



## USDA Smart Snack Recipes

### Portable Snacks

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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# Popcorn Trail Mix



Category: Grain/Bread

HACCP Process: 1- No Cook

Smart Snack: Meets Criteria

Ingredients	For 14 Servings		Directions
	Weight	Measure	
Air popped popcorn		12 cups	<ol style="list-style-type: none"> <li>Combine all ingredients in a large bowl or bag.</li> <li>Divide portions in individual bags or sealable bowls.</li> </ol>
Krave, Chocolate Cereal		4 cups	
Cheerios		4 cups	
Pretzel twists		4 cups	
Honey flavored shredded wheat		4 cups	

Serving Size: 2 cups (54 grams)

Yield: 14 Servings

*Not creditable in a reimbursable school meal due to popcorn.*

## Nutrition Analysis: Serving Size: 2 cup

Calories: 190

Calories from Fat: 18

Total Fat: 2.6g

Saturated Fat: 0.6g

Trans Fat: 0g

Cholesterol: 0mg

Sodium: 192mg

Total Carbohydrate: 23g

Dietary Fiber: 2g

Sugars: 7.4g

Protein: 4g

Vitamin A: 329 IU

Vitamin C: 20mg

Calcium: 40mg

Iron: 9mg




# Whole Grain Cereal Treats



Category: Grain/Bread

HACCP Process: 1- No Cook

Smart Snack: Meets Criteria

Ingredients	For 12 Servings		Directions
	Weight	Measure	
Nonstick cooking spray Butter Vegetable oil Miniature marshmallows Cheerios™  	10 oz.	2 T. 1 T. 6 cups	<ol style="list-style-type: none"> <li>1. Heat butter, oil, and marshmallows in the microwave for 1 minutes.</li> <li>2. Stir until smooth.</li> <li>3. Add cereal and stir until well coated.</li> <li>4. Press mixture into 9 x 13 inch pan coated with cooking spray using wax paper or a spatula coated in cooking spray.</li> <li>5. Cool and cut into 12 squares.</li> </ol>

Serving Size: 1 bar (40g)    Yield: 12 Servings    *Crediting in School Meals: ½ oz. grain equivalent*

**Nutrition Analysis:    Serving Size: 1 bar**

Calories: 160	Calories from Fat: 36	Total Fat: 4g	Saturated Fat: 1.6g	Trans Fat: 0g
Cholesterol: 5mg	Sodium: 110mg	Total Carbohydrate: 30g	Dietary Fiber: 1g	Sugars: 13g
Protein: 2g	Vitamin A: %	Vitamin C: 3mg	Calcium: 62mg	Iron: 5mg

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

# Afternoon Power Snack

## Honorable Mention Recipe

**HACCP:** Other

**Recipe Source:** Blue Valley West High School USD 229

**Team:** Blue Valley West FCCLA Team

Ingredients	32 servings		Directions
	Weight	Measure	
Cooking spray		Light spray	1. Wash and sanitize hands, utensils and equipment. 2. Preheat conventional oven to 350°F. 3. Lightly spray cookie sheet or use parchment paper to line cookie sheet.
Sugar, dark brown Stevia Applesauce, unsweetened		1/3 c. 1/3 c. 1 c.	4. In medium bowl, stir together dark brown sugar, Stevia, and applesauce.
Flour, all purpose Flour, whole wheat Baking powder Salt Cinnamon		1 c. 1/3 c. 1 1/2 tsp. 1/2 tsp. 3/4 tsp.	5. In a separate bowl, sift together all-purpose flour, whole wheat flour, baking powder, salt and cinnamon. 6. Slowly add dry mixture into applesauce mixture.
Oats, rolled old fashioned Raisins		1 c. 1/2 c.	7. Add oats and raisins. 8. Place teaspoon size mounds on the cookie sheet, flatten slightly, and bake 10 minutes until golden brown.

