



## USDA Smart Snack Recipes

### Smoothies and Yogurt

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>



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

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# Cherry Chocolate Smoothie

Ingredients	For 4 Servings		Directions
	Weight	Measure	
Frozen unsweetened cherries Banana fresh Fresh spinach leaves Vanilla protein powder  Milk – Low fat/skim Yogurt non-fat vanilla Cocoa powder		2 Cup 3 Each 2 Cups 2 scoops or 6 Tbsp. 2 Cup 1 Cup 2 TBSP	<ol style="list-style-type: none"> <li>1. Peel Bananas</li> <li>2. Place in blender, milk, yogurt, protein powder, spinach and fruit.</li> <li>3. Blend on high speed until smooth and creamy.</li> <li>4. Pour into 16 oz. glass</li> <li>5. Do not mix too far ahead. It will turn brown due to bananas.</li> </ol> <p style="color: red;">CCP: Hold Cold at 41°F or below for cold service</p>
			

Serving Size: 2 cup (11.6 oz.) Yield: 4 Servings – Smart Snack Entrée 1 Cup Juice and ½ Cup Milk

**Nutrition Analysis: Serving Size: 2 cup**



Calories: 258 kcal	Calories from Fat: 36	Total Fat: 4 g	Saturated Fat: 0.79 g	Trans Fat: 0 g
Cholesterol: 7 mg	Sodium: 153 mg	Total Carbohydrate: 44 g	Dietary Fiber: 6 g	Sugars: 22 g
Protein: 16.5 g				



# Strawberry PB Smoothie



## HACCP Process Category 1

Ingredients	For 4 Servings		Directions
	Weight	Measure	
Frozen unsweetened strawberries Banana Peanut butter  Milk –Low fat/skim Yogurt low-fat vanilla 		2 Cups 5 each 4 Tbsp 2 Cups 1 1/3 cups	<ol style="list-style-type: none"> <li>1. Peel Bananas</li> <li>2. Place in blender, milk, yogurt, peanut butter, and fruit.</li> <li>3. Blend on High speed until smooth and creamy.</li> <li>4. Pour into 8 oz. glass</li> <li>5. Do not mix too far ahead. It will turn brown due to bananas.</li> </ol> <p style="color: red;">CCP: Keep cold food cold at 41°F or below in refrigerator for cold service</p>

Serving Size: 2 cup Yield: 4 Servings

1 oz. Meat/Meat Alternate, 1 cup Juice and ½ cup Milk

**Nutrition Analysis: Serving Size: 2 cup**

Calories: 311 kcal	Calories from Fat: 26%	Total Fat: 9 g	Saturated Fat: 2 g	Trans Fat: 0 G
Cholesterol: 4 mg	Sodium: 180 mg	Total Carbohydrate: 50 g	Dietary Fiber: 6 g	Sugars: 32 g
Protein: 12 g	Vitamin A: 685 IU	Vitamin C: 43.74 mg	Calcium: 386 mg	Iron: 1.31 mg



# Yogurt Parfaits



Category: Milk and Fruit

HACCP Process: 1- No Cook

Smart Snack: Meets Criteria

Ingredients	For 4 Servings		Directions
	Weight	Measure	
Cut-up or fresh fruit or unsweetened frozen fruit		3 cups	<ol style="list-style-type: none"> <li>1. Wash fruit or thaw and drain frozen fruit.</li> <li>2. Put 1/2 cup of fruit in the bottom of each plastic cup. Add 6 oz. yogurt layer. Add remaining 1/4 cup of fruit.</li> <li>3. Top with 1/4 cup portion of the Crispy Granola recipe.</li> </ol>
Nonfat, sugar-free vanilla yogurt		24 oz.	
Crispy Granola Recipe		1 cup	

Serving Size: 1 3/4 cup (395 grams) Yield: 4 Servings

*Crediting in School Meals: 1.5 meat/meat alternate, 3/4 cup fruit, 1 oz grain equivalent*

