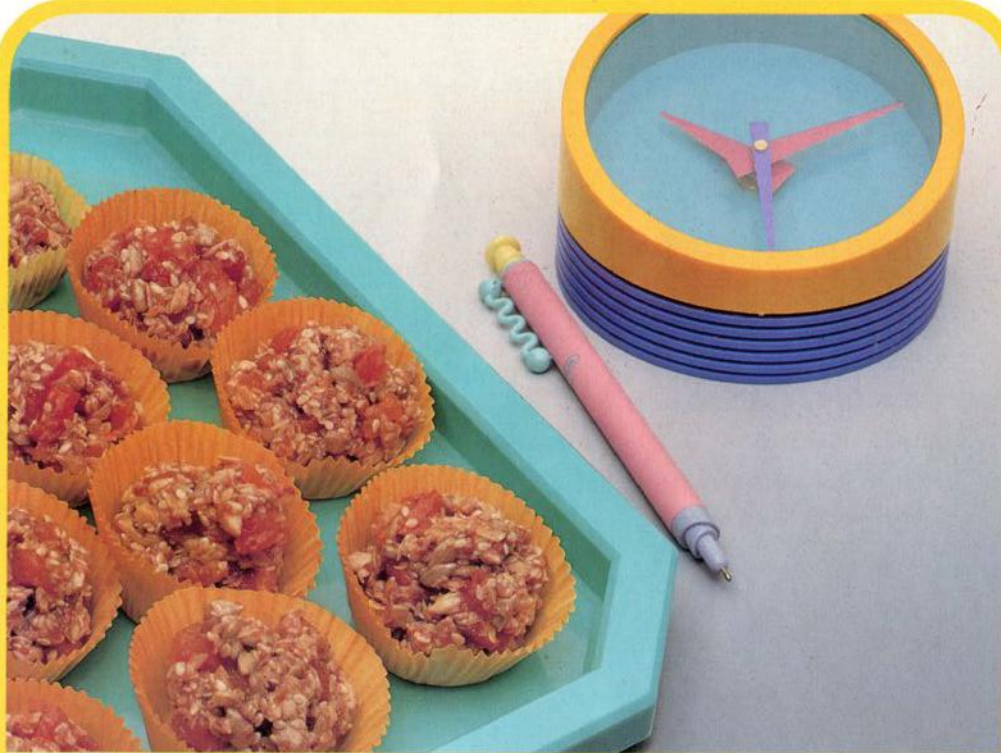
- 85g (1/3 block) Copha
- 1/2 cup icing sugar, sifted
- 1/2 cup cocoa or carob powder
- 1/2 cup sultanas
- 1 cup mixed unsalted nuts
- 1/2 teaspoon vanilla essence

HOW TO MAKE IT

- 1** Melt Copha in a saucepan over a low heat or in a microwave oven.
- 2** Mix icing sugar, carob, sultanas, nuts, vanilla and melted Copha until well combined.
- 3** Place small teaspoonfuls of mixture in clusters onto a baking tray covered with foil. Set in the refrigerator.

Makes 30





Golden Sunshine

WHAT YOU NEED

- 85g (1/3 block) Copha
- 1/4 cup brown sugar
- 1/4 cup honey
- 1 cup rolled oats
- 1 cup dried apricots, finely chopped
- 1/2 cup sunflower kernels
- 1/2 cup sesame seeds
- 2 tablespoons Milo®

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HOW TO MAKE IT

- 1** Melt Copha, brown sugar and honey in a saucepan over a low heat.
- 2** Mix rolled oats, apricots, sunflower kernels, sesame seeds, Milo and melted Copha until well combined.
- 3** Spoon mixture evenly into 24 paper confectionery cases. Set in the refrigerator.

Makes 24

Cherry Dream

WHAT YOU NEED

- 60g (1/4 block) Copha
- 125g light cream cheese
- 1/2 cup icing sugar, sifted
- 200g (1 cup) glacé cherries, chopped
- 1 cup desiccated coconut
- 1 teaspoon vanilla essence
- shredded coconut

HOW TO MAKE IT

- 1** Melt Copha in a saucepan over a low heat or in a microwave oven.
- 2** Beat cream cheese, icing sugar, cherries, coconut, vanilla essence and melted Copha and refrigerate until firm.
- 3** Divide mixture into 2 even portions and shape into logs. Roll each log in shredded coconut, wrap in foil and set in the refrigerator. Serve cut in slices.

