



USDA Smart Snack Recipes

Breakfast and Baked Goods

The following recipes come from the Iowa Department of Education, Kansas State Department of Education, and Minnesota Department of Education. The recipes were obtained from their websites, accessible at the following links:

- Iowa Department of Education, “Smart Snacks in School”:
<https://www.educateiowa.gov/pk-12/nutrition-programs/quick-links-nutrition/learning-tools-nutrition/smart-snacks-school>
- Kansas State Department of Education, “Smart Snacks in Schools”:
http://www.kn-eat.org/snp/snp_menus/SNP_Guidance_Smart_Snacks.htm
- Minnesota Department of Education, “Smart Snacks”:
<http://education.state.mn.us/MDE/dse/FNS/SNP/gen/smart/index.htm>



Recipes were developed at least in part with Federal funds from the U.S. Department of Agriculture, Food and Nutrition Service. The contents of this publication do not necessarily reflect the views or policies of the Department, nor does mention of trade names commercial products, or organizations imply endorsement by the U.S. Government.



In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, religious creed, disability, age, political beliefs, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotope, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at [\(800\) 877-8339](tel:8008778339). Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call [\(866\) 632-9992](tel:8666329992). Submit your completed form or letter to USDA by:

(1) mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;

(2) fax: [\(202\) 690-7442](tel:2026907442); or

(3) email: program.intake@usda.gov.

This institution is an equal opportunity provider.

This material was funded by the USDA's Supplemental Nutrition Assistance Program – SNAP and the Illinois State Board of Education.

University of Illinois Extension * United States Department of Agriculture *
Local Extension Councils Cooperating

University of Illinois Extension provides equal opportunities in programs and employment.



Banana Oatmeal Bread



Category: Grain/Bread

Smart Snack: Meets Criteria

Ingredients	For 16 Servings		Directions
	Weight	Measure	
Nonstick cooking spray			<ol style="list-style-type: none"> 1. Preheat oven to 350°F. 2. Spray a 9" x 5" loaf pan. 3. Beat the oil and eggs with a mixer. Add sugar and beat until fluffy. 4. Mix flour, oats, baking soda, baking powder, and salt in a bowl. 5. Add flour mixture and mashed bananas to oil and egg mixture. Stir until blended. 6. Pour mixture into loaf pan. Bake for 50 to 60 minutes. Poke a toothpick near the center of the bread; make sure it comes out clean. 7. Remove bread from oven and let it cool for 5-10 minutes. Run a knife between the bread and the side of the pan. Turn the pan upside down on a baking rack. Cool bread before cutting into 16 slices.
Canola oil		1/3 cup	
Eggs, beaten		2	
White sugar		2/3 cup	
All-purpose flour		1/2 cup	
Whole wheat flour		1/2 cup	
Quick cooking oats		1 cup	
Baking soda		1 1/2 tsp	
Baking powder		1/2 tsp	
Salt		1/2 tsp	
Bananas, mashed		1 cup (4 small or 3 medium)	

Serving Size: 1 slice (52 grams) Yield: 16 Servings
Crediting in School Meals: 3/4 oz. grain equivalent

Conventional Oven: Temp: 350°F for 50-60 minutes.

Nutrition Analysis: Serving Size: 1 slice





Calories: 140	Calories from Fat: 45	Total Fat: 5g	Saturated Fat: 1g	Trans Fat: 0g
Cholesterol: 23mg	Sodium: 220mg	Total Carbohydrate: 20g	Dietary Fiber: 1g	Sugars: 10g
Protein: 3g	Vitamin A: 43 IU	Vitamin C: 1mg	Calcium: 8.87mg	Iron: 0.68mg

Adapted from Iowa State University Extension and Outreach – Spend Smart. Eat Smart. <http://www.extension.iastate.edu/foodsavings/>



Fruity Yogurt Muffin



Ingredients	For 48 Servings		Directions
	Weight	Measure	
Whole wheat flour		4 cups	<ol style="list-style-type: none"> 1. Preheat oven to 350°F 2. Spray muffin pans with cooking spray. 3. Combine the flours, sugars, and baking soda together. 4. Melt the butter and let cool a little. 5. In a separate large bowl mix the applesauce, yogurt, egg whites, non-fat yogurt, melted butter and vanilla together. Whisk them until smooth with no lumps. 6. Slowly stir wet ingredients into the dry ingredients just until moistened. Gently stir in the strawberries and blueberries by hand. DO NOT OVER MIX. The batter will be a little lumpy. 7. Using a scoop divide the batter into sprayed muffin tins filling 2/3 to almost full in the pans. 8. Bake at 350°F for 15 minutes. 9. Remove from the oven. Let them cool for 5 min before removing from the pan.
White flour all- purpose		4 cups	
Baking soda		6 tsp	
White sugar		1 cup	
Brown sugar		1 cup	
Applesauce unsweetened 		2 1/2 cups	
Vanilla extract		4 tsp	
Egg whites Large		8 each	
Yogurt Non- fat vanilla		2 1/2 cups	
Butter unsalted melted		3/4 cup	
Strawberries, frozen, sweetened, sliced, thawed 		4 1/2 cups	
Blueberries frozen thawed rinsed 		2 cups	
			

Serving Size: 1 muffin (2 oz.) Yield: Servings 48

1 ¼ oz. eq. Grain and 1/8 cup Fruit

Nutrition Analysis: Serving Size: 1 each muffin

Calories: 172 kcal

Calories from Fat: 17.53%

Total Fat: 3.35 g

Saturated Fat: 1.9 g

Trans Fat: 0.0

Cholesterol: 7.87 mg

Sodium: 177 mg

Total Carbohydrate: 33.3 g

Dietary Fiber: 2.11 g

Sugars: 16.54 g

Protein: 3.67 g

Vitamin A: 103 IU

Vitamin C: 12.89 mg


Calcium: 30.66 mg

Iron: 1.08 mg



Gooney Chocolate Muffin



Ingredients	For 48 Servings		Directions
	Weight	Measure	
Whole wheat flour		2 2/3 cup	<ol style="list-style-type: none"> 1. Preheat oven to 400°F 2. Spray muffin pans with cooking spray. 3. Combine the flours, cocoa powder, salt, baking powder and baking soda together. 4. In a separate large bowl mix the applesauce, sugar, honey, egg whites, non- fat yogurt, and vanilla together. Whisk them until smooth with no lumps. 5. Slowly stir wet ingredients into the dry ingredients. Gently stir in the mini choc chips do not over mix. Mix by hand. The batter will be a little lumpy. 6. Using a scoop divide the batter into sprayed muffin tins filling 2/3 to almost full in the pans. 7. Bake at 400°F for 15 to 20 minutes. 8. Remove from the oven. Let them cool for 5 minutes before removing from the pan.
White flour all- purpose		1 1/3 cups	
Cocoa powder		2 cups	
Baking soda		4 tsp	
Baking powder		4 tsp	
Salt		1 tsp	
Applesauce unsweetened		3 cups	
White sugar		2 cups	
Honey		1 cup	
Vanilla extract		4 tsp	
Egg whites large		8 each	
Yogurt Non- fat vanilla		3 cups	
Mini semi-sweet chocolate chips		1 1/2 cups	
			

Serving Size: 1 muffin (2 oz.) Yield: Servings 48

½ oz. eq. Grain

Nutrition Analysis: Serving Size: 1 each muffin

Calories: 132 kcal	Calories from Fat: 16.15%	Total Fat: 2.36 g	Saturated Fat: 1.3 g	Trans Fat: 0.00 g
Cholesterol: 0.28 mg	Sodium: 187.67 mg	Total Carbohydrate: 27.98 g	Dietary Fiber: 2.63 g	Sugars: 16.24 g
Protein: 3.37 g	Vitamin A: 6.05 IU	Vitamin C: 3.42 mg	Calcium: 30.89 mg	Iron: 1.16 mg



Maple Muffins



Category: Bread/Grain

HACCP Process: 2 – Cook & Same Day Serve

Smart Snack: Meets Criteria

Ingredients	For 12 Servings		Directions
	Weight	Measure	
Cooking spray Whole wheat flour White sugar Applesauce, unsweetened White flour Egg Sour cream, regular Baking powder Baking soda Skim milk Real maple syrup Salt Canola oil		1 ½ cup ½ cup 2 T. ½ cup 1 ½ cup 2 ½ tsp. ¼ tsp. ½ cup ¼ cup ¼ tsp 2 T.	<ol style="list-style-type: none"> 1. Preheat oven to 400°F. Spray muffin tin with cooking spray. 2. Stir together flour, baking powder, baking soda, salt, and sugar. Mix together eggs, skim milk, syrup, oil and sour cream. Mix in dry ingredients. Fill each muffin up 2/3 full. Bake 20 minutes.



