



## USDA Smart Snack Recipes

### Fruit

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](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.



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(3) email: [program.intake@usda.gov](mailto:program.intake@usda.gov).

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




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# Berry Lemon Sorbet



Ingredients	For 24 Servings		Directions
	Weight	Measure	
Frozen strawberries  Frozen blueberries  Lemon juice Apple juice Mint leaf (optional) for garnish		4 cups 2 cups 1 cup 4 cups 24 leaves	<ol style="list-style-type: none"> <li>1. Let fruit thaw half way. It will blend better in the blender.</li> <li>2. Put the strawberries, blueberries lemon juice, and apple juice in the blender.</li> <li>3. Blend until smooth.</li> <li>4. Pour into a freezer proof container and freeze for 2 hours.</li> <li>5. Use a #30 scoop and scoop out 2 scoops into each bowl. Garnish with mint leaf</li> </ol> <p style="color: red;">CCP: Serve frozen</p>
			

Serving Size: 2 #30 scoops; 2.2 oz.      3/8 Cup Juice


**Nutrition Analysis: Serving Size: 2.2 oz.**

Calories: 68 kcal	Calories from Fat: 2.92%	Total Fat: 0.22 g	Saturated Fat: 0.02 g	Trans Fat: 0.0
Cholesterol: 0.0	Sodium: 5.29 mg	Total Carbohydrate: 17.93 g	Dietary Fiber: 1.29 g	Sugars: 4.22 g
Protein: 0.36 g	Vitamin A: 18.27 IU	Vitamin C: 36.37 mg	Calcium: 10.09 mg	Iron: 0.34 mg



# Funky Fruit Salsa



Ingredients	For 36 Servings		Directions
	Weight	Measure	
Fresh Strawberries, diced Fresh Kiwi Fruit, peeled and diced Fresh Apple, diced Mandarin oranges, drained Canned diced pears, drained  Canned Pineapple in own juice, drained Honey Lemon Juice  Pita bread (whole circles), whole wheat Cinnamon Sugar		6 cups 1.5 cups 6 cups 3 cups 3 cups 6 cups 6 Tbsp. 12 Tbsp.  18 each 1.5 tsp 1.5 tsp	<ol style="list-style-type: none"> <li>Combine all fruit together in a bowl.</li> <li>Pour lemon juice and honey over the fruit and gently stir together.</li> <li>Serve the fruit salsa in a bowl or small cup with pita chips.</li> </ol> Pita chips: <ol style="list-style-type: none"> <li>Pre Heat the oven to 375°F</li> <li>Slice the pita circles down the middle and slice open and separate so you have thin pieces.</li> <li>Cut each half into 4 triangles, spray with butter pan spray, sprinkle with sugar and cinnamon.</li> <li>Bake at 375°F for 7 min.</li> <li>Let cool.</li> </ol> <p style="color: red;">CCP: Keep cold food cold at 41°F or below in refrigerator for cold service</p> Notes: <ul style="list-style-type: none"> <li>Pita Bread - 70 grams each</li> <li>Kiwi – 12 oz. as purchased</li> <li>Strawberries – 2 3/8 lb. as purchased</li> <li>Apples – 6 medium as purchased</li> </ul>



Serving Size: 4.5 oz. fruit salsa and 4 pita chips Yield: 36 each servings 5/8 Cup Fruit and 1 ¼ oz. eq. Grain