Makes 20





Christmas Wreath

WHAT YOU NEED

125g (1/2 block) Copha

200g block Brazil nut chocolate

1 x 250g packet shortbread biscuits, crushed

125g (1 cup) roughly chopped brazil nuts

2 egg whites, lightly beaten

HOW TO MAKE IT

1 Melt Copha and chocolate in a bowl over gently simmering water.

2 Mix biscuit crumbs, brazil nuts, egg whites and melted Copha mixture until well combined.

3 Press mixture into 48 foil chocolate confectionery cases. Set in the refrigerator. Arrange in a ring and decorate with red and green ribbon and Christmas flowers.

Makes 48

Fruit Mince Slice

WHAT YOU NEED

125g (1/2 block) Copha

1 cup fruit mince

2 cups crushed plain biscuits

100g (1 cup) ground almonds

1 egg, lightly beaten

HOW TO MAKE IT

1 Melt Copha in a saucepan over a low heat or in a microwave oven.

2 Mix fruit mince, biscuit crumbs, almonds, egg and melted Copha until well combined.

3 Press mixture firmly into a foil-lined 20cm square cake tin. Set in the refrigerator.

Makes 36

SERVING IDEA: Slice may be iced with Chocolate Icing and decorated with whole roasted almonds.





Apricot Christmas

WHAT YOU NEED

- 250g (1 block) Copha
- 2 cups Kellogg's* Rice Bubbles**
- 1 cup desiccated coconut
- 1 cup powdered milk
- 1 cup chopped dried apricots
- 1 cup icing sugar, sifted
- 2 drops vanilla essence

* Registered trade mark
 ** Registered trade mark for oven-popped rice
 Kellogg (Aust.) Pty. Ltd.
 Authorised User

HOW TO MAKE IT

- 1** Melt Copha in a saucepan over a low heat or in a microwave oven.
- 2** Mix Rice Bubbles, coconut, powdered milk, apricots, icing sugar, vanilla essence and melted Copha until well combined.
- 3** Press mixture into a foil-lined 28 x 18cm lamington tin. Makes 36

SERVING IDEA: This mixture may be made into attractive Christmas shapes and used as table decorations. **Bells:** Lightly brush the inside of plastic Christmas bell moulds with melted Copha. Fill firmly with the mixture and set. To remove, allow to stand at room temperature, gently press sides of the bell and remove mould. Keep refrigerated. **Candles:** Lightly brush the inside of a fruit tin with melted Copha. Fill firmly with the mixture and set. To remove, allow to stand at room temperature, gently press sides of the tin and remove mould. Keep refrigerated. Make a wick out of red cellophane, attach to a toothpick and place on top of the candle. Decorate the base with ribbon and dried flowers.

Yuletide Log

WHAT YOU NEED

- 125g (1/2 block) Copha
- 1/2 cup brown sugar
- 2 cups crushed milk coffee biscuits
- 1 tablespoon cocoa
- 3/4 cup dates, chopped
- 1/2 cup chopped glacé cherries
- 1/2 cup chopped glacé pineapple
- 1/2 cup roasted hazelnuts
- 1/2 cup pecan nuts
- 3 tablespoons orange juice
- 1 tablespoon coffee essence

HOW TO MAKE IT

- 1** Melt Copha in a saucepan over a low heat or in a microwave oven.
- 2** Mix brown sugar, biscuit crumbs, cocoa, dates, cherries, pineapple, hazelnuts, pecan nuts, orange juice, coffee essence and melted Copha.
- 3** Press mixture into a foil-lined 15 x 25cm loaf tin. Set in the refrigerator.
 Makes 20

SERVING IDEA: Log may be brushed with warm jam and decorated with glacé fruits and nuts.





