

milk, sugar, shortening, salt, lemon zest, mace, egg and 2 cups flour; beat 2 minutes. Gradually add enough remaining flour to make a soft dough.

Knead until smooth and elastic, 15 minutes by hand or with a dough hook. Place in greased bowl; turn to coat. Cover; let rise in a warm (80°F) place until double. Punch down; repeat rise.

In saucepan, cook apricots, apple and water on medium heat, stirring constantly, until soft, about 20 minutes. Mash; stir in sugar and nutmeg; cool.

Punch down dough; divide into 24 balls. Cover; let rest 10 minutes. Place 12 balls 2 inches apart on greased baking sheet. Cover; let rise until double.

Indent center of each bun, leaving 1/4-inch-wide rim, deep enough so filling does not boil out. Cover; let rise 10 minutes. Mix egg yolk and liquid for glaze. Press indentation again. Brush with glaze; fill with rounded teaspoon of filling.

Let rise 15 minutes. Bake in a preheated 375°F oven 12-15 minutes or until golden brown. Cool on rack. Makes 24 kolaches.

Nutrition Analysis. One kolache provides 131 calories, 3 g protein, 24 g carbohydrates, 1 g dietary fiber, 2 g fat, 9 mg cholesterol, 20 mg calcium, 78 mg potassium and 123 mg sodium.

or as desired. Cover, let rise in warm (90°-110°F) place until double.

Bake 13-14 minutes in a preheated 400°F oven. Remove rolls and cool on wire racks. Makes 36 rolls.

Nutrition Analysis. One roll provides 145 calories, 3 g protein, 22 g carbohydrates, 1 g dietary fiber, 5 g fat, 18 mg cholesterol, 8 mg calcium, 53 mg potassium and 143 mg sodium.

Flip 'em Rolls: Divide dough into thirds. Roll each third into a 13- to 14-inch circle. Using a pizza cutter, evenly divide circle into 12 wedge-shaped pieces. Pick up each triangle at the wide edge and flip the dough toward you. Pinch the point to the roll to prevent unrolling and lay point-side-down on a lightly greased baking sheet, shaping into a crescent roll.

*Three medium unseasoned potatoes boiled in 3 cups water will yield about 1 cup mashed potatoes.

**Half of the flour may be whole wheat flour.

***Dough may be placed in a sealable bowl and refrigerated 1-2 days. Punch down dough as necessary.

Double Orange Scones

2 cups all-purpose flour	1/2 cup drained, chopped mandarin oranges
3 tablespoons sugar	1/3 cup skim milk
2 1/2 teaspoons baking powder	1 egg, beaten or egg substitute
2 teaspoons grated orange zest	1 egg white, beaten
1/4 cup cold butter or margarine, diced	1 tablespoon sugar

Preheat oven to 400°F. Lightly coat cookie sheet with cooking spray.

In a large bowl, combine flour, 3 tablespoons sugar, baking powder and grated orange zest; mix well. Using a pastry blender, cut in butter or margarine until the mixture resembles coarse meal.

Stir in oranges, milk and egg just until the dough leaves side of the bowl.

Turn dough onto a lightly floured surface and knead lightly 10 times.

Place on greased cookie sheet and roll or pat dough into an evenly shaped

Fat-Free Chocolate Squares

1 cup all-purpose flour	1/4 cup brown sugar
1/3 cup unsweetened cocoa	1/4 cup non-fat dry milk powder
1/2 teaspoon salt	1 egg white, slightly beaten
1 teaspoon baking powder	1 cup unsweetened applesauce
1/4 teaspoon baking soda	1 teaspoon vanilla
1/4 teaspoon cinnamon	1 teaspoon confectioners' sugar, optional
1/2 cup sugar	

Preheat oven to 350°F. Lightly coat bottom only of an 8" x 8" x 2" pan with cooking spray; set aside.

In large bowl, sift together flour, cocoa, salt, baking powder, baking soda and cinnamon; set aside. In medium bowl, beat the sugar, brown sugar, non-fat dry milk powder, egg white, applesauce and vanilla with a spoon until well combined. Stir wet mixture into dry mixture, mixing just until combined.