

# Jan Twists

Margery Carenzo

*Favorite Recipes - Sacred Heart School - Easthampton, MA (1984)*

*2 cups Bisquick® baking mix*  
*2 tablespoons granulated sugar*  
*1 egg*  
*1/4 cup milk*  
*1/3 cup jam, jelly or preserves*  
*1 tablespoon powdered sugar*

In a bowl, mix the Bisquick, sugar, egg and milk until it forms a soft dough. Beat vigorously for twenty strokes. Gently smooth the dough into a ball on a floured board. Knead six times. Roll the dough into a 15x9-inch rectangle.

Spread the dough with jam. Fold the dough lengthwise into thirds. Press the edges together to seal. Cut into fifteen one-inch strips. Twist the ends of the strips in opposite directions.

Place on a greased cookie sheet. Press the ends into the cookie sheet to fasten securely.

Bake in a 450 degree oven for 10 to 12 minutes or until light brown.

Sprinkle with powdered sugar.

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Per Serving (excluding unknown items): 1197 Calories; 39g Fat (29.3% calories from fat); 24g Protein; 188g Carbohydrate; 6g Dietary Fiber; 220mg Cholesterol; 2900mg Sodium. Exchanges: 10 Grain(Starch); 1 Lean Meat; 0 Non-Fat Milk; 7 Fat; 2 Other Carbohydrates.