

Child Nutrition & Wellness
Kansas State Department of Education
Presents

Team Up for Smart Snacks



Team Up for Smart Snacks Challenge Recipe Booklet

A Culinary Champions Class
Child Nutrition Management Academy
New May 2016

This publication has been funded 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.

Kansas State Department of Education

Dr. Randy Watson, Commissioner, 785-296-3202

Dale M. Dennis, Deputy Commissioner, Fiscal & Administrative, 785-296-3871

Brad Neuenswander, Deputy Commissioner, Division of Learning Services, 785-296-2303

For further information, please contact: Child Nutrition & Wellness, KSDE, Landon State Office Building, 900 SW Jackson Street, Suite #251, Avenue, Topeka, Kansas 66612, 785-296-2276, Fax: 785-296-0232, www.kn-eat.org, Cindy L. Johnson, Training Coordinator, cljohnson@ksde.org.

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, disability, age, 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. 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. 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; or
- (3) Email: program.intake@usda.gov.

This institution is an equal opportunity provider.

The following person has been designated to handle inquiries regarding the non-discrimination policies at the Kansas State Department of Education: Office of General Counsel, Landon State Office Building, 900 SW Jackson St, Suite #102, Topeka, KS 66612, (785)296-3201.

Kansas State Department of Education



“Team Up for Smart Snacks” Challenge



**Wanted – healthy recipes that are
smart snack compliant and taste good!**



Family and Consumer Science educators, students, and School Nutrition Program staff “teamed up” to enhance the healthy school environment. Child Nutrition & Wellness collaborated with Career, Standards and Assessment Services-Career and Technical Education to reach out to schools to encourage them to serve up “smart snacks” as part of healthy school initiatives. Schools were challenged to build a team consisting of a Family and Consumer Science educator, one or more students, and a School Nutrition Program staff person. Teams were encouraged to use their ingenuity and food innovation skills to develop recipes that taste great, that students will want to eat, and that meet the “Smart Snacks in School Nutrition Standards.”

Over 65 teams from 28 Kansas Nutrition and Culinary classes took on the challenge. The effort tapped into the creativity of approximately 400 total students from large schools, small schools, private schools, high schools and middle schools.

Recipes were evaluated for compliance with the “Smart Snacks in School Nutrition Standards” and judged for taste. The selected recipes are now presented in this “Team Up for Smart Snacks Challenge” Recipe Book and will be part of the production experience in the chef taught “Culinary Champions - Team Up for Smart Snacks” class offered at Child Nutrition Management Academy. We hope you enjoy creating the recipes developed by the school teams as part of the “Challenge” experience!



Team Up for Smart Snacks Challenge

Recipe Booklet

Table of Contents

Delish Bars.....	Page 1
Greek Yogurt Apple Muffins	Page 2
Weird Apple Cookies.....	Page 3
Healthier No Bake Oatmeal Cookies.....	Page 4
Granola Balls.....	Page 5
Cherry Berry Smoothie.....	Page 6
Multi-Fruit Smoothie	Page 7
Stuffed Strawberries.....	Page 8
Healthy Peanut Butter Fudge Brownies	Page 9
Apple Sandwich	Page 10
Spicy Chickpea Bites	Page 11
Goey Chewy Granola.....	Page 12
Super Berry Vanilla Delight	Page 13
Easy as One, Two, Three Popsicles!	Page 14
Michael & Seth’s No Bake Cookies.....	Page 15
Snow Popcorn	Page 16
Apple Roll Up	Page 17
Easy Peasy Fruit Kabobs	Page 18
Marvelous Mango Sauce.....	Page 19
Melon & Berries Salad.....	Page 20
Caramel Ginger Popcorn Balls.....	Page 21
Dried Fruit & Cereal Mix	Page 22
Healthy Blueberry Muffins	Page 23
Strawberry, Mango, and Pineapple, Popsicles.....	Page 24

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

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

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

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			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

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"> 1. Mix the peanut butter powder with enough water to create a smooth consistency similar to peanut butter (equal parts powder to water). 2. In a large microwave safe bowl, combine honey, peanut butter blend and sugar. Heat 40 seconds, then stir. 3. Heat another 60 seconds and stir to combine. 4. Add vanilla and cinnamon. Stir to combine. 5. Chill wet mixture for about 10 minutes. 6. Combine oats and rice krispies. 7. Add dry mixture to cooled wet mixture, being careful not to crush the rice krispies. 8. Stir in yogurt and coconut. Fold to gently incorporate. 9. Gently and quickly fold in chocolate chips so that chips do not begin to melt. 10. Shape into 1" balls and place on parchment lined pan. Freeze for at least an hour. 11. Serve chilled.
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