## Nutrition Analysis:

Calories: 164 kcal  
 Cholesterol: 0.0 mg  
 Protein: 3.83 g

Calories from Fat: 6.02%  
 Sodium: 145.69 mg  
 Vitamin A: 237.05 IU

Total Fat: 1.10 g  
 Total Carbohydrate: 38.16 g  
 Vitamin C: 33.34 mg

Saturated Fat: 0.16 g  
 Dietary Fiber: 4.80 g  
 Calcium: 22.0 mg

Trans Fat: 0.0 g  
 Sugars: 9.97 g  
 Iron: 1.37 mg

# Apple Roll Up

## Team Up for Smart Snacks

**HACCP:**

**Recipe Source:** USD 435 Abilene High School  
**Team:** Abilene FCS Nutrition & Wellness Team 13

Ingredients	9 servings		Weight	Measure	Directions
	Weight	Measure			
Splenda	.6 oz.	$\frac{3}{4}$ cup			1. Mix together sugar and cinnamon in a medium bowl. 2. Preheat a conventional oven to 350°F.
Cinnamon, ground	-	1 $\frac{1}{2}$ tsp			
Bread, whole grain	8 oz.	9 slices			3. Cut crusts from bread slices and roll out crustless bread with a rolling pin. 4. Place 2 T of apple filling in the middle of the bread and roll it up. 5. Lightly brush bread roll with melted butter and immediately roll it in the sugar cinnamon until coated.
Apple pie filling	8 oz.	1 cup			
Butter, unsalted, light, melted	1 oz	2 T			
Parchment paper		1 sheet			6. Line a pan with parchment paper and place roll ups on the pan. (Or lightly spray the pan with pan spray) 7. Bake for 15 minutes or until golden brown.

Serving Size (ounces)	Serving Size (grams)	Yield
1.5 oz.	42.5 grams	9 servings

### Nutrients Per Serving

Calories	129	Calories from Fat	24.9
Total Fat	2.77 g	Sodium	108 mg
Saturated Fat	1.08g	Sugars	7.06 g
Trans Fat	0 g		

**Team:** Abilene FCS Nutrition & Wellness Team 13  
**FACS Educator:** Deb Farr  
**Nutrition Program Representative:** Kyleen Harris  
**Students:** James Fick, Matthew Sherraden

# Apple Sandwich

## Team Up for Smart Snacks

**HACCP:**

**Recipe Source:** USD 366 Yates Center High School  
**Team:** Yates Center High School

Ingredients	2 serving		___ Servings		Directions
	Weight	Measure	Weight	Measure	
Apple, medium, sweet	8 oz. AP	2 each			1. Wash and sanitize hands, utensils and all equipment to be used. 2. Core the apple. 3. Soak the apple in a bowl of water with 2 Tbs. of Fruit Fresh seasoning for 15 minutes (or juice from an orange)
Juice from an orange (Or use Fruit Fresh Seasoning*)	-	2 T			
Yogurt, Greek, low or nonfat honey or vanilla (use vanilla since it is already part of purchases)	1 oz.	2 T			
Granola, vanilla almond (Used Special K Touch of Honey Granola in testing)		2 T			4. Cut the apple into slices. Sort the slices into pairs 5. Spread yogurt onto all of the apple slices. 6. Sprinkle granola onto one side of the slices in each pair 7. Put the side without the granola on top of the side with the granola to make mini apple sandwiches.

Options: \*Juice from an orange helps prevent the apple from browning if the product is to be consumed immediately. If the snack is not to be consumed immediately, a fruit preserve might help prevent browning.

This snack also worked well cut into ¼ "slices and served open face portions, sprinkling granola on all slices.

Serving Size (ounces)	Serving Size (grams)	Yield
2.5 oz.	70.9 grams	2 servings

### Nutrients Per Serving

Calories	106	Calories from Fat	8
Total Fat	.89 g	Sodium	19.3 mg
Saturated Fat	0.04 g	Sugars	16.3 g
Trans Fat	0 g		

**Team:** Yates Center High School  
**FACS Educator:** Kacey Proeston  
**Nutrition Program Representative:** Andrea DeNoon  
**Students:** Yates Center High School