**Nutrition Analysis: Serving Size: 1 3/4 cup**

Calories: 165

Calories from Fat: 9

Total Fat: 1g

Saturated Fat: .25g

Trans Fat: 0g

Cholesterol: 3mg

Sodium: 127mg

Total Carbohydrate: 33g

Dietary Fiber: 6.5g

Sugars: 24g

Protein: 9g

Vitamin A: 25 IU

Vitamin C: 75mg

Calcium: 268mg

Iron: 1mg

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



# Crispy Granola



Category: Bread/Grain

HACCP Process: 2 – Cook & Same Day Serve

Smart Snack: Meets Criteria

Ingredients	For 16 Servings		Directions
	Weight	Measure	
Nonstick cooking spray			<ol style="list-style-type: none"> <li>1. Preheat oven to 300°F. Spray a large cooking sheet with cooking spray and set aside.</li> <li>2. Put egg whites in a large bowl and use a whisk or fork to mix until frothy. Stir in honey, cinnamon, vanilla, and salt.</li> <li>3. Stir in oats until coated with egg mixture. Spread oat mixture evenly on prepared baking sheet.</li> <li>4. Bake 30 minutes until golden brown. Stir mixture after 15 minutes of baking.</li> <li>5. Cool completely before serving or storing. Store in an airtight container. Freezes well.</li> </ol>
Egg whites		2	
Honey		1/3 cup	
Ground cinnamon		1 tsp.	
Vanilla		1 tsp.	
Salt		1/8 tsp.	
Rolled oats (old fashioned or quick)		4 cups	

Serving Size: 1/4 cup      Yield: 16 Servings  
*Crediting in School Meals: 1 oz. grain equivalent*

Conventional Oven Temp: 375 for 25-30 minutes

**Nutrition Analysis:    Serving Size: 1/4 cup**

Calories: 82	Calories from Fat: 7	Total Fat: 1g	Saturated Fat: 0g	Trans Fat: 0g
Cholesterol: 5mg	Sodium: 16mg	Total Carbohydrate: 16g	Dietary Fiber: 1.5g	Sugars: 6g
Protein: 2g	Vitamin A: 0%	Vitamin C: 0%	Calcium: 1%	Iron: 5%

How to Make Homemade Granola Video: [https://www.youtube.com/watch?v=ObQ\\_4BSJqAg&feature=player\\_embedded](https://www.youtube.com/watch?v=ObQ_4BSJqAg&feature=player_embedded)

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

# Cherry Berry Smoothie

## Team Up for Smart Snacks

**HACCP: Process 1**  
**Hold Cold**

**Recipe Source:** USD 261 Haysville  
**Team:** Campus High School Block 1W

Ingredients	4 servings		Servings		Directions
	Weight	Measure	Weight	Measure	
Strawberries, fresh Cherries, fresh, sweet* Raspberries, red, fresh Blueberries, fresh	10 oz. EP 12 oz. EP 4.5 oz. EP 3 oz. EP	1 ½ cups 1 cup 1 cup ½ cup			1. Wash and sanitize hands, utensils and all equipment to be used. 2. Rinse and hull strawberries. Put into blender. 3. Rinse cherries. Remove stem and pit. Add to blender. 4. Rinse raspberries and blueberries. Add to blender. 5. Cover blender and blender until almost smooth. 6. Serve immediately. This product was very thick, like eating an icee.  (For taste testing serve in 3 oz. dixie cups)

For fruits that are out of season, purchase IQF (individually quick frozen) type as a substitute.  
 For Edible Portion (EP) Purchase: 1 lb cherries; 1 pint (12 oz.) strawberries

Serving Size (ounces)	Serving Size (grams)	Yield
8 oz.	226.8 grams	4 servings

### Nutrients Per Serving

Calories	69	Calories from Fat	4.5
Total Fat	0.51 g	Sodium	1.06 mg
Saturated Fat	0.02 g	Sugars	10.92 g
Trans Fat	0 g		

**Team:** Campus High School Block  
**FACS Educator:** Jan Tamson  
**Nutrition Program Representative:** Gina Lee  
**Students:** Tayla Alvis, Abigail Appelhans, Brieonn James

# Cherry Limeade FroYo

**HACCP:** Process 1

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

**Team:** Tiger Blue

Ingredients	12 servings		Directions
	Weight	Measure	
Yogurt, plain, nonfat Sugar, granulated Lime zest (from 1 fresh lime)* Lime juice (from 1 fresh lime)* Cherries, sweet, frozen, without pits	16 oz.	2 c. ½ c. 1 tsp 1 T. 1 ½ c.	1. Wash and sanitize equipment to be used. Wash hands. 2. Pulse cherries (without pits) in a food processor until the pieces are tiny. 3. Combine cherry pieces and sugar in a bowl. 4. Add lime zest and lime juice to cherry blend. 5. Add yogurt. 6. Mix all ingredients until well blended.
*Purchase 1 lime for both functions			7. Put plastic wrap over the top of the bowl and freeze for 2 hours. 8. Stir to break up crystals, replace cover and freeze overnight. 9. Take out next day and enjoy! Hold frozen at 0°F or below. Remove from freezer a few minutes before service. Hold cold at 41°F or below.

