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### **A Note from the Author**

I need to share this with everyone. One CV's Mini Recipe Book of the reasons I started this cookbook is to share some of the recipes that don't cost you an arm and a leg. For those that know me, are aware that I am somewhat frugal, ok, I'm cheap. Now, let's keep it straight, I never sacrifice quality. When I was growing up in the 50's and CV's Mini Recipe Book 60's, my mother always bought generic stuff.

I understand that we were not rich. As a matter of fact we were on welfare. I didn't know that until I was grown, but we were. My mother was a single parent of three and she was good at providing. Sure, she would get the Surplus Powdered Milk then mix it in the regular milk containers and attempt to fake us out, oh but we knew the difference and I didn't drink either. How many of you remember mixing the coloring into the Oleo (margarine)?

Man oh man; let's CV's Mini Recipe Book not forget that government block cheese! I can't find anyone who disagrees, that block cheese made the best Grilled Cheese sandwiches and macaroni & cheese on this earth! I think that's why I can't tolerate cheese today.

Therefore, that could be the reason I CV's Mini Recipe Book do not skimp on quality, when I raised my girls we did not indulge in generic products. Well maybe in their blue jeans, but never CV's Mini Recipe Book on food. So, if I say butter in my recipes, I will not CV's Mini Recipe Book advise substitutions with margarine. I don't use anything that has additives and preservatives because I am allergic to such. I try to use as much of natural products as possible. Spring of 2014, if I am still in good health, I am replanting a garden in my back yard.

The brand names I use are what I use; I have never experimented with other brands and if you do, don't blame me if it doesn't turn out like mine or as good as you'd like. Your experiments are at your own risks. I do not have any stock in any of the mentioned brands or any other CV's Mini Recipe Book interest. I simply like those products. Feel free CV's Mini Recipe Book to use other brands CV's Mini Recipe Book then send me an email and let me know how it turned out. [CVstresures10@gmail.com](mailto:CVstresures10@gmail.com)

***Here is a small group of my favorite recipes that I have perfected to my liking over the years. Now I'll share them with you. If you like them, let me know, then I'll gather more. Please read thru my recipes before starting a recipe. If you have any questions or need clarity on any recipes, please email me.***

***Happy Cooking!***

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## **Banana Nut Bread with Chocolate Chips**

Recipe Yield 1 9x4 inch loaf

### **Ingredients**

Cooking spray

3 ripe bananas

1 cups all-purpose flour

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1 cup Whole wheat flour  
1 teaspoon salt  
1 teaspoon baking powder  
1 teaspoon baking soda  
½ cup unsweetened apple sauce  
¾ cup white sugar  
2 large eggs  
1/2 teaspoon vanilla extract

¾ teaspoon Butter Extract (I use Watkins)  
1 tablespoon skim milk  
1 cup chopped walnuts  
1/3 cup semisweet chocolate chips- optional

### **Directions**

Preheat the oven to 325 degrees F.

Spray with cooking spray a 9x4 inch loaf pan.

Mash bananas in a bowl.

Whisk together flour, salt, baking powder, and baking soda in another

bowl.

Mix apple sauce and sugar together with an electric mixer or spatula in a large bowl until smooth.

Stir in mashed bananas.

Add eggs to the butter mixture one at a time, fully blending in each egg before adding the next.

Stir CV's Mini Recipe Book in vanilla extract and milk.

Stir in chopped walnuts, chocolate chips, and flour mixture until just incorporated.

Pour batter into the prepared loaf pan. Tap pan on the counter to release any air pockets.

Bake in preheated oven for about 1 hour 10 minutes, or until an inserted wooden skewer or toothpick comes out clean.

Let the bread rest in the pan for 15-20 minutes. Remove from pan. Slice and serve.

**Figure1. Banana Nut Bread fresh CV's Mini Recipe Book out the oven**

## ***CV's Turkey/ Chicken Pot Pie***

## **CV S Mini Recipe Book**

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