Serving Size: 1 muffin (50 grams) Yield: 12 Servings

Crediting in School Meals: 1 oz. grain equivalent

Conventional Oven: Temp: 400°F for 20 minutes.

Nutrition Analysis: Serving Size: 1 muffin

Calories: 170

Calories from Fat: 45

Total Fat: 5g

Saturated Fat: 1.5g

Trans Fat: 0g

Cholesterol: 21mg

Sodium: 198mg

Total Carbohydrate: 29g

Dietary Fiber: 1.5g

Sugars: 14g

Protein: 3g

Vitamin A: 110 IU

Vitamin C: 0mg

Calcium: 97mg

Iron: 1mg

Recipe adapted from Healthy Kids Challenge: <http://www.homebaking.org/PDF/bakesale/FCSHealthyKidsChallenge.pdf>.



Oatmeal Chocolate Chip Cookie



Category: Bread/Grain

HACCP Process: 2 – Cook & Same Day Serve

Smart Snack: Meets Criteria

Ingredients	For 34 Servings		Directions
	Weight	Measure	
Cooking spray			<ol style="list-style-type: none"> 1. Preheat oven to 350°F. 2. Cream sugars and shortening until smooth. 3. Beat in applesauce, egg whites and vanilla extract until completely combined. 4. Combine oats, flours, baking powder, baking soda and salt. Add to wet mixture. Mix on low speed for 20-30 seconds, until all dry ingredients are moistened. 5. Add chocolate chips and mix on low speed for 10-15 seconds. 6. Portion #40 scoop of batter on to baking pan sprayed with cooking spray. 7. Bake at 350°F until lightly browned about 10-12 minutes.
Sugar, granulated		¾ cup	
Brown sugar		¾ cup	
Shortening, vegetable trans-fat free		½ cup	
Applesauce, unsweetened		¼ cup	
Egg, whites, large		4	
Vanilla extract		½ tsp	
Oats, quick		2 cups	
Flour, all-purpose		1 cup	
Flour, whole wheat		1 cup	
Baking powder		1 tsp	
Baking soda		1 tsp	
Salt		½ tsp	
Chocolate chips, semi-sweet, mini		½ cup	

Serving Size: 1 cookie (2.5 oz) Yield: 34 Servings

Conventional Oven: Temp: 350°F for 10-12 minutes.

Nutrition Analysis: Serving Size: 1 cookie

Calories: 125	Calories from Fat: 45	Total Fat: 4	Saturated Fat: 1g	Trans Fat: 0g
Cholesterol: 0mg	Sodium: 102mg	Total Carbohydrate: 19g	Dietary Fiber: 1g	Sugars: 11g
Protein: 2g	Vitamin A: 0.57 IU	Vitamin C: 0mg	Calcium: 8.5mg	Iron: 0.5mg




Recipe from Kansas State Department of Education (developed by USD#351 – Macksville, Kansas):

http://www.kn-eat.org/snp/snp_menus/SNP_Guidance_Smart_Snacks.htm



Smart Cranberry Cookie



Ingredients	For 21 Servings		Directions
	Weight	Measure	
Oats, Quick  Flour, Whole Wheat Flour, all-purpose Baking Powder Baking Soda Brown Sugar White Sugar Butter flavor Crisco shortening trans-fat free Applesauce, unsweetened  Vanilla Extract Egg whites Cranberry, dried  White Chocolate Chips Pan Cooking Spray		2 1/2 cups 1 cup 1/2 cup 1 tsp 1 tsp 3/4 cup 3/4 cup 1/2 cup 1/4 cup 2 tsp 4 each 1/4 cup 1/4 cup	<ol style="list-style-type: none"> Preheat oven to 350°F. Spray sheet pan with cooking spray. Combine oats, flours, baking powder, baking soda and set aside. Cream brown sugar, white sugar and shortening together until smooth consistency. Beat in applesauce, egg whites and vanilla extract until combined. Add dry mixture of oats and flours to wet mixture. Mix on medium speed for 30 seconds or until moistened. Add Craisins and White chocolate chips. Mix on low speed for 15 seconds. Use a #20 scoop to portion cookie dough on pans. Bake at 350°F for 10 to 12 minutes until light brown in color around edges. Let cool for 10 minutes, remove from pan.



Serving Size: 1 cookie (1.7 oz.) Yield: 21 each

1 oz. eq. Grain

Nutrition Analysis: Serving Size: 1 cookie

Calories: 183 Kcal

Calories from Fat: 30.67%

Total Fat: 6.22 g

Saturated Fat: 1.99 g

Trans Fat: 0.00 g

Cholesterol: 0.56 mg

Sodium: 112 mg

Total Carbohydrate: 27.8 g

Dietary Fiber: 1.73 g

Sugars: 14.08 g

Protein: 3.46 g

Vitamin A: 40.4 IU

Vitamin C: 0.05 mg

Calcium: 19.8 mg

Iron: 0.83 mg




Wacky Cake



Category: Bread/Grain

Smart Snack: Meets Criteria

Ingredients	For 16 Servings		Directions
	Weight	Measure	
Whole wheat flour All-purpose flour Sugar Unsweetened cocoa powder Salt Baking soda Vanilla Vinegar Canola oil Water 		1 ¾ cup 1 ¼ cup 1 cup 3 T. ¼ tsp. 2 ¼ tsp. 1 T. 2 T. ½ cup 2 cups	<ol style="list-style-type: none"> 1. Preheat oven to 350°F. 2. Put flour, sugar, cocoa, salt and baking soda directly into an ungreased 9 x 13 inch baking pan. Use a whisk to stir them together. 3. Using a spoon, make 3 separate holes in the dry mixture. Pour the vanilla into one hole. Pour the vinegar into another hole. Pour the oil into the third hole. 4. Microwave water on high for 3 minutes or until it's boiling. Pour the boiling water slowly and evenly over the ingredients in the pan. Use the whisk to mix everything together for 2 minutes. No traces of dry ingredients should remain. 5. Bake for 25 to 30 minutes or until a toothpick comes out clean. Let cake cool completely. Cut into 16 squares and serve.

Serving Size: 1 piece (72 grams) Yield: 16 Servings
 Crediting in School Meals: ¾ oz. grain equivalent

Conventional Oven: Temp: 350°F for 25-30 minutes.