Serving Size (ounces)	Serving Size (grams)	Yield
2.4 ounces	68 grams	12

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

## Nutrients Per Serving

Calories	68	Calories from Fat	6.3
Total Fat	0.72 g	Sodium	28.9 mg
Saturated Fat	0.43 g	Sugars	13 g
Trans Fat	0 g		

**Team:** Tiger Blue  
**FACS Educator:** LaDena Laha  
**Nutrition Program Representative:** Eileen Blick  
**Students:** Chelsea Stanley, Sophie Djermani, Bailey Beauchamp



# Mint Chocolate Chip Ice Milk

## Second Place Recipe

**HACCP:** Process 3

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

**Team:** SES Smart Cooks Team 2 Life Dimensions FCS

Ingredients	16 servings		Directions
	Weight	Measure	
Gelatin, unflavored powder Sugar, granulated Evaporated milk	1.6 g	½ tsp. ¾ c. 12 oz. can	1. Wash and sanitize hands, utensils and equipment. 2. Stir together gelatin powder and sugar in a small bowl. 3. In a saucepan stir together evaporated milk and gelatin/sugar blend. Cook over medium heat until mixture bubbles.
Egg, fresh, large white only Egg, fresh, large Milk, skim Vanilla extract Mint extract	1 oz. whites 2 oz.	1 each 1 each 2 ½ c. 2 tsp. ½ tsp.	4. In a small bowl beat together egg white and egg. Gradually add in some of the hot milk blend to the egg blend in the bowl, then add the contents of the bowl to the saucepan. 5. Cook additional 2 minutes over low heat, stirring constantly. 6. Cool slightly. Add milk and flavorings.
Chocolate chips		¼ c.	7. Cool to 41°F or below within 4 hours. During chilling process and before thickening occurs, stir in chocolate chips. Freeze. 8. Hold frozen at 0°F or below.

Serving Size (ounces)	Serving Size (grams)	Yield
½ cup	113.4 grams	16

This non-beverage dairy product meets all nutrient standards for entrees or snack foods.

### Nutrients Per Serving

Calories	92.8	Calories from Fat	11.8
Total Fat	1.3 g	Sodium	48.8 mg
Saturated Fat	0.6 g	Sugars	14.1 g
Trans Fat	0 g		

**Team:** SES Smart Cooks Team 2  
**FACS Educator:** Susan Wilson  
**Nutrition Program Representative:** Kim Kerr  
**Students:** Life Dimensions FCS class students Kate Weis, Emily Woodall, Hayley Whittecar

# Third Place Recipe

## Multi-Fruit Smoothie

### Team Up for Smart Snacks

**HACCP: Process 1**  
**Hold Cold**

**Recipe Source:** USD 261 Haysville  
**Team:** Campus High School Block 4W

Ingredients	6 Servings		___ Servings		Directions
	Weight	Measure	Weight	Measure	
Blueberries, fresh	7 oz. EP	1 cup			1. Wash and sanitize hands, utensils and all equipment to be used. 2. Rinse blueberries. Place in blender. 3. Rinse and hull strawberries. Place in blender. 4. Peel and core apple. Cut into 1" cubes. Place in blender. 5. Peel banana. Cut into 1" cubes and place in blender.
Strawberries, fresh	6 ½ oz. EP	½ cup			
Apple, fresh sweet (Gala)	8 oz. AP	2 each			
Banana, fresh, medium		2 each			
Yogurt, low or nonfat vanilla	16 oz.	2 cups			6. Add yogurt, vanilla, and ice to the blender. Blend until smooth.
Vanilla extract	-	2 tsp			
Ice, crushed	-	4 cups			
Mint leaf, fresh, optional		6 each			7. Portion 8 oz. into cup. Garnish with a fresh mint leaf. Serve immediately. (For taste testing serve in 3 oz. dixie cups)

\* For Edible Portion (EP) Purchase: 8 ounce strawberries

Serving Size (ounces)	Serving Size (grams)	Yield
8 oz. portions	226.8 grams	6 servings

### Nutrients Per Serving

Calories	114	Calories from Fat	4.5
Total Fat	.5 g	Sodium	45.9 mg
Saturated Fat	0.15 g	Sugars	19.15 g
Trans Fat	0 g		

**Team:** Campus High School Block  
**FACS Educator:** Jan Tamson  
**Nutrition Program Representative:** Gina Lee  
**Students:** Martin Cepeda, Carl Denesha III