Santa's Buttons

WHAT YOU NEED

40g (2 tablespoons) Copha
 1 egg white
 2 1/3 cups icing sugar, sifted
 1 teaspoon lemon juice
 1/4 teaspoon almond essence
 36 whole toasted almonds

HOW TO MAKE IT

- 1** Melt Copha over a low heat or in a microwave oven.
- 2** Mix egg white, icing sugar, lemon juice, almond essence and melted Copha together, knead until smooth.
- 3** Take small teaspoonfuls of mixture, shape into balls and place on a baking tray lined with foil. Press an almond down into each ball. Set in the refrigerator.

Makes 36

Cherry Eggs

WHAT YOU NEED

60g (1/4 block) Copha
 2 cups desiccated coconut
 1/2 cup icing sugar, sifted
 1 cup chopped red glacé cherries
 2 egg whites, lightly beaten
 1/4 cup milk

HOW TO MAKE IT

- 1** Melt Copha in a saucepan over a low heat or in a microwave oven.
- 2** Mix coconut, icing sugar, cherries, egg whites, milk and melted Copha until well combined. Chill mixture until firm.
- 3** Shape mixture into small egg shapes and decorate with ribbon or drizzle with melted chocolate. Store in the refrigerator.

Makes 12





White Bunnies

WHAT YOU NEED

85g (1/3 block) Copha
 1/2 cup icing sugar, sifted
 1/2 cup powdered milk
 1/4 teaspoon vanilla essence
 1 tablespoon sultanas or finely chopped raisins or dried apricots.

HOW TO MAKE IT

- 1** Melt Copha in a saucepan over a low heat or in a microwave oven.
- 2** Mix icing sugar, powdered milk, vanilla essence, sultanas and melted Copha until smooth.
- 3** Spoon mixture into eight 25ml bunny moulds. Set in the refrigerator. Unmould and store in a container in the refrigerator.

Makes 8

SERVING IDEA: Gift wrap bunnies in an Easter Basket with cut cellophane and small Easter Eggs and ribbons.

Ironman's Eggs

WHAT YOU NEED

125g (1/2 block) Copha
 1 cup icing sugar, sifted
 1/4 cup cocoa
 2 cups Kellogg's* Nutri-Grain*

HOW TO MAKE IT

- 1** Melt Copha in a saucepan over a low heat or in a microwave oven.
- 2** Mix icing sugar, cocoa, Nutri-Grain and melted Copha until well combined.
- 3** Spoon mixture into eight 125ml Easter egg moulds. Set in the refrigerator. Unmould and store in the refrigerator.

Makes 8 halves

GIFT IDEA: Gift wrap by placing egg halves in a basket surrounded by extra Nutri-Grain and mixed nuts.



MAKING YOUR OWN GIFTS

There's nothing nicer than surprising someone special with a gift you've made yourself. And now, with the help of these recipes, you can make a whole variety of delightful treats, for many special occasions... Mothers' Day, Birthdays, Christmas and Easter – when you visit someone in hospital or stay at a friend's place overnight.

You can make Cophera treats for the school fête, to raise money for your club (or maybe even earn a little extra pocket money yourself!). So here are a few ideas on gift-wrapping that may come in handy...

Small boxes are great for gift giving. Cover them to suit the occasion: Glue Comic strips onto the box for friends... fashion magazine pages for teenage girls... pictures of cars for dad... sports for brothers – and so on. Just use your imagination to come up with the perfect look for your gift!

Mugs are easy to fill with goodies. Wrap them up in cellophane paper when they're filled, and tie a ribbon around the top.

Plates, Saucers and bowls give you many choices. Perhaps some pottery you made at school – or inexpensive, colourful items from the supermarket. Fill them up and wrap them with a colourful cloth or cellophane paper – and add a nice ribbon, a flower or some leaves as a finishing touch!

Plastic containers – such as colourful bowls, “mini crates” or “itsy-bitsy bins” make unusual containers, too!

Cardboard tubes wrapped in colourful giftwrap to look like a bon bon are an original way of presenting a gift.

Cloth bags or pieces of fabric can be used to fill or tie around your gifts. Finish them with a matching ribbon.

Tins, jars or drinking glasses can look great when covered in paper or simply wrapped in cellophane.

And when you're in a hurry, card shops and newsagents carry a wide variety of ready-made boxes and bags in all sorts of colours, for many different occasions. They're ready to fill and, of course, the easiest way to make a gift look beautiful!