# Easy as One, Two Three Popsicles!

## Team Up for Smart Snacks

**HACCP: Process 1**  
Hold cold

**Recipe Source:** USD 435 Abilene High School  
**Team:** Abilene FCS Nutrition & Wellness Team 9

Ingredients	16 servings		Servings		Directions
	Weight	Measure	Weight	Measure	
Orange juice, frozen concentrate, thawed*	6 oz.	½ can			<ol style="list-style-type: none"> <li>1. Wash and sanitize hands, utensils and all equipment to be used.</li> <li>2. Mix orange juice concentrate, water, and Sierra Mist in a pitcher or pourable container.</li> <li>3. Pour evenly into Dixie cups.</li> </ol>
Water	4 oz.	½ cup			
Sierra Mist, diet, canned	12 oz.	1 can			
Dixie type cups, 3 oz. size Popsicle sticks		16 each 16 each			
Raspberries, frozen, chopped	3 oz.	½ cup			<ol style="list-style-type: none"> <li>4. Add raspberries and crushed pineapple evenly into cups.</li> <li>5. Place stick into the middle of each cup*.</li> <li>6. Place in the freezer until frozen solid.</li> </ol>
Pineapple crushed with juice, canned	8 oz.	1 can			

Lemonade frozen concentrate is another option; Berries can be strawberries or blackberries;

\*Hint: Put filled cups into a shallow rectangular pan. Cover with plastic wrap, cut small slits for insertion of popsicle sticks, then insert the popsicle sticks into the cups of liquid. The plastic wrap helps to stabilize the sticks while the product freezes (about 2 hours).

Serving Size (ounces)	Serving Size (grams)	Yield
4 oz.	113.4 grams	16 servings

### Nutrients Per Serving

Calories	29	Calories from Fat	.7
Total Fat	0.08 g	Sodium	2.93 mg
Saturated Fat	0 g	Sugars	6.37 g
Trans Fat	0 g		

**Team:** Abilene FCS Nutrition & Wellness Team 9  
**FACS Educator:** Deb Farr  
**Nutrition Program Representative:** Kyleen Harris  
**Students:** Jennifer Davies, Michaela Stover

# Easy Peasy Fruit Kabobs

## Team Up for Smart Snacks

**HACCP:**

**Recipe Source:** USD 435 Abilene High School

**Team:** Abilene FCS Nutrition & Wellness Teams 14 & 23

Ingredients	8 servings		___ Servings		Directions
	Weight	Measure	Weight	Measure	
Strawberries, fresh Pineapple, fresh Banana, medium Mango, fresh Kabob skewers	1 lb. 4 oz. 8 oz. 1 lb. 8 oz.	16 each AP 1 cup 4 each AP 2 each AP 8 each			1. Wash and sanitize hands, utensils and all equipment to be used. 2. Rinse strawberries and cut in halves. 3. Rinse mango and cut into chunks. 4. Cut pineapple to access fruit inside. Cut into chunks. 5. Peel banana and cut each banana into 8 slices. 6. To make kabobs, alternate putting fruit pieces on the skewers, starting with the banana slices.
Yogurt, vanilla, low fat	4 oz.	½ cup			7. In a blender, blend remaining pineapple, vanilla, and yogurt to form a puree.
Pan spray		Light spray			8. Sautee fruit kabobs in a lightly sprayed skillet for 30 seconds on each side. 9. Plate up the kabobs and drizzle the puree sauce over the fruit.

For Edible Portion (EP) purchase 1 lb. 4 oz strawberries (16 each), 1 pineapple, 4 small bananas, and 2 mangos

Serving Size (ounces)	Serving Size (grams)	Yield
5 oz.	141.7 grams	4 kabobs

### Nutrients Per Serving

Calories	190	Calories from Fat	11.34
Total Fat	1.26 g	Sodium	24 mg
Saturated Fat	0.49 g	Sugars	30.22 g
Trans Fat	0 g		

**Team:** Abilene FCS Nutrition & Wellness Teams 14 and 23  
**FACS Educator:** Deb Farr  
**Nutrition Program Representative:** Kyleen Harris  
**Students:** Dylan Holt, Brenden Cook, Brennen Lupton