Nutrition Analysis: Serving Size: 1 piece

Calories: 196	Calories from Fat: 63	Total Fat: 7.5g	Saturated Fat: 1g	Trans Fat: 0g
Cholesterol: 0mg	Sodium: 215mg	Total Carbohydrate: 28g	Dietary Fiber: 2.5g	Sugars: 12.5g
Protein: 3g	Vitamin A: 1.63 IU	Vitamin C: 0mg	Calcium: 7.19mg	Iron: 1.28mg

Adapted from Mayo Clinic: <http://www.mayoclinic.org/healthy-lifestyle/recipes>

Banana Protein Pancakes

HACCP: Other

Recipe Source: Montezuma USD 371 South Gray High School
Team: Nutrition Team #1

Ingredients	6 servings		Directions
	Weight	Measure	
Banana, fresh, medium Eggs, fresh, large Protein powder, whey, vanilla Cinnamon, ground Flour, whole wheat	4 oz.(6 oz AP) 4 oz. 1 oz. - 3 oz.	1 each 2 each ¼ c. ⅛ tsp. ¼ c.	1. Wash and sanitize hands, utensils and equipment. 2. Peel the banana, mash and put into a blender or food processor. 3. Beat eggs and add to the blender. 4. Add protein powder, cinnamon, and flour to the blender. 5. Blend batter until smooth.
Cooking spray		Light sprays	6. Heat skillet sprayed with cooking spray. 7. Pour ¼ cup batter into the skillet. 8. Evenly cook each side of the pancake until fully cooked.

Serving Size (ounces)	Serving Size (grams)	Yield
1.6 ounces	45.36 grams	6 pancakes

This protein product meets all nutrient standards for entrees or snack foods.

Nutrients Per Serving

Calories	74	Calories from Fat	18
Total Fat	2.15 g	Sodium	33 mg
Saturated Fat	0.5 g	Sugars	2.6 g
Trans Fat	0 g		

Team: Nutrition Team #1
FACS Educator: Audrey Maxwell
Nutrition Program Representative: Martha Ohnick
Students: Jeremy Berg, Kaylia Colbert, Brock Davis, Abram Enns, Kaylee Gleason

Berry Whipped Waffles

HACCP: Other

Recipe Source: Eisenhower High School USD 265

Team: Eisenhower White

Ingredients	6 servings		Directions
	Weight	Measure	
Waffles: Almond Milk, vanilla, unsweet. Eggs, large Stevia Vanilla extract Kamut flour Oil, soybean or other	8 oz. 4 oz. - - - 5 oz	1 c. 2 each 1 T. 1 tsp. 2 ¾ c. 1 T.	1. Wash and sanitize equipment to be used. Wash hands. 2. Preheat waffle iron on medium heat. 3. Mix dry ingredients (Stevia and flour) in a large bowl. 4. Mix liquid ingredients (almond milk, eggs, vanilla, oil) in a separate bowl. 5. Make a well in the center of the bowl of the dry ingredients and pour liquid ingredients into the well. Incorporate until blended.
Berry whipped cream: Strawberries, fresh or frozen Blackberries, fresh or frozen Raspberries, fresh or frozen Reddi whip, low fat, low calorie Spearmint leaves, fresh, chopped Spearmint leaves		¼ c. ¼ c. ¼ c. 2 T. 2 T. 6 each	6. If using fresh berries, rinse, and remove tops of the strawberries. 7. Mash berries until consistency of a thick liquid like substance (or pulse in a food processor). 8. Chop the fresh spearmint and add it to the berry puree. 9. Add half of the berry puree to the whipped cream into a bowl. 10. Pour 1 cup batter into waffle iron and cook until golden brown. 11. Place cooked waffle on a plate, dollop with 1 T of berry whipped cream and drizzle with 1 T of berry puree on top of the berry whipped cream. 12. Garnish with a spearmint leaf.

Serving Size (ounces)	Serving Size (grams)	Yield
7 ounces	200 grams	6 Waffles

This whole grain product meets all nutrient standards for entrees or snack foods.

Nutrients Per Serving

Calories	183	Calories from Fat	46
Total Fat	5.29 g	Sodium	47.2 mg
Saturated Fat	1.06 g	Sugars	2.5 g
Trans Fat	0 g		

Team: Eisenhower White
FACS Educator: LaDena Laha
Nutrition Program Representative: Eileen Blick
Students: Matt Marrissey, Lauren Herron, Kiley Jeffries

Biti Blueberry Bites

HACCP: Other

Recipe Source: Eisenhower High School USD 265

Team: Eisenhower Black

Ingredients	12 servings		Directions
	Weight	Measure	
Flour, white whole wheat	-	1 c.	1. Wash and sanitize equipment to be used. Wash hands. 2. Pre heat oven to 350°F. 3. Mix together flour, baking powder, salt, and sugar in a mixing bowl. 4. Add yogurt, egg and melted butter to dry ingredients and incorporate until blended. 5. Line miniature muffin tin and portion with 1 T. of batter per cup. 6. Add 2 blueberries into each cup. 7. Bake for 25-28 minutes
Baking powder	-	1 ½ tsp.	
Salt	-	¼ tsp.	
Egg, large	1 oz.	½ each	
Sugar, granulated		½ c.	
Butter, unsalted, melted		2 T.	
Yogurt, non-fat Greek		½ c. + 1 ½ T.	
Blueberries, fresh		¾ c.	

Mini muffin liners

Serving Size (ounces)	Serving Size (grams)	Yield
2 biti bites	30 grams for 2 mini muffins	12 servings

This whole grain product meets all nutrient standards for entrees or snack foods.

Nutrients Per Serving

Calories	99	Calories from Fat	17.1
Total Fat	1.92 g	Sodium	56.3 mg
Saturated Fat	0.94 g	Sugars	9.68 g
Trans Fat	0 g		

Team: Eisenhower Black
FACS Educator: LaDena Laha
Nutrition Program Representative: Eileen Blick
Students: Emily Vredenburg, Haylee Ferguson

Chocolate Chip Donut

HACCP: Other

Recipe Source: Eisenhower High School USD 265

Team: Eisenhower Tigers

Ingredients	6 servings		Directions
	Weight	Measure	
Vanilla		1 tsp.	<ol style="list-style-type: none"> 1. Wash and sanitize equipment to be used. Wash hands. 2. Preheat conventional oven to 400°F. 3. Mix together dry ingredients (flour, stevia, baking powder) in a large bowl. 4. Mix together wet ingredients (vanilla, yogurt, egg, oil, and cider) in a medium bowl. 5. Make a hole in the middle of the dry ingredients and pour the wet ingredients into the middle. 6. Gently incorporate the dry ingredients with the wet ingredients until combined. 7. Add chocolate chips. 8. Spray donut pan with cooking spray. 9. Scoop batter into a piping bag or Ziploc bag. Squeeze batter into the donut pan. 10. Bake donut for 10 minutes or until golden brown. Flip out of the pan and allow to cool on a cooling rack.
Yogurt, nonfat	7 oz.	-	
Baking Powder	-	2 tsp.	
Flour, all purpose	-	1 c.	
Stevia	-	½ c.	
Egg, large	2 oz.	1 each	
Oil, canola		1 T.	
Apple Cider		2 tsp.	
Chocolate chips		¼ c.	
Cooking spray		As needed	

Ziplock type bag

Serving Size (ounces)	Serving Size (grams)	Yield
2.2 ounces	62.36 grams	6 donuts

This protein product meets all nutrient standards for entrees or snack foods.