Parchment paper

Serving Size (ounces)	Serving Size (grams)	Yield
.67 ounces	19 grams	32 cookies

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

### Nutrients Per Serving

Calories	54	Calories from Fat	0
Total Fat	.4 g	Sodium	37.6 mg
Saturated Fat	0.07 g	Sugars	3.4 g
Trans Fat	0 g		

**Team:** Blue Valley West FCCLA Team  
**FACS Educator:** Pam Graverholt  
**Nutrition Program Representative:** Charles Rathbun  
**Students:** Lina Thompson, Linsey Poland

# Caramel Ginger Popcorn Balls

## Team Up for Smart Snacks

**HACCP:**

**Recipe Source:** USD 435 Abilene High School  
**Team:** Abilene FCS Nutrition & Wellness Team 22

Ingredients	12 servings		___ Servings		Directions	
	Weight	Measure	Weight	Measure		
Parchment paper Ice water (not consumed) Popcorn, popped		1 sheet 1 quart 6 cups			1. Line a baking sheet with parchment paper to hold formed popcorn balls. 2. Prepare a medium bowl of ice water. 3. Put popped popcorn in a large bowl.	
Brown sugar Splenda Corn syrup, light reduced calorie Butter, unsalted, light	2.25 oz.  1 oz.	6 T 3 T 2 T				4. Combine brown sugar Splenda, corn syrup, and margarine in a small saucepan. Cook over medium heat, stirring constantly. The syrup should start to lightly bubble. Stir constantly until the sugar is melted and the mixture darkens or about 2 minutes.
Ginger, crystallized, finely chopped Ginger, ground		2 T  ¼ tsp.				5. Immediately pour the syrup evenly over the popcorn. Gently mix the syrup with the popcorn using a rubber spatula, until the popcorn is well coated. 6. Gently stir in crystallized ginger. 7. Dipped gloved hands in the ice water. Working quickly press small handfuls (about ⅓ cup size) of the popcorn mixture into 2" balls.

\* Purchase a popped product or pop 3 cups popcorn kernels

Serving Size (ounces)	Serving Size (grams)	Yield
.97 oz. (approx.1 oz.)	26.65 grams	1 ball

### Nutrients Per Serving

Calories	82	Calories from Fat	14
Total Fat	1.59 g	Sodium	49.2 mg
Saturated Fat	0.88 g	Sugars	8.58 g
Trans Fat	0 g		

**Team:** Abilene FCS Nutrition & Wellness Team 22  
**FACS Educator:** Deb Farr  
**Nutrition Program Representative:** Kylene Harris  
**Student:** Corbin Hanna, Harley Hazlett, Javondre Flanary

# Dried Fruit & Cereal Mix

## Team Up for Smart Snacks

**HACCP:**

**Recipe Source:** USD 435 Abilene High School  
**Team:** Abilene FCS Culinary Essentials Team 25

Ingredients	4 servings		___ Servings		Directions
	Weight	Measure	Weight	Measure	
Banana, dried Raisins and/or dried cranberries Pineapple, dried Granola, Special K Touch of Honey Almonds, slices, unsalted Cheerios, original	¾ oz.    ¾ oz	¼ cup ¼ cup ¼ cup ½ cup ¼ cup ½ cup			1. Mix ingredients together in a bowl.

Serving Size (ounces)	Serving Size (grams)	Yield
½ cup	45.45 grams	4 servings

### Nutrients Per Serving

Calories	138	Calories from Fat	47.5
Total Fat	5.28 g	Sodium	22 mg
Saturated Fat	0.47 g	Sugars	13.12 g
Trans Fat	0 g		

**Team:** Abilene FCS Culinary Essentials Team 25  
**FACS Educator:** Deb Farr  
**Nutrition Program Representative:** Kyleen Harris  
**Students:** Ian Dunnam, David Thacker