Egg Nests

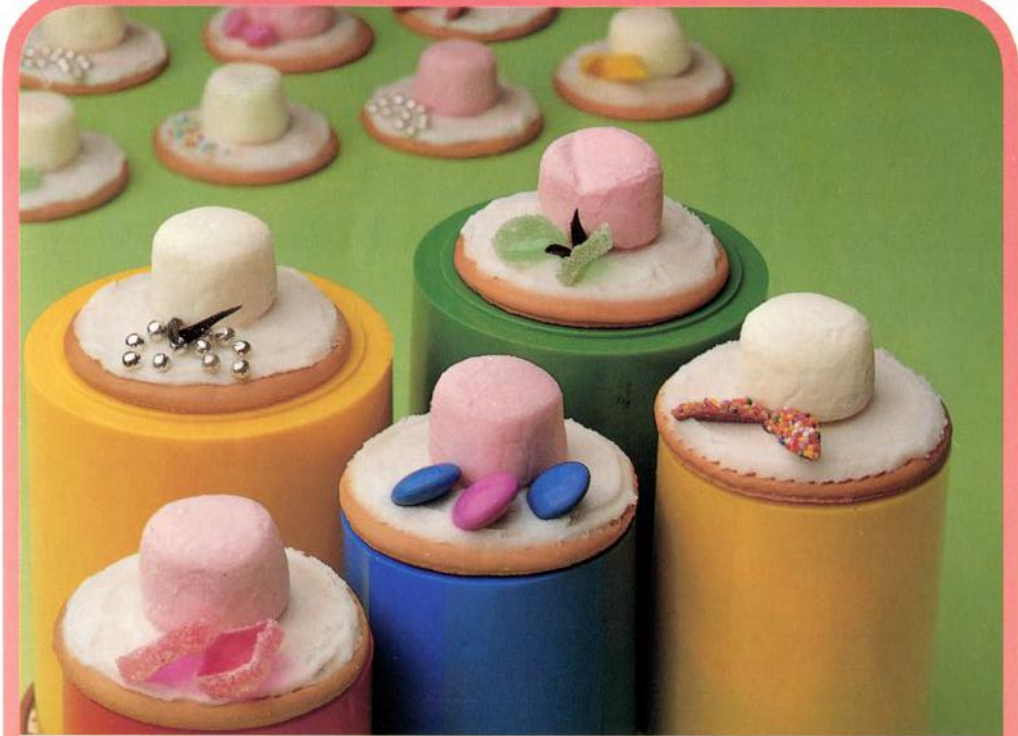
WHAT YOU NEED

125g (1/2 block) Copha
1/3 cup brown sugar
2 cups natural muesli
1/2 cup desiccated coconut
1 tablespoon cocoa or carob

HOW TO MAKE IT

- 1** Melt Copha and brown sugar in a saucepan over a low heat.
- 2** Place muesli, coconut, cocoa and melted Copha mixture in the bowl of a food processor and process until fine.
- 3** Press mixture into round patty tins which have been lightly brushed with melted Copha. Set in the refrigerator. Remove nests from tin and fill with chocolate or carob Easter Eggs.

Makes 15



Easter Bonnets

WHAT YOU NEED

85g (1/2 block) Copha
1 cup icing sugar, sifted
2 drops vanilla essence
1 x 250g packet plain round biscuits
25 pink and white marshmallows
Decoration:
hundreds and thousands
chocolate sprinkles
sweets and coloured cachous

HOW TO MAKE IT

- 1** Melt Copha in a saucepan over a low heat or in a microwave oven.
- 2** Mix icing sugar, vanilla essence and melted Copha until smooth.
- 3** Spread icing on biscuits, place a marshmallow on top and decorate as desired. Allow to set and store in an airtight tin.