Nutrients Per Serving

Calories	156	Calories from Fat	42.6
Total Fat	4.74 g	Sodium	41.2 mg
Saturated Fat	1.33 g	Sugars	5.33 g
Trans Fat	0 g		

Team: Eisenhower Tigers
FACS Educator: LaDena Laha
Nutrition Program Representative: Eileen Blick
Students: Jackson Gasho, Clayton Handy, Keaton Pfaff

Delish Bars

Team Up for Smart Snacks

HACCP: Other

Recipe Source: USD 113 Prairie Hills
Team: Sabetha High School Team KJS

Ingredients	16 servings		Servings		Directions
	Weight	Measure	Weight	Measure	
Oats, quick, dry*	9 ½ oz.	3 cups			1. Wash and sanitize hands, utensils and all equipment to be used. 2. Mix all dry ingredients in a large mixing bowl.
Flax seeds	1 oz.	3 T			
Cranberries, dried	1 oz.	¼ cup			
Almonds, chopped (or sliced)	¾ oz.	¼ cup			
Chocolate chips, mini	2 ½ oz.	3 T			
Peanut butter powder (PB2)	1 ¾ oz.	½ cup			3. In a small mixing bowl, mix the peanut butter powder with just enough water to create a smooth consistency similar to peanut butter (equal parts water to powder). 4. Mix in applesauce and honey. 5. Add creamed mixture to the dry ingredients.
Water	4 oz.	½ cup			
Applesauce	4 ⅓ oz.	½ cup			
Honey	9 oz.	¾ cup			6. Line a 9 x 9 pan with parchment paper and gently press mixed product evenly into the pan. 7. Chill in the refrigerator until the product is set. 8. Cut into bars.
Parchment paper		1 sheet			

*For added flavor, the oats can be toasted in the oven in advance.

Serving Size (ounces)	Serving Size (grams)	Yield
1.75 ounces	49.6 grams	16 bars

Nutrients Per Serving

Calories	155	Calories from Fat	40.7
Total Fat	3.74 g	Sodium	26.5 mg
Saturated Fat	.59 g	Sugars	17.26 g
Trans Fat	0 g		

Team: Grant and Taryn
FACS Educator: Pamela Walker
Nutrition Program Representative: Brook Brubeck
Students: Kalli Broxterman, Jenna Argabright, Samantha Phillips

Flavor-packed Gingerbread Cookies

HACCP: Other

Recipe Source: Macksville High School USD 351

Team: Nutrition and Wellness Red Team

Ingredients	36 servings		Directions
	Weight	Measure	
Flour, white whole wheat Flour, all purpose Baking soda Ginger, ground Cinnamon, ground Allspice Cloves, ground	1.13 oz. 1.14 5.84 oz.	1 5/8 c. 1 3/8 c. 1 tsp. 2 tsp. 1 tsp. 1/2 tsp. 1/4 tsp.	1. Wash and sanitize hands, utensils and equipment. 2. In a medium mixing bowl, combine flour, baking soda and spices.
Margarine ,softened Sugar, brown, firmly packed Applesauce Egg, fresh Molasses, dark	1 1/2 oz. 5.78 oz. 4.3 oz. 2 oz. whites 3.7 oz.	3 T. 3/4 c. 1/2 c. 2 each 1/3 c.	3. In a large mixing bowl, beat the margarine, sugar and applesauce until smooth. 4. Separate egg whites from the egg yolks and add the whites to the bowl. 5. Add molasses and mix well. 6. Add dry ingredient blend to the wet ingredient blend. Mix well. 7. Divide the dough into 2 flat sections; cover with plastic wrap and chill in the refrigerator for at least 2 hours.
Flour, all purpose Jelly beans, small or similar candy		Dusting 72 pieces	8. Preheat conventional oven to 350°F. 9. Take one dough section from refrigeration at a time. Generously dust the working surface with flour. Roll the dough out to 1/4 inch thickness, sprinkle a little flour on top of the dough if it's a little sticky. (We rolled between waxed paper.) If dough is too soft, put rolled dough in freezer for about 10 minutes to more easily separate it from the waxed paper. 10. Cut the gingerbread with a cookie cutter shape of your choice. 11. Place cookie 1 or 2 inches apart on a silpat-lined baking sheet or cookie sheet lined with parchment paper. Bake 10-12 minutes; cookies should still be a bit puffy and soft. 12. Place 2 candies for buttons on the warm cookie. 13. Remove from pan to cooling rack.

Plastic wrap; wax paper; parchment paper

Flavor-packed Gingerbread Cookies, continued

Serving Size (ounces)	Serving Size (grams)	Yield
.9 ounce (slightly less than an ounce)	26 grams	36 cookies

This whole grain product meets all nutrient standards for entrees or snack foods.

Nutrients Per Serving

Calories	81	Calories from Fat	12
Total Fat	.99 g	Sodium	49.9 mg
Saturated Fat	0.21 g	Sugars	8.3 g
Trans Fat	0 g		

Team: Nutrition and Wellness Red Team
FACS Educator: Terri Renfro
Nutrition Program Representative: Joy Sallee
Students: Jennifer Ortiz, Jenna Russell

Greek Yogurt Apple Muffins

Team Up for Smart Snacks

HACCP:

Recipe Source: USD 113 Prairie Hills
Team: Sabetha High School Team Remington

Ingredients	9 servings		___ Servings		Directions
	Weight	Measure	Weight	Measure	
Flour, whole wheat white	4 ½ oz.	1 cup			1. Wash and sanitize hands, utensils and all equipment to be used. 2. Preheat a conventional oven to 350°F. 3. Mix dry ingredients in a medium bowl.
Cornstarch	-	1 T			
Baking soda	-	½ tsp			
Salt	-	¼ tsp			
Cinnamon, ground	-	½ tsp			
Egg, large	2 oz.	1 each			4. Mix wet ingredients in a large bowl. 5. Slowly add dry ingredients to blended wet ingredients. 6. Dip batter into lined muffin tins
Yogurt, Greek plain, nonfat	4 oz.	½ cup			
Applesauce, unsweetened	2 ¼ oz.	¼ cup			
Vanilla extract	-	½ tsp			
Sugar, brown, lightly packed	3 ⅓ oz.	½ cup			
Apple, peeled, chopped*	4 oz. AP	1 cup			
Lemon juice	-	½ tsp			
Muffin liners	-	9 each			
Crisp Topping:					7. Mix crisp topping ingredients together in a small bowl. 8. Crumble crisp topping evenly on top of each muffin. 9. Bake muffins for 20 minutes. Muffins are done when a toothpick inserted in the middle comes out clean.
Flour, whole wheat white	¾ oz.	3 T			
Oats, quick, dry	⅔ oz.	2 T			
Cinnamon, ground	-	½ tsp			
Sugar, brown, not packed	1 ¼ oz.	3 T			
Applesauce	1 oz.	2T			

*For Edible Portion (EP) Purchase: 1 medium apple 100 count size, sweet (Gala)

Serving Size (ounces)	Serving Size (grams)	Yield
2 oz.	56.7 grams	9 muffins

Nutrients Per Serving

Calories	146	Calories from Fat	8.8
Total Fat	.98 g	Sodium	151 mg
Saturated Fat	0.19 g	Sugars	17.05 g
Trans Fat	0 g		

Team: Grant and Taryn
FACS Educator: Pamela Walker
Nutrition Program Representative: Brook Brubeck
Students: Remington Beckner

Healthier No Bake Oatmeal Cookies

Team Up for Smart Snacks

HACCP:

Recipe Source: USD 218 Elkhart High School
Team: Elkhart Human Development Team

Ingredients	24 servings		Servings		Directions
	Weight	Measure	Weight	Measure	
Peanut butter powder (PB2) Water	3.4 oz. 8 oz.	1 cup 1 cup			<ol style="list-style-type: none"> 1. Wash and sanitize hands, utensils and all equipment to be used. 2. Mix the peanut butter powder with just enough water to create a smooth consistency similar to peanut butter (equal parts powder to water depending on humidity)
Sugar, granulated white Splenda Butter, unsalted, light Almond milk	3.56 oz. 1.25 oz. 2 ½ oz. 4 oz.	½ cup 1 ½ cup ⅓ cup ½ cup			
Vanilla Oats, quick, dry Cocoa powder Wax paper or parchment paper	¾ oz. 9 ½ oz. 1 ⅓ oz.	2 T 3 cups 4 T 1 sheet			