# Goopy Chewy Granola

## Team Up for Smart Snacks

**HACCP:**

**Recipe Source:** USD 435 Abilene High School  
**Team:** Abilene FCS Nutrition & Wellness Team 5

Ingredients	24 servings		___ Servings		Directions
	Weight	Measure	Weight	Measure	
Oats, rolled	4 ¾ oz.	1 ½ cups			1. Wash and sanitize hands, utensils and all equipment to be used. 2. Grease or spray a 9x13 baking dish. 3. In a large bowl, mix together, oats, cereal, dried fruit, and almonds.
Oats, steel cut		1 ½ cups			
Cereal, rice crispy		2 cups			
Dried fruit, golden raisins and cranberries (can also use diced pineapple or mango, etc.)	3 oz.	1 cup			4. Melt butter in a large saucepan over medium heat. 5. Add honey, corn syrup, and vanilla extract. 6. Cook over medium heat for about 2 minutes, stirring continuously. 7. Pour dry mixture into syrup blend. Stir to combine.
Almonds, chopped (pieces)	3 oz.	1 cup			
Butter, unsalted, light	2 oz.	¼ cup			
Honey		3 T.			8. Spread oat mixture into sprayed baking dish. Press chocolate chips into top. 9. Allow to cool. Serve.
Corn syrup, light		2 T.			
Vanilla extract		2 tsp			
Chocolate chips, mini	2 ¾ oz.	2 T.			
Cooking pan spray	-	Light spray			

Serving Size	Serving Size (grams)	Yield
1.25 oz.	40 grams	24 squares

### Nutrients Per Serving

Calories	118	Calories from Fat	38.3
Total Fat	4.26 g	Sodium	32.4 mg
Saturated Fat	1.15 g	Sugars	7.92 g
Trans Fat	0 g		

**Team:** Abilene FCS Nutrition & Wellness Team 5  
**FACS Educator:** Deb Farr  
**Nutrition Program Representative:** Kyleen Harris  
**Students:** Kimberly Davis, Jonah West



# Granola Balls

## Team Up for Smart Snacks

**HACCP: Process 1**  
Hold cold

**Recipe Source:** USD 255 South Barber  
**Team:** South Barber Culinary 1

Ingredients	21 servings		___ Servings		Directions
	Weight	Measure	Weight	Measure	
Peanut butter powder, PB2	.85 oz.	¼ cup			<ol style="list-style-type: none"> <li>1. Mix the peanut butter powder with enough water to create a smooth consistency similar to peanut butter (equal parts powder to water).</li> <li>2. In a large microwave safe bowl, combine honey, peanut butter blend and sugar. Heat 40 seconds, then stir.</li> <li>3. Heat another 60 seconds and stir to combine.</li> <li>4. Add vanilla and cinnamon. Stir to combine.</li> <li>5. Chill wet mixture for about 10 minutes.</li> <li>6. Combine oats and rice krispies.</li> <li>7. Add dry mixture to cooled wet mixture, being careful not to crush the rice krispies.</li> <li>8. Stir in yogurt and coconut. Fold to gently incorporate.</li> <li>9. Gently and quickly fold in chocolate chips so that chips do not begin to melt.</li> <li>10. Shape into 1" balls and place on parchment lined pan. Freeze for at least an hour.</li> <li>11. Serve chilled.</li> </ol>
Water	2 oz.	¼ cup			
Honey	3 oz.	¼ cup			
Sugar, brown	1 ¾ oz.	¼ cup			
Vanilla	-	1 tsp			
Cinnamon, ground	-	1 tsp			
Oats, quick, dry	6 ⅓ oz.	2 cups			
Rice Krispies or similar	2 ¾ oz.	2 cups			
Yogurt, low fat vanilla	4 oz.	½ cup			
Coconut, dried, shredded	½ oz.	2 T			
Chocolate chips, mini	1 ⅓ oz.	2 T			
Parchment paper (or wax paper)		1 sheet			

Serving Size (ounces)	Serving Size (grams)	Yield
1 oz.	28.3 grams	21 servings

### Nutrients Per Serving

Calories	76	Calories from Fat	11.7
Total Fat	1.3 g	Sodium	45 mg
Saturated Fat	0.42 g	Sugars	7.57 g
Trans Fat	0 g		

**Team:** Culinary 1 Class  
**FACS Educator:** Cheryl Swartz  
**Nutrition Program Representative:** Lori Sahadi  
**Students:** Culinary 1 Class