# Fruit Popsicles

## Honorable Mention Recipe

**HACCP:** Process 1

**Recipe Source:** El Dorado High School USD 490

**Team:** Block 1 Nutrition and Wellness

Ingredients	16 servings		Directions
	Weight	Measure	
Strawberries, fresh, whole Pineapple, fresh, precut Yogurt, plain low fat Vanilla extract Stevia	1lb 8 oz.	4 c. 4 c. 4 c. 2 tsp. 2 T.	<ol style="list-style-type: none"> <li>1. Wash and sanitize hands, utensils and equipment.</li> <li>2. Rinse and remove the tops from the strawberries.</li> <li>3. Cut pineapple into fruit chunks or purchase an already cut product.</li> <li>4. Blend the strawberries, pineapple chunks and yogurt until creamy in a blender.</li> <li>5. Add vanilla and Stevia.</li> <li>6. Portion and pour the blend into 4 oz. dixie cups. Cover each cup with plastic wrap or foil and insert a popsicle stick into the center of the cup, held in position by the wrap/foil.</li> <li>7. Freeze for 5 hours. Hold frozen at 0°F or below.</li> </ol>

16 each 4 oz plastic dixie cups; popsicle sticks, foil or plastic wrap

Serving Size (ounces)	Serving Size (grams)	Yield
3 ounces	85.05 grams	16 popsicles

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

### Nutrients Per Serving

Calories	80	Calories from Fat	1.5
Total Fat	0.17 g	Sodium	29 mg
Saturated Fat	0.01 g	Sugars	8.9 g
Trans Fat	0 g		

**Team:** Block 1 Nutrition and Wellness  
**FACS Educator:** Linda Swan  
**Nutrition Program Representative:** Becky Sparkes  
**Students:** Hannah Milligan, Rhealynn Turner, Makayla Chabot

# Fruit Spring Roll

**HACCP:** Process 1

**Recipe Source:** South Barber High School USD 255

**Team:** Team 3 Culinary Arts

Ingredients	10 servings		Directions
	Weight	Measure	
<b>Sauce:</b> Lemon juice (from ½ fresh lemon) Lime juice (from ½ fresh lime) Honey	½ oz ½ oz 1 oz	1 T. 1 T. 1 T. + 1 tsp	1. Wash and sanitize equipment to be used Wash hands. 2. Make sauce by combining juice from lemon, juice from lime, and honey in a small bowl. Stir until completely combined.
<b>Spring roll:</b> Rice paper Strawberries, fresh, halved Apple, medium, sweet Banana, medium	2 oz 5 oz. 3 ½ oz 4 ½ oz EP	10 each 1 c. 1 each 1 each	3. Slice all of the fruit into thin rounds or long thin sticks. 4. Working with one rice sheet at a time, soak the paper in warm water until it softens. Lay it flat on a hard surface and incorporate fruit fillings in the center of the rice paper. 5. Wrap into a roll, burrito style. Hold cold at 41°F or below. 6. Drizzle with 1 tsp sauce at service.

Serving Size (ounces)	Serving Size (grams)	Yield
2 ounces	56.7 grams	10 each

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

## Nutrients Per Serving

Calories	54	Calories from Fat	1.71
Total Fat	.19 g	Sodium	19.6 mg
Saturated Fat	0.04 g	Sugars	4.6 g
Trans Fat	0 g		

**Team:** Team 3 Culinary Arts  
**FACS Educator:** Cheryl Swartz  
**Nutrition Program Representative:** Lori Sahadi  
**Students:** Ana Perez

# Marvelous Mango Sauce

## Team Up for Smart Snacks

**HACCP:**

**Recipe Source:** USD 435 Abilene High School  
**Team:** Abilene FCS Nutrition & Wellness Team 16

Ingredients	5 servings		___ Servings		Directions
	Weight	Measure	Weight	Measure	
Apples, fresh, sweet Mango, fresh	1 lb. 4 oz. 6 oz.	5 each AP 1 each AP			1. Wash and sanitize hands, utensils and all equipment to be used. 2. Rinse and peel apples. 3. Rinse and peel mango. 4. Cut fruit into chunks. 5. In a medium saucepan combine apple pieces, mango pieces, vanilla, lemon juice, and water. Bring to a boil. 6. Once it reaches a boil, reduce heat to a simmer. Simmer for 30 minutes. 7. Allow to cool 8. Pour cooled mango sauce into a blender or food processor. Puree until a smooth consistency is achieved. Add more water if needed for blending. If a sweeter taste is desired, add a tablespoon of Splenda.
Vanilla extract Lemon juice Water	4 oz.	½ tsp ⅛ tsp ½ cup			
Water Splenda		As needed 1 T			