Serving Size (ounces)	Serving Size (grams)	Yield
1.5 oz.	42.5 grams	24 cookies

Nutrients Per Serving

Calories	102	Calories from Fat	42.9
Total Fat	3.4 g	Sodium	52 mg
Saturated Fat	0.7 g	Sugars	6 g
Trans Fat	0 g		

Team: Elkhart Human Development Team
FACS Educator: Cara Rogers
Nutrition Program Representative: Wanda Ray
Students: Destiny Jimerson, Brittany Jimerson, Mackenzie Gibson, Amber Quigley, Joycelyn Brown, Leai Sann

Healthy Blueberry Muffins

Team Up for Smart Snacks

HACCP:

Recipe Source: USD 466 Scott City Middle School
Team: Blue Jay Bakers

Ingredients	24 servings		___ Servings		Directions
	Weight	Measure	Weight	Measure	
Flour, white wheat	6 ² / ₃ oz.	1 ¹ / ₂ cups			1. Preheat conventional oven to 350°F. 2. In a large bowl, stir together the flour, sugar, oat bran, oats, wheat germ, baking powder, baking soda, and salt.
Sugar, granulated white	5 ¹ / ₄ oz.	³ / ₄ cup			
Oat bran, raw	3 ¹ / ₃ oz.	1 cup			
Oats, rolled quick	³ / ₄ oz.	¹ / ₄ cup			
Wheat germ	4 oz.	1 cup			
Baking powder	-	1 tsp			
Baking soda	-	1 tsp			
Salt	-	¹ / ₄ tsp			
Banana, mashed	4 oz.	1 med. AP			3. In a separate bowl, mix together the mashed banana, buttermilk, egg, oil, and vanilla. 4. Pour the wet ingredients into the dry ingredients and mix until just blended.
Buttermilk, reduced fat	8 oz.	1 cup			
Egg, large	2 oz.	1 each			
Vegetable oil		1 T			
Vanilla extract		1 tsp			
Blueberries, dried	1 ¹ / ₂ oz.	¹ / ₂ cup			5. Gently fold blueberries and pecans into the batter. 6. Spoon into lined muffin cups, filling cups half full. Use a #24 dipper if have. 7. Bake 12-15 minutes or until the tops of muffins spring back when lightly touched.
Pecan pieces	4 oz.	1 cup			
Muffin liners		24 each			

Serving Size (ounces)	Serving Size (grams)	Yield
1.6 oz. muffin	45.4 grams	24 servings

Nutrients Per Serving

Calories	138	Calories from Fat	47
Total Fat	5.27 g	Sodium	112 mg
Saturated Fat	0.67 g	Sugars	9.95 g
Trans Fat	0 g		

Team: Blue Jay Bakers
FACS Educator: Stacy Davis
Nutrition Program Representatives: Kathy Eaton, Kristi Green
Students: William Cupp, Yovanni Galaviz, Cale Goodman, Braylin Heim, Anthony Hendrix, Morgan Irwin, Blake Koehn, Kylee Logan, Rosa Trejo, Piper Wasinger

Healthy Chocolate Chip Cookies

HACCP: Other

Recipe Source: Northern Heights USD 251

Team: Northern Heights Team P1

Ingredients	servings		Directions
	Weight	Measure	
Cooking spray Flour, all purpose Flour, whole wheat Baking soda Pudding, dry vanilla instant	1.75 oz. (50 g)	Light spray ¾ c. ¾ c. ¾ tsp. ½ pkg	<ol style="list-style-type: none"> 1. Wash and sanitize hands, utensils and equipment. 2. Preheat conventional oven to 350°F. 3. Spray cookie sheet or use parchment paper to line pan. 4. Sift together flours, baking soda, and dry pudding mix in a mixing bowl.
Yogurt, Greek Sugar, brown Sugar Egg, large Vanilla Chocolate chips		- - - 2 oz.	

Serving Size (ounces)	Serving Size (grams)	Yield
1.06 ounce	30 grams	24 cookies

This whole grain product meets all nutrient standards for entrees or snack foods.

Nutrients Per Serving

Calories	77	Calories from Fat	14.8
Total Fat	1.65 g	Sodium	76.2 mg
Saturated Fat	0.76 g	Sugars	8.0 g
Trans Fat	0 g		

Team: Northern Heights Team P1
FACS Educator: Janet Holden
Nutrition Program Representative:
Students: Kent Cottenmyre, Andrew Reisen

Healthy Peanut Butter Fudge Brownies

Team Up for Smart Snacks

Recipe Source: USD 351 Macksville High School

Team: Stang Gang

HACCP

Ingredients	16 servings		Directions
	Weight	Measure	
Cooking pan spray	-	Light spray	<ol style="list-style-type: none"> 1. Preheat a conventional oven to 350°F. Spray an 8-inch square pan. 2. Place the flour, baking powder, baking soda, and salt in a small bowl. Whisk until well combined. 3. Mix the cocoa and sugar in a small bowl.
Flour, whole-wheat white	2 ¼ oz.	½ cup	
Baking powder	-	¼ tsp	
Baking soda	-	¼ tsp	
Salt	-	¼ tsp	
Cocoa, powder, unsweetened	1 ¾ oz.	⅓ cup	
Sugar, granulated	3 oz.	7 T	
Honey	2 ¼ oz.	3 T	
Olive oil		2 T	<ol style="list-style-type: none"> 4. Place the honey and oil in a saucepan on the stove over medium heat until it begins to bubble. Remove from heat and cool to room temp. 5. Add the cocoa/sugar blend and stir until combined.
Applesauce, unsweetened	4 ¼ oz.	½ cup	<ol style="list-style-type: none"> 6. In a bowl, whisk the applesauce, egg whites, and vanilla until well blended. 7. Add the honey-cocoa mixture and whisk until smooth. 8. Add the flour mixture to the liquid mixture and stir until no traces of flour remain. Scrape half of the batter into the prepared pan. 9. Mix together the powdered peanut butter and water until creamy/smooth. 10. Layer the peanut butter mixture on top of the first brownie layer and then add the remaining brownie mixture. 11. Bake until the surface looks dry around the edges of the pan and a toothpick inserted two inches from edge and comes out with moist crumbs clinging to it, about 20-25 minutes. Do not overbake. Place the pan on a cooling rack and let cool completely before cutting into 16 two inch squares.
Egg whites, large	2 oz.	2 each	
Vanilla	-	¾ tsp	
Peanut butter, powdered (such as PB2)	.85 oz.	¼ cup	
Water	2 oz.	¼ cup	
Serving Size (ounces)		Serving Size (grams)	Yield
1 oz.		28.35 grams	16 servings

Nutrients Per Serving

Calories	74	Calories from Fat	19.7
Total Fat	2.19 g	Sodium	82.1 mg
Saturated Fat	0.39 g	Sugars	8.8 g
Trans Fat	0 g		

Team: Stang Gang
FACS Educator: Terri Renfro
Nutrition Program Representative: Joy Sallee
Students: Rene Guevara, Itzel, Tessa Nystrom, Isabella Hernandez

Lemon and Blueberry Muffins

HACCP: Other

Recipe Source: Eisenhower High School USD 265
Team: EHS #1 Squad

Ingredients	6 servings		Directions
	Weight	Measure	
Flour, whole wheat Baking powder Baking soda Salt Lemon, fresh		1 c. ½ tsp. ¼ tsp. ⅛ tsp. 1 whole	1. Wash and sanitize equipment to be used. Wash hands. 2. Preheat oven to 350°F. 3. Zest lemon. 4. In a medium bowl mix together flour, baking powder, baking soda, and lemon zest. 5. Separate egg white from the yolk. 6. In a small bowl whisk together coconut oil, egg white, and vanilla extract. Stir in agave and yogurt, mixing until no lumps remain. Add juice squeezed from the fresh lemon. 7. Alternate between adding flour mixture and milk to the egg mixture, beginning and ending with flour stirring until just barely incorporated. 8. Gently fold in blueberries. 9. Divide batter into muffin cups and bake for 25-30 minutes or until golden brown. Allow to cool 10 minutes before eating.
Coconut oil Egg, fresh, large Vanilla extract Agave Yogurt, Greek nonfat Milk, nonfat Blueberries, fresh	- 1 oz. whites	½ tsp. 1 large 1 tsp. ¼ c. ¼ c. ⅛ c. ¾ c.	

