

# Jam Busters

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

*3 teaspoons baking powder  
1 teaspoon salt  
1 cup sugar  
1 cup milk  
3 eggs  
1/2 cup butter and lard  
mixed  
2 packages quick rising  
yeast  
vanilla  
flour (for soft dough)*

Make a sponge from the quick yeast.

Knead the dough but keep it soft. After it has risen to double in bulk or more, roll with a rolling pin to about 1/2 inch thick. Cut with a cookie cutter and let rise again until very light.

Bake in hot, deep fat.

Cut with a sharp knife and fill with jam (raspberry preferred).

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Per Serving (excluding unknown items): 1153 Calories; 23g Fat (17.6% calories from fat); 27g Protein; 216g Carbohydrate; 0g Dietary Fiber; 669mg Cholesterol; 3926mg Sodium. Exchanges: 2 1/2 Lean Meat; 1 Non-Fat Milk; 2 1/2 Fat; 13 1/2 Other Carbohydrates.