For Edible Portion (EP) purchase 1 lb. 4 oz. sweet apples (Gala), and 1 mango

Serving Size (ounces)	Serving Size (grams)	Yield
5.5 oz. (½ cup)	155.9 grams	5 servings

### Nutrients Per Serving

Calories	94	Calories from Fat	3.2
Total Fat	0.36 g	Sodium	2.03 mg
Saturated Fat	0.07 g	Sugars	19.28 g
Trans Fat	0 g		

**Team:** Abilene FCS Nutrition & Wellness Team 16  
**FACS Educator:** Deb Farr  
**Nutrition Program Representative:** Kyleen Harris  
**Students:** Brenna Riffel, Kate Luty

# Melon & Berries Salad

## Team Up for Smart Snacks

**HACCP: Process 1**  
**Hold cold**

**Recipe Source:** USD 435 Abilene High School  
**Team:** Abilene FCS Nutrition & Wellness Team 18

Ingredients	6 servings		___ Servings		Directions
	Weight	Measure	Weight	Measure	
Cantaloupe, pre-chilled Honeydew, pre-chilled	24 oz. EP 24 oz. EP	2 cups EP 2 cups EP			1. Wash and sanitize hands, utensils and all equipment to be used. 2. Cut cantaloupe and honeydew into cubes or make balls using a melon baller. Combine cut melons in a medium bowl. 3. Drizzle honey and lime juice over melon. Gently toss the mix. (Can be covered and held cold at this point) 4. Just before serving, add mint and gently toss to mix. 5. Sprinkle with fresh berries.
Honey Lime juice (from fresh lime)	¾ oz.	1 T 1 tsp juice			
Blueberries (and/or Raspberries) Mint, fresh, snipped	6 oz. 2 leaves	1 cup 1 T			

\*For Edible Portion (EP) purchase 1 cantaloupe, 1 honeydew, 6 oz. berries

Serving Size (ounces)	Serving Size (grams)	Yield
9 oz.	255.2 grams	6 servings

### Nutrients Per Serving

Calories	64	Calories from Fat	2.3
Total Fat	0.26 g	Sodium	19 mg
Saturated Fat	0.05 g	Sugars	14 g
Trans Fat	0 g		

**Team:** Abilene FCS Nutrition & Wellness Team 18  
**FACS Educator:** Deb Farr  
**Nutrition Program Representative:** Kyleen Harris  
**Students:** Audrey Unruh, Robin Schlesener

# Strawberry Bars

**HACCP:** Process 3

**Recipe Source:** Eisenhower High School USD 265

**Team:** EHS Silver

Ingredients	12 servings		Directions
	Weight	Measure	
Graham Crackers rectangles Milk, nonfat (skim milk)	5 oz.	10 crackers 3 T.	1. Wash and sanitize equipment to be used. Wash hands. 2. Crush graham cracker sheets into fine crumbs using a food processor. 3. Add the milk and process until blended. 4. Press mixture into bottom of an ungreased 8-by-8 pan. 5. Set aside.
Tap Water Cornstarch  Strawberries, fresh Stevia		½ c. 1 T. + 1 tsp.  1 c. ¼ c.	9. Add cornstarch and water into a saucepan and whisk. 10. Rinse and remove tops from strawberries. Cut berries in halves. 11. Add berries and Stevia to cornstarch mix. 12. Cook over medium heat for 10 minutes. 13. Allow to cool. 14. When cooled, pour and spread on top of graham cracker crust. 15. Hold cold at 41°F or below.