Muffin liners

Serving Size (ounces)	Serving Size (grams)	Yield
1.8 ounces	52 grams	6 muffins

This whole grain product meets all nutrient standards for entrees or snack foods.

Nutrients Per Serving

Calories	110	Calories from Fat	16.2
Total Fat	1.8 g	Sodium	120 mg
Saturated Fat	0.68 g	Sugars	2.85 g
Trans Fat	0 g		

Team: EHS #1 Squad
FACS Educator: LaDena Laha
Nutrition Program Representative: Eileen Blick
Students: Brenna Franklin, Natalee Sharp, Bryce Runyan

Light Pumpkin Custards

Third Place Recipe

HACCP: Process 2 if served warm
Process 3 if cooled and served cold

Recipe Source: Southeast of Saline Jr/Sr High School USD 306
Team: SES Smart Cooks Team 1 Life Dimensions FCS

Ingredients	4 servings		Directions
	Weight	Measure	
Egg, fresh Pumpkin, canned, without salt Evaporated milk, fat free Sugar, granulated Cinnamon, ground Ginger, ground All spice, ground Salt	2 oz. whites	2 each 1 c. 4 T. ¼ c. ½ tsp. ⅛ tsp. ⅛ tsp. dash	1. Wash and sanitize hands, utensils and equipment. 2. Preheat conventional oven to 325°F. 3. Separate egg whites from the yolks, putting egg whites in a mixing bowl. Beat egg whites with a fork. 4. Stir in pumpkin, evaporated milk, sugar, and spices. 5. Evenly pour into 6 oz. custard cups. 6. Place custard cups into a 2 inch or deeper baking pan. Add boiling water around the custard cups in the baking pan to a 1 inch depth. 7. Bake for 35-40 minutes. 8. Serve warm. Hold at 135°F or above for service. 9. Served cold. Cool and hold cold at 41°F or below.

Serving Size (ounces)	Serving Size (grams)	Yield
6 ounces	170.1 grams	4 custard cups

This vegetable product meets all nutrient standards for entrees or snack foods.

Nutrients Per Serving

Calories	92	Calories from Fat	1.8
Total Fat	0.24 g	Sodium	87.8 mg
Saturated Fat	0.11 g	Sugars	16.54 g
Trans Fat	0 g		

Team: SES Smart Cooks Team 1
FACS Educator: Susan Wilson
Nutrition Program Representative: Kim Kerr
Students: Life Dimensions FCS class students Peyton Harp, Alex Keim, Skyler Kerr

Second Place Recipe

Michael & Seth's No Bake Cookies

Team Up for Smart Snacks

HACCP:

Recipe Source: USD 435 Abilene High School
Team: Abilene FCS Nutrition & Wellness Team 10

Ingredients	20 servings		___ Servings		Directions
	Weight	Measure	Weight	Measure	
Splenda Corn syrup, white, light	1.25 oz. 6 oz.	1 ½ cups ½ cup			1. Wash and sanitize hands, utensils and all equipment to be used. 2. Line a baking sheet with wax paper or parchment paper. 3. In a saucepan, bring Splenda and corn syrup to a boil for 1 ½ minutes. 4. Remove sugars from heat source and stir in oats, peanut butter, and vanilla until dough is evenly mixed.
Oats, quick Peanut butter, reduced fat creamy Vanilla extract	9 ½ oz. 9 oz.	3 cups 1 cup 1 tsp			
Parchment paper (or wax paper)		1 sheet			

If a smaller cookie is desired this recipe makes 30 each #40 dipper (1 ounce size).

Serving Size (ounces)	Serving Size (grams)	Yield
1.5 oz.	42.5 grams	20 servings

Nutrients Per Serving

Calories	136	Calories from Fat	41.8
Total Fat	4.64 g	Sodium	67.1 mg
Saturated Fat	0.97 g	Sugars	8.87 g
Trans Fat	0 g		

Team: Abilene FCS Nutrition & Wellness Team 10
FACS Educator: Deb Farr
Nutrition Program Representative: Kyleen Harris
Students: Michael Anguiano, Seth Bowers

Destiny's Peanut Butter Nuggets

First Place Recipe

HACCP: Process 1 Hold Cold

Recipe Source: Ell-Saline MS/HS USD 307

Team: Team 3

Ingredients	30 servings		Directions
	Weight	Measure	
Peanut butter, creamy, low sodium		½ c.	1. Wash and sanitize hands, utensils and equipment. 2. Combine peanut butter, milk powder, and coconut in a large mixing bowl.
Milk powder, dry		¼ c.	
Coconut, unsweetened, shredded		¼ c.	
Oats, rolled, old fashioned		⅓ c.	3. Add oats, cinnamon, wheat germ, and honey until thoroughly combined. 4. Shape into 1 inch balls. Chill thoroughly before serving. 5. Hold cold at 41°F or below.
Cinnamon, ground		½ tsp.	
Wheat germ		¼ c.	
Honey		¼ c.	

Serving Size (ounces)	Serving Size (grams)	Yield
0.5 ounces	14.18 grams	30 nuggets

This whole grain product meets all nutrient standards for entrees or snack foods.

Nutrients Per Serving

Calories	48	Calories from Fat	14.4
Total Fat	1.64 g	Sodium	29.4 mg
Saturated Fat	0.51 g	Sugars	3.1 g
Trans Fat	g		

Team: Team 3
FACS Educator: Susan Nelson
Nutrition Program Representative: Rebecca Walters
Students: Desiree Garman, Destiny Rea

Pumpkin Minis

HACCP: Other

Recipe Source: Eisenhower High School USD 265

Team: Eisenhower Blue

Ingredients	6 servings		Directions
	Weight	Measure	
Oil, canola	-	1 T.	<ol style="list-style-type: none"> 1. Wash and sanitize equipment to be used. Wash hands. 2. Preheat oven to 350°F. 3. Mix together egg, canola oil, stevia, vanilla extract, and yogurt in mixer or by hand in a large mixing bowl. 4. Mix together dry ingredients in separate bowl. 5. Alternately adding pumpkin puree and dry ingredients into mixing bowl. 6. Once completely mixed, spoon 1½ T. into lined mini muffin pan. 7. Bake for 15 minutes.
Stevia	-	½ c.	
Egg, medium to large	2 oz.	1 each	
Yogurt, plain, non-fat, Greek		2 T.	
Vanilla Extract		½ tsp.	
Pumpkin puree		¾ c.	
Baking soda		½ tsp.	
Cinnamon, ground		¼ tsp.	
Nutmeg, ground		¼ tsp.	
Cloves, ground		¼ tsp.	
Salt		pinch	
Flour, white whole wheat		¾ c.	

