

nce upon a breadboard...

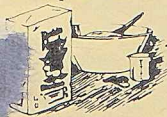


The happy young man on the breadboard is Sherwood. He's easy to love once you try him and easy to share with friends. Sherwood will grow on you because he gives a lot in return for only a little attention every day. He will bring a new taste sensation to your baking.

On the 1st day you start him by assembling:

SHERWOOD'S BEGINNING

- 1 tsp. sugar
- 2 cups warm water
- 1 package active dry yeast
- 2 cups ROBIN HOOD All-Purpose flour



Dissolve the sugar in $\frac{1}{2}$ cup of the warm water in a warm medium size glass bowl. Sprinkle yeast into water. Let stand 10 minutes. Stir in the remaining warm water and the flour. Beat until smooth. Cover the young Sherwood tightly with plastic wrap and leave him overnight at room temperature.

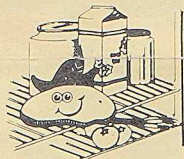


On the 2nd day you feed him:

SHERWOOD'S FOOD

- 1 cup ROBIN HOOD All-Purpose Flour
- 1 cup milk
- $\frac{1}{2}$ cup sugar

After you have fed Sherwood, you cover him loosely and put him in the refrigerator.



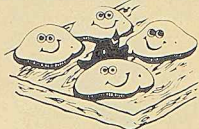
On the 3rd day all you do is stir him a little until he is smooth. On the 4th day you repeat day 3, stirring gently until Sherwood is smooth.

On the 5th day it's time to feed him again. By now you can see him growing! You feed him the same food as on day 2.

On the 6th to the 10th day stir well once a day. By now you'll have a full-grown Sherwood! 4 cups in all.

Now the fun starts! Take one cup of Sherwood and give him to a friend, neighbour or a mom or a daughter, and tell her how to grow her very own Sherwood. Try the delicious recipes on the opposite page and write to us at Robin Hood for more delicious quality-tested recipes.

When Sherwood is down to his last cup, feed him again as on the 2nd day. Continue caring for him



as from the 3rd to the 10th day and he'll obligingly grow back to 3 full cups.

As long as someone in your circle of friends is growing him, there'll always be some Sherwood to share. Remember, Sherwood will always be the start of something good.

SHERWOOD COFFEE CAKE
Serve warm for maximum flavour

- 2 cups ROBIN HOOD All-Purpose Flour
- 2 cups SHERWOOD
- 1 cup sugar
- $\frac{2}{3}$ cup oil
- 2 eggs
- 1 tsp. cinnamon
- $\frac{1}{2}$ tsp. salt
- $\frac{1}{2}$ tsp. soda
- 1 cup raisins
- 1 cup finely chopped apple (1 - 2 apples)

COMBINE all ingredients except raisins and apple in large bowl. Beat well until smooth. STIR in raisins and apple. POUR into well-greased 13" x 9" cake pan. SPRINKLE topping evenly over batter.

BAKE at 350°F for 35-40 minutes or until toothpick inserted in centre comes out clean. MAKES one coffee cake.

TOPPING:

- 1 cup lightly packed brown sugar
 - $\frac{1}{2}$ cup chopped nuts
 - $\frac{1}{4}$ cup butter or margarine, softened
 - 1 tbs. ROBIN HOOD All-Purpose Flour
 - 1 tbs. cinnamon
- COMBINE all ingredients. Mix well.