# Parfait Bites

**HACCP:** Process 1

**Recipe Source:** Fredonia High School USD 484

**Team:** Fredonia Jr Sr Culinary Team 1

Ingredients	12 servings		Directions
	Weight	Measure	
Strawberries, fresh, medium Yogurt, low fat vanilla Granola, low fat	1 pint 16 oz.	20 each 2 c. 12 T. (3/4 c.)	<ol style="list-style-type: none"> <li>1. Wash and sanitize hands, utensils and equipment.</li> <li>2. Rinse and remove tops from the strawberries.</li> <li>3. Cut 3 strawberries into slices, top to bottom, to yield 12 slices.</li> <li>4. Blend together the remaining strawberries and yogurt in a blender or food processor.</li> <li>5. Portion and place the granola into the cups of a muffin pan lined with 12 cupcake liners.</li> <li>6. Portion and pour the yogurt blend over the granola.</li> <li>7. Garnish with a strawberry slice.</li> <li>8. Freeze for a few hours.</li> <li>9. Remove from the freezer about 5 minutes before service.</li> <li>10. Hold cold at 41°F or below.</li> </ol>

Cupcake liners.

Serving Size (ounces)	Serving Size (grams)	Yield
2 ounces	56.70 grams	12 parfait bites

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

## Nutrients Per Serving

Calories	73	Calories from Fat	9.9
Total Fat	1.17 g	Sodium	37.4 mg
Saturated Fat	0.39 g	Sugars	3.29 g
Trans Fat	0 g		

**Team:** Fredonia Jr Sr Culinary Team 1  
**FACS Educator:** Tricia Couch  
**Nutrition Program Representative:** Joyce Whitson  
**Students:** Jordan Smith, Caedyn Hauge, Brianna Freeman

# Smoothie Surprise

**HACCP:** Process 1

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

Ingredients	servings		Directions
	Weight	Measure	
Strawberries, fresh	10 oz.(12oz.AP)	1 ½ c.	1. Wash and sanitize hands, utensils and equipment. 2. Blend all ingredient in a blender or food processer to a smooth consistency. 3. Hold cold at 41°F or below.
Bananas, medium	8 oz.(12oz.AP)	2 each	
Ice		2 c.	
Orange juice		1 c.	
Yogurt, Greek, honey vanilla	10.6 oz.	2 cont.	

Serving Size	Serving Size (grams)	Yield
8 ounces (1 cup)	226.8 grams	8 servings

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

## Nutrients Per Serving

Calories	79	Calories from Fat	2.7
Total Fat	0.31 g	Sodium	13.6 mg
Saturated Fat	0.09 g	Sugars	11.18 g
Trans Fat	0 g		

**Team:** Dafodill  
**FACS Educator:** Kacey Preston  
**Nutrition Program Representative:** Andrea Denoon  
**Students:** Sydnee Kobel and Cheyanne Floyd

# Strawberry Kiwi Smoothie

**HACCP:** Process 1

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

**Team:** Tiger White

Ingredients	3 servings		Directions
	Weight	Measure	
Strawberries, fresh, large Banana, fresh, medium Kiwi, fresh, medium	12 oz. AP 4 oz.(6 oz.AP) 4 oz. AP	6 each 1 each 1 each	1. Wash and sanitize equipment to be used. Wash hands. 2. Peel and slice banana, cut into sections. 3. Rinse and remove tops from strawberries. Cut berries into quarters. 4. Peel Kiwi and quarter.
Orange Juice Ice cream, vanilla, no sugar added		$\frac{3}{4}$ c. $\frac{1}{2}$ c.	5. Add orange juice and ice cream to blender 6. Add all cut fruit to blender 7. Blend to a smooth consistency. 8. Hold cold at 41°F or below.

Serving Size (ounces)	Serving Size (grams)	Yield
6 $\frac{1}{2}$ ounces	184 grams	3 servings

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

## Nutrients Per Serving

Calories	121	Calories from Fat	18.9
Total Fat	.95 g	Sodium	20.5 mg
Saturated Fat	.39 g	Sugars	18.84 g
Trans Fat	g		

**Team:** Tiger White  
**FACS Educator:** LaDena Laha  
**Nutrition Program Representative:** Eileen Blick  
**Students:** Micah Cash, Cashton Baker, Carter Nelson