Mini muffin liners

Serving Size (ounces)	Serving Size (grams)	Yield
1 ¼ oz. ounces	35.4 grams	6

This whole grain product meets all nutrient standards for entrees or snack foods.

Nutrients Per Serving

Calories	92	Calories from Fat	30.6
Total Fat	3.4 g	Sodium	166 mg
Saturated Fat	.48 g	Sugars	0.64 g
Trans Fat	0 g		

Team: Eisenhower Blue
FACS Educator: LaDena Laha
Nutrition Program Representative: Eileen Blick
Students: Cailey Stoltz, Kaidyn Smith, Abbey Miller

Skinny Doodles

Honorable Mention Recipe

HACCP: Other

Recipe Source: Southeast of Saline Jr/Sr High School USD 306

Team: SES Smart Cooks Team 3 Life Dimensions FCS

Ingredients	9 servings		Directions
	Weight	Measure	
Flour, white, whole wheat Baking powder Baking soda Cream of tarter Salt Sugar, granulated		¾ c. ¼ tsp. ¼ tsp. ¼ tsp. ¼ tsp. ¼ c.	1. Wash and sanitize hands, utensils and equipment. 2. Preheat conventional oven to 350°F. 3. In a small bowl, combine dry ingredients (flour, baking powder, baking soda, cream of tarter, salt and sugar)
Vanilla extract Butter, unsalted, melted Milk Applesauce, unsweetened		½ tsp. 1 ½ tsp. ¼ cup 1 T.	
Sugar, granulated Cinnamon, ground		2 tsp. ½ tsp.	
			4. In a larger bowl combine melted butter, vanilla, applesauce, and milk. 5. Add dry ingredients to the wet ingredients. Form into 1 oz. balls. (Use a #40 dipper if available and scoop into half balls.) 6. Combine sugar and cinnamon. Roll dough balls into sugar cinnamon mixture and place onto a cookie sheet line with parchment paper. Press down on each ball slightly to form a cookie shape. 7. Bake for 9 minutes.

Parchment paper

Serving Size (ounces)	Serving Size (grams)	Yield
1 ounce	28.35 grams	9 cookies

This whole grain product meets all nutrient standards for entrees or snack foods.

Nutrients Per Serving

Calories	88	Calories from Fat	13.5
Total Fat	1.53 g	Sodium	103 mg
Saturated Fat	0.85 g	Sugars	7.84 g
Trans Fat	0 g		

Team: SES Smart Cooks Team 3
FACS Educator: Susan Wilson
Nutrition Program Representative: Kim Kerr
Students: Life Dimensions FCS class students Katie Modellmog, Anya Pohl

Weird Apple Cookies

Team Up for Smart Snacks

HACCP:

Recipe Source: USD 113 Prairie Hills

Team: Sabetha High School Team Grant and Taryn

Ingredients	18 servings		___ Servings		Directions
	Weight	Measure	Weight	Measure	
Flour, whole wheat white	4 ½ oz.	1 cup			1. Wash and sanitize hands, utensils and all equipment to be used. 2. Preheat conventional oven to 350°F. 3. In a large bowl mix together first set of ingredients (flour, baking powder, cornstarch, cinnamon, salt, nutmeg, ginger, sugar, walnut pieces, apple pieces, and raisins.
Baking powder	-	¾ tsp			
Cornstarch	-	1 tsp			
Cinnamon	-	1 tsp			
Salt	-	⅛ tsp			
Nutmeg	-	¼ tsp			
Ginger	-	¼ tsp			
Sugar, brown	1 ¾ oz.	¼ cup			
Walnut pieces	2 ½ oz.	½ cup			
Apple, peeled, diced*	2 oz.	½ cup			
Raisins, golden*	1 ½ oz.	½ cup			
Butter, unsalted	1 oz.	2 T			4. Melt butter and allow to cool slightly. 5. In a medium bowl, mix together butter, applesauce, vanilla, and honey. Add this creamed mixture to the dry mixture to form cookie batter.
Applesauce, unsweetened	6 ½ oz.	¾ cup			
Vanilla extract	-	1 tsp			
Honey	3 oz.	¼ cup			
Parchment paper		1 each			6. Scoop into balls, about the size of 2 T. Use a #30 dipper if available. 7. Place on a lined cookie sheet. Bake 15-17 minutes. Allow to cool.

*For Edible Portion (EP) Purchase: 1 small apple, sweet (Gala) or ½ large apple.

Raisins can be chopped in small pieces to increase acceptability if desired. Golden or dark raisins can be used.

Serving Size (ounces)	Serving Size (grams)	Yield
1.75 oz.	49.6 grams	18 cookies

Nutrients Per Serving

Calories	98	Calories from fat	42.32
Total Fat	3.56 g	Sodium	38.4 mg
Saturated Fat	1.02 g	Sugars	10.42 g
Trans Fat	0 g		

Team: Grant and Taryn
FACS Educator: Pamela Walker
Nutrition Program Representative: Brook Brubeck
Students: Grant Meyer, Taryn Schuette

Chocolate Orange Burst Muffins

Nutrients per Serving	
Calories	122 calories
Total Fat	2.4 g
Saturated Fat	1.2 g
Sodium	186 mg



Notes:
Meets USDA Smart Snacks criteria as a whole grain rich product.

Ingredients	48 Servings Measure	96 Servings Measure	Directions
Orange, whole, unpeeled, 2 5/8" diameter	4 medium	8 medium	Preheat oven to 375 degrees. Line standard size muffin tin with liners then set aside. In a blender, blend the whole orange, orange juice, egg, and cream cheese. Blend until smooth.
Juice, orange, from concentrate	2 cups	4 cups	
Egg, large	4	8	
Cream cheese, fat-free	2 cups	4 cups	
Flour, pastry, 100% whole wheat	6 cups	12 cups	In a large bowl, mix together flour, baking powder, baking soda, and brown sugar. Combine dry ingredients with blended orange mix, stirring well.
Baking soda	2 tsp.	4 tsp.	
Baking powder	1 Tbsp. + 1 tsp.	2 Tbsp. + 2 tsp.	
Sugar, brown, packed	1 cup	2 cups	
Chocolate chips, semi-sweet	1 1/3 cups	2 2/3 cups	Add chocolate chips to batter. Pour into lined muffin tins and bake for 15-18 minutes. Let cool in muffin tin for 10 minutes before moving to wire rack for cooling. Serving: 1 muffin

Lemon Glazed Graham Goodies

Nutrients per Serving	
Calories	197 calories
Total Fat	5.4 g
Saturated Fat	0.6 g
Sodium	145 mg

Notes:
Meets USDA Smart Snacks criteria as a whole grain rich product.