Serving Size (ounces)	Serving Size (grams)	Yield
1.34 ounces	38 grams	12

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

## Nutrients Per Serving

Calories	61	Calories from Fat	14.4
Total Fat	1.60 g	Sodium	63.5 mg
Saturated Fat	0.38 g	Sugars	0.81 g
Trans Fat	0 g		

**Team:** EHS Silver  
**FACS Educator:** LaDena Laha  
**Nutrition Program Representative:** Eileen Blick  
**Students:** Alexis Scott, Lindsey Deselms

# Strawberry, Mango, and Pineapple Popsicles

## Team Up for Smart Snacks

**HACCP: Process 1**  
Hold cold

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

Ingredients	10 servings		Servings		Directions
	Weight	Measure	Weight	Measure	
Strawberries, frozen, unsweetened, thawed Mango, fresh, pieces Pineapple juice, unsweet. Honey Flax seed meal	9 oz. 12 oz. 10 fl. oz - -	1 ½ cups 1 ½ cups 1 ¼ cups 1 T 1 tsp. 1 T 1 tsp			<ol style="list-style-type: none"> <li>1. Puree strawberries with half the amount of pineapple juice, half the amount of honey, and half the amount of flax seeds in a blender or food processor.</li> <li>2. Rinse, peel, and cut mango into pieces.</li> <li>3. Puree mango with half the amount of pineapple juice, half the amount of honey, and half the amount of flax seed meal in a blender or food processor.</li> </ol>
Dixie cups, 3 oz size Popsicle sticks		10 each 10 each			

\*Hint: Put filled cups into a shallow rectangular pan. Cover with plastic wrap, cut small slits for insertion of popsicle sticks, then insert the popsicle sticks into the cups of liquid. The plastic wrap helps to stabilize the sticks while the product freezes.

Serving Size (ounces)	Serving Size (grams)	Yield
3 oz.	85 grams	10 servings

### Nutrients Per Serving

Calories	56	Calories from Fat	3.6
Total Fat	.40 g	Sodium	1.65 mg
Saturated Fat	.03 g	Sugars	10.3 mg
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

# Stuffed Strawberries

## Team Up for Smart Snacks

**HACCP:**

**Recipe Source:** USD 315 Colby High School  
**Team:** The Breakfast Club

Ingredients	6 servings		___ Servings		Directions
	Weight	Measure	Weight	Measure	
Strawberries, fresh, medium (1 1/4 " diameter)		12 each			1. Wash and sanitize hands, utensils and all equipment to be used. 2. Rinse strawberries. Cut off tops and cut an X in the top portion. Push in on the X slightly to allow room for a filling. 3. Cream together yogurt and honey until smooth. Drizzle the creamed mixture into the top of the strawberries at the indentation made at the X. 4. Crumble chocolate covered grahams. This can be done by placing the cracker in a zip lock bag and rolling over the cracker with a rolling pin or smashing it between hands. 5. Sprinkle graham crumbs over filled strawberries.
Yogurt, Greek non-fat vanilla Honey	2 ¼ oz. ¾ oz.	¼ cup 1 T			
Graham cracker, chocolate covered  Ziplock bag	¾ oz.	1 ½ each cracker sheets 1 each			

Serving Size (ounces)	Serving Size (grams)	Yield
2 oz. (2 each)	56.7 grams	6 servings

### Nutrients Per Serving

Calories	47	Calories from Fat	8.4
Total Fat	0.93 g	Sodium	14.6 mg
Saturated Fat	0.50	Sugars	6.92 g
Trans Fat	0 g		

**Team:** The Breakfast Club  
**FACS Educator:** Cindy Reinert  
**Nutrition Program Representative:** Nikol Nolan  
**Students:** Morgan Morris, Kalea Robert, Jenna Crampton