# First Place Recipe

## Super Berry Vanilla Delight

### Team Up for Smart Snacks

**HACCP: Process 1**  
**Hold Cold**

**Recipe Source:** USD 435 Abilene High School  
**Team:** Abilene FCS Nutrition & Wellness Team 7

Ingredients	8 servings		___ Servings		Directions
	Weight	Measure	Weight	Measure	
Ice cream, fat free vanilla	2 lb.	8 each			1. Wash and sanitize hands, utensils and all equipment to be used.
Blueberries, frozen	3 oz.	½ cup			
Raspberries, frozen	3 oz.	½ cup			2. Blend together, frozen berries, juices, and Splenda until it becomes a smooth puree. 3. Portion ice cream into 4 oz. servings. Add puree to the top of each ice cream serving. (If using individual cups of ice cream, they can be opened and topped with pureed fruits.)
Strawberries, frozen	3 oz.	½ cup			
Lemon juice		¼ cup			
Pineapple juice		¼ cup			
Splenda		¼ cup			
Blueberries, fresh	3.5 oz.	¼ cup			4. Rinse berries. Remove tops from strawberries. Garnish finished product with fresh berries and mint leaf.
Raspberries, fresh	3.5 oz.	¼ cup			
Strawberries, fresh	3.5 oz.	½ cup			
Mint leaves, fresh		8 leaves			

\*For Edible Portion (EP) purchase 4 oz. strawberries

Serving Size (ounces)	Serving Size (grams)	Yield
7.25 oz.	205.5 grams	8 servings

### Nutrients Per Serving

Calories	188	Calories from Fat	93
Total Fat	2.77 g	Sodium	85.1 mg
Saturated Fat	1.61 g	Sugars	28.32 g
Trans Fat	0 g		

**Team:** Abilene FCS Nutrition & Wellness Team 7  
**FACS Educator:** Deb Farr  
**Nutrition Program Representative:** Kyleen Harris  
**Students:** Teia Potter, Abi Young

# Tuity Fruity Fun Pops

**HACCP:** Process 1

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

**Team:** Jalyssa

Ingredients	10 servings		Directions
	Weight	Measure	
Blueberries, frozen, unsweetened Bananas, medium Yogurt, Greek, low fat plain	14 oz. 8 oz.(12 oz.AP) 14 oz.	1 package 2 each 2 cont.	<ol style="list-style-type: none"> <li>1. Wash and sanitize hands, utensils and equipment.</li> <li>2. Peel and slice bananas. Place a banana slice in the bottom of each 4 oz. dixie cup.</li> <li>3. Portion and spoon the yogurt into the cups on top of the banana slices</li> <li>4. Portion and sprinkle 1 cup of the frozen blueberries on top of the yogurt.</li> <li>5. Blend the remaining 2 cups of blueberries and the rest of the banana slices until smooth. Portion and spoon the fruit blend into the cups on top of the yogurt and blueberries.</li> <li>6. Stir together the granola and honey in a small bowl. Sprinkle the coated granola on top of the fruit blend.</li> <li>7. Cover each cup with plastic wrap or foil. Insert a popsicle stick into the center of the cup, held in position by the wrap/foil. Freeze until firm. Hold frozen at 0°F or below.</li> </ol>
Granola Honey		1 c. 2 T.	

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

Serving Size (ounces)	Serving Size (grams)	Yield
4 ounces	113.4 grams	10 pops

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

## Nutrients Per Serving

Calories	135	Calories from Fat	18.9
Total Fat	2.1 g	Sodium	34 mg
Saturated Fat	0.69 g	Sugars	11.14 g
Trans Fat	0 g		

**Team:** Jalyssa  
**FACS Educator:** Kacey Preston  
**Nutrition Program Representative:** Andrea Denoon  
**Students:** Jaylie Weseloh, Alyssa Ballin, and Essy Vargus

## Banana Split Smoothie

Nutrients per Serving	
<b>Calories</b>	163 calories
<b>Total Fat</b>	0.8 g
<b>Saturated Fat</b>	0.4 g
<b>Sodium</b>	46 mg

### Notes:

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



Ingredients	50 Servings Measure	100 Servings Measure	Directions
Bananas, fresh, ripe, medium	25	50	In a blender, combine bananas, pineapple, strawberries, milk, and honey.
Pineapple, crushed, packed in juice	1 number 10 can (106 oz.)	2 number 10 cans (106 oz.)	
Strawberries, fresh or frozen, sliced	6 ¼ cup	12 ½ cups	
Milk, nonfat	1 gallon	2 gallons	
Honey	1 ½ cups	3 cups	
Ice cubes	7 ½ cups	15 cups	Gradually add ice, blending until slushy. Pour into serving cups.
Whipped topping	1 cup	2 cups	Garnish each serving with 1 tsp. whipped topping and ¼ tsp. chocolate syrup. Serve immediately. <b>Serving: 8 fl. oz. smoothie</b>
Chocolate syrup	12 ½ tsp.	25 tsp.	