Makes 25

Mega Bites

WHAT YOU NEED

- 125g (1/2 block) Copha
- 1 cup natural muesli
- 1 cup Kellogg's* Rice Bubbles**
- 1/2 cup desiccated coconut
- 1/2 cup icing sugar, sifted
- 1 tablespoon cocoa

* Registered trade mark

** Registered trade mark for oven-popped rice
Kellogg (Aust.) Pty. Ltd.
Authorised User

HOW TO MAKE IT

- 1** Melt Copha in a saucepan over a low heat or in a microwave oven.
- 2** Mix muesli, Rice Bubbles, coconut, icing sugar, cocoa and melted Copha until well combined.
- 3** Spoon mixture evenly into 24 paper patty containers. Set in the refrigerator.
Makes 18



Super Snowballs

WHAT YOU NEED

- 85g (1/3 block) Copha
- 2 tablespoons smooth peanut butter
- 2 cups rolled oats
- 2 cups raisins
- 1 cup sultanas
- shredded coconut

HOW TO MAKE IT

- 1** Melt Copha and peanut butter in a saucepan over a low heat.
- 2** Place rolled oats, raisins, sultanas and melted Copha mixture in the bowl of a food processor and process until the mixture forms a ball around the blade.
- 3** Shape large teaspoonfuls of mixture into balls and roll in shredded coconut.
Makes 20

Muesli Logs

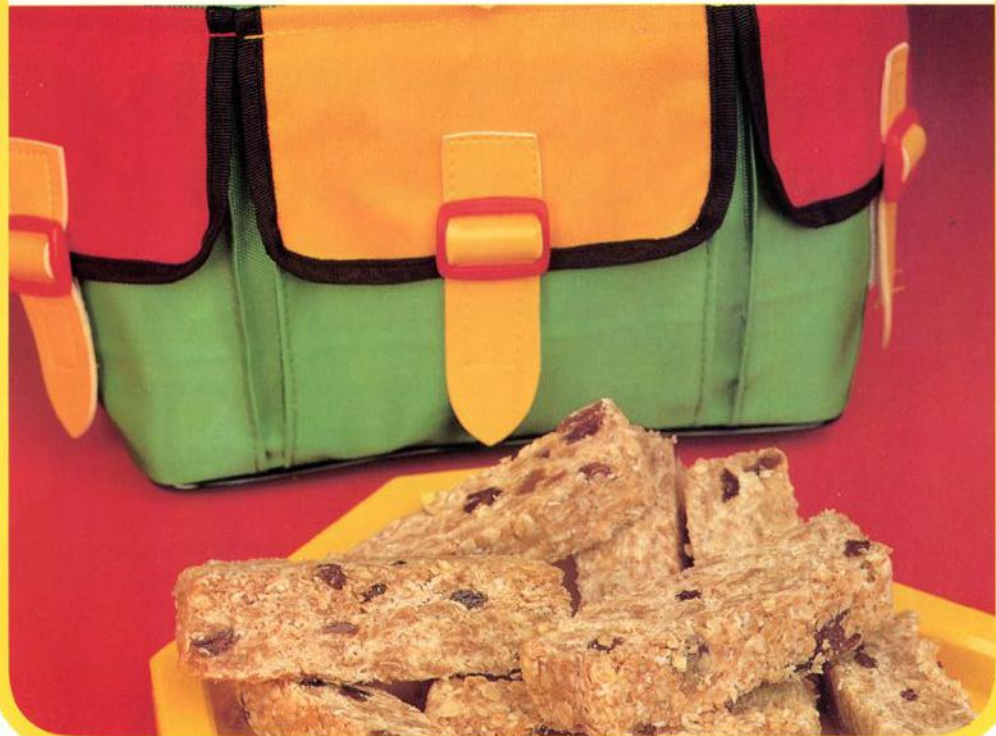
WHAT YOU NEED

125g (1/2 block) Copha
2 tablespoons brown sugar
2 tablespoons golden syrup
2 cups rolled oats
1/2 cup desiccated coconut
1/4 cup sultanas
1/2 cup wheatgerm

HOW TO MAKE IT

- 1** Melt Copha, brown sugar and golden syrup in a saucepan over a low heat.
- 2** Mix oats, coconut, sultanas, wheatgerm and melted Copha mixture until well combined.
- 3** Press mixture firmly into a foil-lined 15 x 25cm loaf tin. Set in the refrigerator.