# Tropical Popsies

**HACCP:** Process 1

**Recipe Source:** Eisenhower High School USD 265

**Team:** EHS Blue

Ingredients	8 servings		Directions
	Weight	Measure	
Strawberries, fresh, large Banana, fresh, medium Peach, fresh, medium (or frozen) Orange Juice	4 oz.(6 oz.AP)	10 each 1 each 1 each 2 c.	1. Wash and sanitize equipment to be used. Wash hands. 2. Rinse and remove tops on strawberries. Cut into pieces for blending. 3. Peel banana. Cut into pieces for blending. 4. Rinse, cut, and take the pit out of the peach or purchase frozen pieces. 5. Blend all ingredients in a blender or food processor. 6. Pour into an ice cube tray or small (2-3 oz.) portion cups. 7. Cover each cup with plastic wrap or foil. Place popsicle sticks through foil/wrap in center of each cup. The foil or wrap stabilizes the sticks and protects the product. 8. Freeze (2-3 hours) 9. Hold frozen at 0°F or below.

Small (2-3 oz.) portion cups; popsicle sticks; plastic wrap or foil

Serving Size (ounces)	Serving Size (grams)	Yield
1.87 ounces	53 grams	8

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

## Nutrients Per Serving

Calories	56	Calories from Fat	2.61
Total Fat	0.29 g	Sodium	0.99 mg
Saturated Fat	0.04 g	Sugars	9.69 g
Trans Fat	0 g		

**Team:** EHS Blue  
**FACS Educator:** LaDena Laha  
**Nutrition Program Representative:** Eileen Blick  
**Students:** Colton MacKinnon, Payton Martinez, Miranda Molde



# Watermelon Chiller

**HACCP:** Process 1

**Recipe Source:** Northern Heights USD 251  
**Team:** Northern Heights Team R1

Ingredients	4 servings		Directions
	Weight	Measure	
Watermelon, seedless, chunks Cucumber, peeled, chunks Peppermint oil Splenda Ice		1 qt. ½ each ¼ tsp. 3 T. ½ c.	1. Wash and sanitize hands, utensils and equipment. 2. Place all ingredients in a blender and process until smooth.
			3. Serve chilled. Hold cold at 41°F or below.

Serving Size (ounces)	Serving Size (grams)	Yield
8 ounces	227 grams	4 drinks

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

## Nutrients Per Serving

Calories	49	Calories from Fat	1.8
Total Fat	.2 g	Sodium	2.03 mg
Saturated Fat	.03 g	Sugars	9.7 g
Trans Fat	0 g		

**Team:** Northern Heights Team R1  
**FACS Educator:** Janet Holden  
**Nutrition Program Representative:**  
**Students:** Kennedy Dragonas, Tanner Boyce

## Crumble Topped Fruit Mix-Up

Nutrients per Serving	
Calories	167 calories
Total Fat	3.2 g
Saturated Fat	1.8 g
Sodium	79 mg



Notes:
Meets USDA Smart Snacks criteria having a fruit as the first ingredient.

Ingredients	50 Servings Measure	100 Servings Measure	Directions
Fruit, mixed, canned in light syrup	2 number 10 cans (106 oz. each)	4 number 10 cans (106 oz. each)	Preheat oven to 350 degrees. Drain fruit cocktail, reserving 1½ cups juice for 50 servings or 3 cups juice for 100 servings. Place fruit and reserved juice into 12" x 20" x 2-1/2" baking pan (2 pans for 50 servings, 4 pans for 100 servings).
Oats, old-fashioned, dry	3 cups	6 cups	In a medium bowl, mix flour, sugar, brown sugar, cinnamon, nutmeg, and salt using a fork or pastry cutter. Cut butter into small pieces and gradually add to flour mixture until evenly mixed. Pour mixture over fruit cocktail. Bake for 40 minutes or until crisp is brown. Enjoy warm or room temperature. <b>Serving: ½ cup fruit mix</b>
Sugar, white, granulated	2 cups	4 cups	
Sugar, brown, packed	2 cups	4 cups	
Cinnamon, ground	2 Tbsp.	4 Tbsp.	
Nutmeg, ground	1 tsp.	2 tsp.	
Salt	1 ½ tsp.	1 Tbsp.	
Butter, without salt	¾ cup	1 ½ cup	