

Jam Buns

*Canadian Mennonite Cookbook - 1974
D. W. Friesen & Sons Ltd.*

*2 cups flour
3 tablespoons baking
powder
2 tablespoons sugar
1/4 teaspoon salt
1 cup shortening
1 egg, beaten
1 teaspoon vanilla
1/2 cup milk*

Preheat the oven to 400 degrees.

In a bowl, mix the flour, baking powder, sugar, salt and shortening. Treat like pastry.

Then add the beaten egg, vanilla and milk. Mix well together.

Roll out about as thick as for a pie crust. Cut in squares.

Place a dab of jam on each square. Fold the corners up and pinch the edges well together.

Place in small muffin tins.

Bake for 15 minutes.

Per Serving (excluding unknown items): 3002 Calories; 216g Fat (64.4% calories from fat); 36g Protein; 233g Carbohydrate; 7g Dietary Fiber; 229mg Cholesterol; 5056mg Sodium. Exchanges: 12 1/2 Grain(Starch); 1 Lean Meat; 1/2 Non-Fat Milk; 42 Fat; 2 1/2 Other Carbohydrates.