Makes 10



Cara-Mellow Crunch

WHAT YOU NEED

125g (1/2 block) Copha
150g Caramello chocolate
2 cups Kellogg's* Coco Pops*
1 cup unsalted peanuts, chopped

HOW TO MAKE IT

- 1** Melt Copha and chocolate in a bowl over gently simmering water.
 - 2** Mix Coco Pops, peanuts and melted Copha mixture until well combined.
 - 3** Press mixture into a foil-lined 28 x 18 cm lamington tin. Set in the refrigerator.
- Makes 36

* Registered trade marks
Kellogg (Aust.) Pty. Ltd.
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Skaters

WHAT YOU NEED

- 185g (3/4 block) Copha
- 3 tablespoons honey
- 1/3 cup brown sugar
- 1 cup full cream powdered milk
- 1 cup Kellogg's* Puffed Wheat or crushed rice cakes
- 2 cups wheat flakes
- 1/2 cup desiccated coconut
- 2 tablespoons wheatgerm

* Registered trade mark
Kellogg (Aust.) Pty. Ltd.
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HOW TO MAKE IT

- 1** Melt Copha, honey and brown sugar in a saucepan over a low heat.
- 2** Mix powdered milk, Puffed Wheat, wheat flakes, coconut, wheatgerm and melted Copha mixture until well combined.
- 3** Press mixture firmly into 24 paper patty containers. Set in the refrigerator.
Makes 24



PARTY IDEAS

INVITATIONS

Making your own can be a lot of fun. Here are a few ideas to get you started. . . Tie your invitation to a balloon and attach a message saying "Please blow me up!". . . Write the invitation on a piece of round, brown paper and put it in a hamburger bun. . . Send a party "blowout" whistle with the invitation attached. . . Glue your message on a softdrink can or plastic fruit juice bottle. . . cut invitations up and send them out as jigsaws. . . make invitations cut into different shapes to suit the "theme" of your party: skateboards, balloons, stars, cars – and more.

PARTY THEMES

Try some of these. . . Your favourite Movie or Television show. . . Animal Parties. . . Sports Themes. . . Space Travel. . . Favourite Colour. . . Rock Stars. . . Ghosts and Monsters. . . Pyjama Party. . . Beach Fun. . . Punk Party. . . Dress as a Grown-up. . . Circus Fun. . . Magician's Ball. . . and more.





Coconut Rockets

WHAT YOU NEED

- 125g (1/2 block) Copha
- 1/2 cup icing sugar, sifted
- 1/2 cup cocoa
- 1/2 cup full cream powdered milk
- 1/2 teaspoon vanilla essence
- 32 Kellogg's* Ready-Wheats†
- 32 satay sticks
- shredded coconut

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HOW TO MAKE IT

- 1** Melt Copha in a saucepan over a low heat or in a microwave oven.
- 2** Mix icing sugar, cocoa, powdered milk, vanilla and melted Copha until well combined.
- 3** Place a satay stick into each Ready-Wheat. Coat in the chocolate and roll in coconut. Set in the refrigerator.