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	10 oz. EP	1 ½ cups			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)
Cherries, fresh, sweet*	12 oz. EP	1 cup			
Raspberries, red, fresh	4.5 oz. EP	1 cup			
Blueberries, fresh	3 oz. EP	½ cup			

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

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

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

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

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

Spicy Chickpea Bites

Team Up for Smart Snacks

HACCP:

Recipe Source: USD 435 Abilene High School
Team: Abilene FCS Nutrition & Wellness Team 4

Ingredients	8 servings		___ Servings		Directions
	Weight	Measure	Weight	Measure	
Chickpeas, canned	15 oz.	1 can			<ol style="list-style-type: none"> 1. Wash and sanitize hands, utensils and all equipment to be used. 2. Drain and rinse chickpeas (garbanzo beans) in a colander. Rub dry on paper towels, removing skins from the beans.
Olive oil Garlic powder Dried onions Sun dried tomatoes Paprika Chili powder Cayenne pepper Sea salt Pepper Crushed red pepper Chipotle chili pepper Onion powder Seasoned salt Parchment paper		2 1/8 tsp 1/4 tsp 1/8 tsp 1/8 tsp 1/8 tsp 1/2 tsp 1/4 tsp 1/4 tsp 1/8 tsp 1/8 tsp 1/8 tsp 1/8 tsp 1 each			<ol style="list-style-type: none"> 3. Preheat conventional oven to 400°F. 4. In a medium size bowl, stir all remaining ingredients until well blended. 5. Add chickpeas and stir to thoroughly coat the beans. 6. Spread chickpeas evenly on lined baking sheet. 7. Bake for 20 minutes. 8. Remove from oven and stir (or tilt the pan to slightly roll the chickpeas). 9. Bake for an additional 20 or more minutes, until chickpeas are toasted and crunchy.

Serving Size (ounces)	Serving Size (grams)	Yield
1 ounce	28.35 grams	8 servings

Nutrients Per Serving

Calories	59	Calories from Fat	20.5
Total Fat	2.28 g	Sodium	175 mg
Saturated Fat	0.28 g	Sugars	1.42 g
Trans Fat	0 g		

Team: Abilene FCS Nutrition & Wellness Team 4
FACS Educator: Deb Farr
Nutrition Program Representative: Kyleen Harris
Students: Baylie Dockins, Madison Swanson

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.			8. Spread oat mixture into sprayed baking dish. Press chocolate chips into top. 9. Allow to cool. Serve.
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

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

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"> 1. Wash and sanitize hands, utensils and all equipment to be used. 2. Mix orange juice concentrate, water, and Sierra Mist in a pitcher or pourable container. 3. Pour evenly into Dixie cups.
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"> 4. Add raspberries and crushed pineapple evenly into cups. 5. Place stick into the middle of each cup*. 6. Place in the freezer until frozen solid.
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

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

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

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.	¾ cup			1. Mix together sugar and cinnamon in a medium bowl. 2. Preheat a conventional oven to 350°F.
Cinnamon, ground	-	1 ½ 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

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

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			<ol style="list-style-type: none"> 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

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. 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.
Brown sugar Splenda Corn syrup, light reduced calorie Butter, unsalted, light	2.25 oz. 1 oz.	6 T 3 T 2 T			
Ginger, crystallized, finely chopped Ginger, ground		2 T ¼ tsp.			

* 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

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			<ol style="list-style-type: none"> 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			<ol style="list-style-type: none"> 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			<ol style="list-style-type: none"> 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

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	9 oz.	1 ½ cups			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. 2. Rinse, peel, and cut mango into pieces. 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. 4. Alternately evenly pour each fruit mixture (for a marbled look) into popsicle molds (Dixie cups). 5. Place a popsicle stick into the middle of each cup.* 6. Place in the freezer until frozen solid.
Mango, fresh, pieces	12 oz.	1 ½ cups			
Pineapple juice, unsweet.	10 fl. oz	1 ¼ cups			
Honey	-	1 T 1 tsp.			
Flax seed meal	-	1 T 1 tsp			
Dixie cups, 3 oz size		10 each			
Popsicle sticks		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