Ingredients	48 Servings Measure	96 Servings Measure	Directions
Flour, 100% whole wheat	8 cups	16 cups	<p>Preheat oven to 300 degrees.</p> <p>Whisk together the flour, sugar, salt, cinnamon, and baking powder.</p> <p>In a separate bowl, whisk together the egg, oil, and water. Add the liquid ingredients to the dry mixture, stirring to form cohesive dough.</p>
Sugar, white, granulated	2 cup	4 cups	
Salt	2 tsp.	1 Tbsp. + 1 tsp.	
Cinnamon, ground	2 Tbsp. + 2 tsp.	¼ cup + 4 tsp.	
Baking powder	1 Tbsp. + 1 tsp.	2 Tbsp. + 2 tsp.	
Egg, large	4	8	<p>Divide the dough into 2 cup portions (4 portions if making 48 servings and 8 portions if making 96 servings) and shape each into a flattened brick.</p> <p>Working with one piece of dough at a time, roll it between two pieces of lightly greased parchment or waxed paper until its 1/16" thick and 12" by 12" square. Try to keep the dough a uniform thinness throughout.</p> <p>Transfer the rolled-out dough to your prepared baking sheet and remove paper. Repeat with the remaining portions of dough.</p> <p>Cut the sheets of dough into 3" X 2" rectangles using a rolling pizza wheel or sharp knife. (Each 12" x 12" square of dough will yield 24 cookies). Bake the cookies for 30 minutes. Remove from oven and allow to cool before icing.</p>
Oil, canola	1 cup	2 cups	
Water	1 cup	2 cups	
Sugar, powdered, unsifted	5 cups	10 cups	<p>Combine ingredients in a bowl and beat until smooth. Drizzle glaze over cooled graham goodies.</p> <p>Serving: 2 cookies, 3" x 2" each</p>
Lemon juice from concentrate, bottled	1 cup	2 cups	

Maple Monkey Bars



Nutrients per Serving	
Calories	182 calories
Total Fat	2.9 g
Saturated Fat	1.3 g
Sodium	154 mg

Notes:
Meets USDA Smart snacks Criteria as a whole grain rich product.

Ingredients	50 Servings Measure	100 Servings Measure	Directions
Honey Applesauce, unsweetened	1 $\frac{2}{3}$ cup 3 $\frac{1}{3}$ cup	3 $\frac{1}{3}$ cup 6 $\frac{2}{3}$ cup	Preheat oven to 325 degrees. Spray 12" x 20" x 2-1/2" baking pan with nonstick cooking spray (2 pans for 50 servings, 4 pans for 100 servings). In a large bowl, stir together honey and applesauce.
Eggs, large Banana, ripe, mashed Vanilla extract	10 3 cups 1 Tbsp.	20 6 cups 2 Tbsp.	Beat in the eggs, bananas, and vanilla.
Flour, 100% whole wheat Baking soda	6 $\frac{2}{3}$ cup 1 Tbsp.	13 $\frac{1}{3}$ cup 2 Tbsp.	Combine flour and baking soda and add to the batter. Transfer to greased pans. Bake for 35-45 minutes or until a toothpick inserted near the center comes out clean. Cool in pan on a wire rack.
Cream cheese, fat-free, softened Butter, unsalted, softened Applesauce Sugar, powdered Syrup, pancake, maple- flavored Vanilla extract	12 oz. 6 Tbsp. 6 Tbsp. 3 cups $\frac{1}{2}$ cup 1 Tbsp.	24 oz. $\frac{3}{4}$ cup $\frac{3}{4}$ cup 6 cups 1 cup 2 Tbsp.	For frosting: in a small bowl, beat cream cheese and butter until fluffy. Add applesauce, powdered sugar, maple syrup, and vanilla. Beat until smooth. Frost bars. Each pan will yield 25 squares, cut 5 X 5. Serving: 2" x 4" square

Pumpkin Chocolate Swirl Bread

Nutrients per Serving

Calories	200 calories
Total Fat	6.1 g
Saturated Fat	1.3 g
Sodium	114 mg

Notes:

Meets USDA Smart Snacks criteria as a whole grain rich product.



Ingredients	50 Servings Measure	100 Servings Measure	Directions
Flour, 100% whole wheat	8 ⅓ cups	16 ⅔ cups	<p>Preheat oven to 350 degrees.</p> <p>Spray 12" x 20" x 2-1/2" baking pans with nonstick cooking spray (2 pans for 50 servings, 4 pans for 100 servings).</p> <p>(Note: you can also use 9" x 5" x 2" loaf pans, in which case you will need 4 pans for 50 servings and 8 pans for 100 servings)</p> <p>In a large bowl, combine the flour, baking soda, cinnamon, and nutmeg.</p>
Baking soda	1 Tbsp.	2 Tbsp.	
Cinnamon, ground	3 Tbsp.	6 Tbsp.	
Nutmeg, ground	2 tsp	1 Tbsp. + 1 tsp.	
Sugar, white, granulated	4 ¼ cup	8 ½ cup	<p>Whisk sugar, oil, applesauce, eggs, pumpkin, and salt in a large bowl until well combined.</p> <p>Add the dry ingredients to the wet mixture and stir completely until combined.</p> <p>Spoon batter into the greased pan. Reserve 4 cups batter in a measuring cup and set aside.</p>
Oil, vegetable	1 cup	2 cups	
Applesauce, unsweetened	1 cup	2 cups	
Eggs, large	8	16	
Pumpkin, canned	1 number 2-½ can (29 oz.)	2 number 2-½ can (29 oz.)	
Salt	½ tsp.	1 tsp.	
Cocoa, dry powder, unsweetened	1 ⅓ cup	2 ⅔ cup	<p>Mix the cocoa and milk into the remaining batter, and pour into the loaf pan.</p> <p>Using a butter knife, swirl the batter, being sure to lift the pumpkin batter from the bottom. Do not over-swirl.</p> <p>Bake for 60-75 minutes or until a toothpick inserted into the middle of the pan comes out clean. Allow to cool in the pan for 45 minutes, then transfer to wire rack to cool completely. Each pan will yield 25 squares, cut 5 rows X 5 rows.</p> <p>Serving: 2" x 4" square or slice</p>
Milk, nonfat	½ cup	1 cup	

Snickerdoodle Cloud Cookies

Nutrients per Serving	
Calories	159 calories
Total Fat	5.3 g
Saturated Fat	0.5 g
Sodium	198 mg

Notes:
Meets USDA Smart Snacks criteria as a whole grain rich product.



Ingredients	48 Servings Measure	96 Servings Measure	Directions
Eggs, large	4	8	Preheat oven to 400 degrees. Stir together eggs, sugar, applesauce and oil in mixing bowl.
Sugar, white, granulated	3 cups	6 cups	
Applesauce, canned, unsweetened	1 cup	2 cups	
Oil, canola	1 cup	2 cups	
Milk, nonfat	2 cups	4 cups	In a separate bowl, stir together milk and vinegar and allow to stand for 5 minutes. Add baking soda, salt, baking powder and vanilla extract to thickened milk. Add milk mixture to egg mixture in mixing bowl and stir to combine.
Vinegar, white	2 Tbsp.	¼ cup	
Baking soda	2 tsp.	4 tsp.	
Salt	1 ½ tsp.	3 tsp.	
Baking powder	2 Tbsp.	6 Tbsp.	
Vanilla extract	1 Tbsp.	2 Tbsp.	
Wheat flour, white, all-purpose, enriched, bleached	3 cups	6 cups	Add flour to mixing bowl and stir until smooth. Allow the batter to rest for 5 minutes. Do not stir during this time.
Flour, 100% whole wheat	3 ¼ cups	6 ½ cups	
Cinnamon, ground	1 Tbsp.	2 Tbsp.	In a separate bowl, mix together cinnamon and sugar. Sprinkle tops of cookies or bars with cinnamon-sugar mixture. Bake for 10 minutes (add 10-15 minutes for bar recipe). Watch carefully and do not over bake. Cookies are done when they spring back up when touched.
Sugar, white, granulated	1 Tbsp.	2 Tbsp.	

For individual cookies: Measure 2 Tbsp. of batter per cookie onto cookie sheet lined with parchment paper. (Cookies will double in size during baking, so leave space for expansion).

For bar cookies: Spread 6 cups of dough onto an 18" X 26" X 1" sheet pan lined with parchment paper. (Two sheets for 48 servings and 4 sheets for 96 servings). Cut each sheet pan into 3-1/4" by 5" bars (10 rows across and 5 rows down – 50 bars per pan).