Makes 32

Peanut Honeys

WHAT YOU NEED

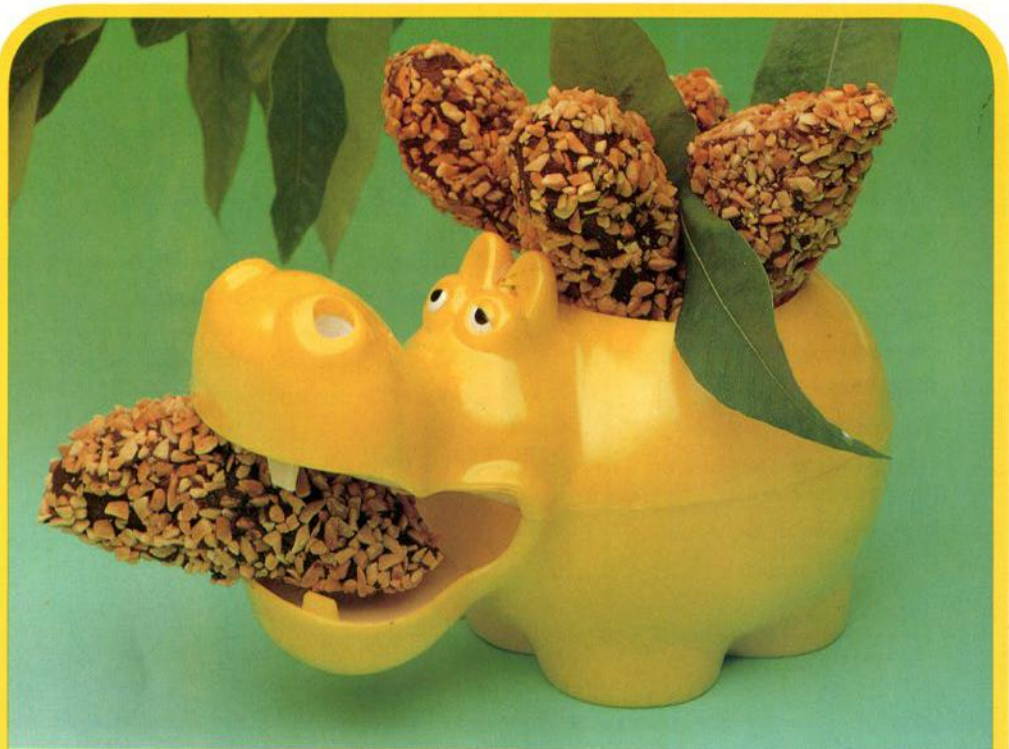
- 85g (1/3 block) Copha
- 1/4 cup brown sugar
- 1/4 cup honey
- 4 cups Kellogg's* Sustain*
- 1/2 cup unsalted peanuts, finely chopped
- 2 tablespoons unprocessed bran

* Registered trade marks
 Kellogg (Aust.) Pty. Ltd.
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HOW TO MAKE IT

- 1** Melt Copha, brown sugar and honey in a saucepan over a low heat.
 - 2** Mix Sustain, peanuts, bran and melted Copha mixture until well combined.
 - 3** Spoon mixture evenly into 24 paper patty containers. Set in the refrigerator.
- Makes 24





Choc-o-Nanas

WHAT YOU NEED

- 60g (1/4 block) Copha
- 1/4 cup icing sugar, sifted
- 1/4 cup cocoa
- 1/4 teaspoon vanilla essence
- 3 bananas, peeled and each cut into 4 even pieces
- 1 cup crushed nuts or 2 cups Kellogg's* Rice Bubbles**

* Registered trade mark
 ** Registered trade mark for oven-popped rice
 Kellogg (Aust.) Pty. Ltd.
 Authorised User

HOW TO MAKE IT

- 1** Melt Copha in a saucepan over a low heat or in a microwave oven.
- 2** Mix icing sugar, cocoa, vanilla and melted Copha until smooth.
- 3** Place a piece of banana on a fork and coat in chocolate coating and roll in crushed nuts or Rice Bubbles. Set in the refrigerator.

Makes 12

Teddy Crackles Birthday Cake

WHAT YOU NEED

- 500g (2 blocks) Copha
- 8 cups Kellogg's* Rice Bubbles**
- 2 cups icing sugar, sifted
- 6 tablespoons cocoa
- 2 cups desiccated coconut
- Decoration:** licorice, chocolate freckles, musk sticks, smarties, jubes, desiccated coconut, bow tie, chocolate and white glacé icing.

* Registered trade mark
 ** Registered trade mark for oven-popped rice
 Kellogg (Aust.) Pty. Ltd.
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HOW TO MAKE IT

- 1** Melt Copha in a saucepan over a low heat or in a microwave oven.
- 2** Mix Rice Bubbles, icing sugar, cocoa, coconut and melted Copha until well combined.
- 3** Press mixture to the same height into a foil-lined 28 x 18 cm lamington tin, a foil-lined 18cm round sandwich cake tin, a foil-lined 15cm square cake tin and make two chocolate crackles in paper patty containers. Set in the refrigerator.

To assemble bear: Cut the 15cm square mixture into quarters and trim to form the paws. On a large tray, using the glacé icing, secure the 18cm round for the head, the 28 x 18cm rectangle for the body, attach the paws and the two crackles for the ears. Decorate as shown in the photograph. Store in the refrigerator.