# Snow Popcorn

## Team Up for Smart Snacks

**HACCP: Other**

**Recipe Source:** USD 435 Abilene High School  
**Team:** Abilene FCS Nutrition & Wellness Team 11

Ingredients	12 servings		___ Servings		Directions
	Weight	Measure	Weight	Measure	
Popcorn, (Orville's 94 % Fat Free Smart Pop)		6 cups popped			1. Wash and sanitize hands, utensils and all equipment to be used. 2. Put popped popcorn in a bowl.
White chocolate Popcorn seasoning, white cheddar Splenda		1 T. 1 ½ tsp 1 T			3. In a microwave using a microwave safe bowl, melt white chocolate. Stop microwave every 30 seconds to stir chocolate. 4. After chocolate is melted stir in white cheddar seasoning and Splenda
					5. Spread white chocolate in a thin layer on a piece of wax paper.* 6. Roll the popcorn through the chocolate blend and allow to sit for 5-7 minutes or until dry.  *For steps 5 and 6, we had better success putting the product in a plastic bowl with a lid and gently shaking to incorporate the blend.

Serving Size (ounces)	Serving Size (grams)	Yield
.25 ounce (½ cup)	7.1 grams	12 servings

### Nutrients Per Serving

Calories	23	Calories from Fat	4.5
Total Fat	0.5 g	Sodium	82.9 mg
Saturated Fat	0.23 g	Sugars	0.47 g
Trans Fat	0 g		

**Team:** Abilene FCS Nutrition & Wellness Team 11  
**FACS Educator:** Deb Farr  
**Nutrition Program Representative:** Kyleen Harris  
**Students:** Olivia Lillich, Azaria Horn

# Strawberry Krispies

HACCP: Other

Recipe Source: Eisenhower High School USD 265

Team: Tiger Pink

Ingredients	12 servings		Directions
	Weight	Measure	
Butter, unsalted Mini marshmallows Cereal, Rice Krispies Cereal, Wheat Chex  Gelatin powder, sugar free strawberry		1 T. 3 c. 2 ½ c. 1 ½ c.  ½ T.	1. Wash and sanitize equipment to be used. Wash hands. 2. Lightly spray 9x9 baking pan. 3. Place Chex cereal into a Ziploc baggie and crush until size of Rice Krispies cereal. 4. Melt butter in a large sauce pan/pot. 5. Add marshmallows and stir until marshmallows are melted without lumps. 6. Add gelatin powder and mix until dissolved, 7. Add cereals and stir until evenly coated in marshmallow.
Cooking spray			8. Pour into greased (sprayed) 9x9 pan and lightly press into pan until even. 9. Allow to cool and cut into 12 bars.

Serving Size (ounces)	Serving Size (grams)	Yield
1 ounce	28.35 grams	12 bars

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

## Nutrients Per Serving

Calories	80	Calories from Fat	10.8
Total Fat	1.13 g	Sodium	85.6 mg
Saturated Fat	.64 g	Sugars	1.17 g
Trans Fat	0 g		

**Team:** Tiger Pink  
**FACS Educator:** LaDena Laha  
**Nutrition Program Representative:** Eileen Blick  
**Students:** Gentry Stearns, Jade Sampson, Ashton Risser