Moon Rocks

WHAT YOU NEED

- 85g (1/3 block) Copha
- 1/2 cup icing sugar, sifted
- 1/4 cup full cream powdered milk
- 1/4 cup cocoa
- 125g marshmallows, chopped
- 1 cup unsalted peanuts
- 1/2 cup chopped jelly snakes
- 1/2 teaspoon vanilla essence

HOW TO MAKE IT

- 1** Melt Copha in a saucepan over a low heat or in a microwave oven.
- 2** Mix icing sugar, powdered milk, cocoa, marshmallows, peanuts, jellies, vanilla and melted Copha until well combined.
- 3** Press mixture into a foil-lined shallow 15cm square cake tin. Set in the refrigerator.

Makes 48

Crunchy Marbles

WHAT YOU NEED

- 60g (1/4 cup) Copha
- 1/2 cup desiccated coconut
- 1 cup rolled oats
- 1 cup sultanas
- finely crushed lite chips

HOW TO MAKE IT

- 1** Melt Copha in a saucepan over a low heat or in a microwave oven.
- 2** Place coconut, oats, sultanas and melted Copha in the bowl of a food processor and process until well combined.
- 3** Shape teaspoonfuls of mixture into balls and roll in crushed chips. Set in the refrigerator.

Makes 24





Chocolate Ice

WHAT YOU NEED

125g (1/2 block) Copha
 1 cup icing sugar
 1 cup powdered milk
 2 cups desiccated coconut
 2 egg whites, lightly beaten
 60g dark cooking chocolate, melted

HOW TO MAKE IT

- 1** Melt Copha in a saucepan over a low heat or in a microwave oven.
- 2** Mix icing sugar, powdered milk, coconut, egg whites and melted Copha until well combined.
- 3** Press half the mixture into a foil lined 15 x 25cm loaf tin. Mix melted chocolate with the remaining mixture and spread over the white layer. Set in the refrigerator.

Makes 36

Caramel Pops

WHAT YOU NEED

40g (2 tablespoons) Copha
 120g caramels, chopped
 60g marshmallows
 4 cups fresh popcorn
 24 ice block sticks

HOW TO MAKE IT

- 1** Melt Copha, caramels and marshmallows in a saucepan over a low heat.
- 2** Mix popcorn and melted Copha mixture until well combined.
- 3** Press mixture evenly into 24 paper confectionery containers. Place a wooden ice block stick into each one. Set in the refrigerator. To serve, remove the paper container.

Makes 24





Sesame Fruit Bars

WHAT YOU NEED

40g (2 tablespoons) Copha
 1 cup chopped dried apples
 1 cup sultanas
 1 cup chopped dried apricots
 ½ cup toasted sesame seeds

HOW TO MAKE IT

- 1** Melt Copha in a saucepan over a low heat or in a microwave oven.
- 2** Place apples, sultanas, apricots, sesame seeds and melted Copha in the bowl of a food processor and process until the mixture forms a ball around the blade.
- 3** Press mixture into a foil-lined 28 x 18cm lamington tin. Set in the refrigerator.
 Makes 45

Traffic Light Biscuits

WHAT YOU NEED

30g (1 ½ tablespoons) Copha
 ½ cup icing sugar, sifted
 1 tablespoon orange juice
 24 morning coffee biscuits
 red, green, orange smarties

HOW TO MAKE IT

- 1** Melt Copha in a saucepan over low heat or in a microwave oven.
- 2** Mix icing sugar, orange juice and melted Copha until smooth.
- 3** Spread icing on biscuits and decorate like traffic lights with smarties. Store in an airtight tin.

Makes 24



CLEVER TRICKS

- To beat mixture, use the back of a wooden spoon.
- When shaping mixture into balls, lightly coat the palms of your hands with corn flour.
- Use metric measuring spoons and cups for measuring ingredients and measure accurately for best results.
- It is easier to cut Copha slices if they are left out of the refrigerator for half an hour.
- Cutting dried fruit is easy if you use scissors.
- Always have paper patty containers in the pantry ready to make your Copha treats.
- Carob powder may be substituted for cocoa in any recipe.
- To soften cream cheese, leave it out of the refrigerator at room temperature – it makes it easier to beat.
- Be generous when lining tins with foil, allow extra foil up the sides then the slice is easily removed from the tin and wrapped up.
- Left over egg yolks make delicious, nutritious egg flips.
- When refrigerating Copha treats, either wrap well in foil or store in a covered container.

WITH



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