# Sweet Date Granola Bars

**HACCP:** Other

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

**Team:** Tiger Black

Ingredients	18 servings		Directions
	Weight	Measure	
Oats, rolled old fashioned	-	2 c.	<ol style="list-style-type: none"> <li>1. Wash and sanitize equipment to be used. Wash hands.</li> <li>2. Preheat oven to 325°F.</li> <li>3. Place oats on a microwavable plate and microwave in one minute intervals two or three times or until golden. Stirring each time. (Oats can also be toasted in an oven.) Allow oats to cool.</li> <li>4. In a large bowl whisk together honey, oil, water, egg whites, light brown sugar, ground cinnamon, and salt until blended.</li> <li>5. Add toasted oats, wheat germ and dates. Combine.</li> </ol>
Honey	-	½ c.	
Oil, canola (vegetable oil)	-	8 T.	
Water	-	1 oz.	
Egg whites, from medium to large egg	2 oz. whites	2 eggs	
Sugar, light brown		2 T.	
Cinnamon, Ground		1 tsp.	
Salt		½ tsp.	
Wheat germ		¾ c.	
Dates, dried ,chopped		¾ c.	
Cooking spray		Light spray	<ol style="list-style-type: none"> <li>6. Lightly spray an 8 x 8 baking pan and line it with parchment paper.</li> <li>7. Transfer mixture to the baking pan. Wet hands and lightly press mixture into the pan until it is even.</li> <li>8. Bake for 25 minutes until golden brown and fragrant.</li> <li>9. Allow to cool on wire rack.</li> <li>10. Pull the cooled product from the pan using the parchment paper. Transfer to a cutting board cut into eighteen bars.</li> </ol>

Parchment paper

Serving Size (ounces)	Serving Size (grams)	Yield
1.38 ounces	39 grams	18 bars

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

## Nutrients Per Serving

Calories	189	Calories from Fat	72
Total Fat	7.7 g	Sodium	8.97 mg
Saturated Fat	0.76 g	Sugars	11.6 g
Trans Fat	0 g		

**Team:** Tiger Black  
**FACS Educator:** LaDena Laha  
**Nutrition Program Representative:** Eileen Blick  
**Students:** Kyle Morris, Kieran Armstrong

## Apple Pie Cereal Mix

Nutrients per Serving	
Calories	120 calories
Total Fat	3.2 g
Saturated Fat	1.0 g
Sodium	122 mg

### Notes:

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



Ingredients	50 Servings Measure	100 Servings Measure	Directions
Cereal whole grain toasted corn	12 ½ cups	25 cups	Preheat oven to 300 degrees.  Place cereal into a 2½" deep steam table pan
Cereal, whole grain toasted rice	12 ½ cups	25 cups	
Margarine-like, butter-margarine blend, 80% fat, stick, without salt	12 ½ Tbsp.	25 Tbsp.	Melt margarine in a pot on the stovetop. Pour over cereal.
Sugar, brown, packed	¾ cup	1 ½ cups	Stir brown sugar, cinnamon, ginger and nutmeg together and sprinkle over the cereal. Mix to combine.  Bake in the oven for 30 minutes, stirring after 15 minutes. Allow to cool on parchment paper, waxed paper or aluminum foil.
Cinnamon, ground	3 Tbsp.	6 Tbsp.	
Ginger, ground	1 Tbsp.	2 Tbsp.	
Nutmeg, ground	1 Tbsp.	2 Tbsp.	
Apples, dehydrated, chopped	6 ¼ cups	12 ½ cups	Sprinkle dried apple slices evenly over the cereal mix.  <b>Serving: ½ cup cereal mix</b>

## Just for Kicks Snack Mix

Nutrients per Serving	
Calories	125 calories
Total Fat	4.0 g
Saturated Fat	1.3 g
Sodium	102 mg

### Notes:

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



Ingredients	50 Servings Measure	100 Servings Measure	Directions
Cereal, whole grain toasted corn	10 cups	20 cups	Preheat oven to 300 degrees. Place cereal into a 2½" deep steam table pan.
Cereal, whole grain toasted rice	12 ½ cups	25 cups	
Sugar, white, granulated	¾ cups	1 ½ cups	Mix together sugar and cinnamon and set aside.
Cinnamon, ground	2 Tbsp.	4 Tbsp.	
Margarine-like, butter-margarine blend, 80% fat, stick, without salt	1 cup	2 cups	Melt margarine on the stove top. Pour melted margarine over cereal and stir to combine. Bake for 15 minutes. Sprinkle cereal with cinnamon-sugar mix and stir to evenly coat cereal. Bake for additional 10-15 minutes.
Raisins, seedless, not packed	3 ¾ cups	7 ½ cups	Stir in raisins and pour the cereal mix on parchment paper, aluminum foil or waxed paper to cool. <b>Serving: ½ cup cereal mix</b>