

Child Nutrition & Wellness  
Kansas State Department of Education  
Presents

**Team Up  
for  
Smart Snacks  
Recipe Challenge  
Celebration Edition**

**Recipe Booklet**

New Summer 2017

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## Kansas State Department of Education



### **“Team Up for Smart Snacks” Recipe Challenge – Celebration Edition**



**Wanted – healthy recipes that are  
smart snack compliant, taste good and  
work well for celebrations!**



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” for celebrations 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 102 teams from 24 Kansas Nutrition and Culinary classes took on the challenge. The effort tapped into the creativity of students from large schools, small schools, private schools, high schools and middle schools.

Team submitted their recipes to KSDE Child Nutrition & Wellness. Recipes were evaluated for compliance with the “Smart Snacks in School Nutrition Standards” and judged for taste. Selected recipes are presented in this “Team Up for Smart Snacks Recipe Challenge – Celebration Edition” Recipe Book. We hope you enjoy creating the recipes developed by school teams as part of the “Challenge” experience!



# Destiny's Peanut Butter Nuggets

## First Place Recipe

**HACCP:** Process 1 Hold Cold

**Recipe Source:** Ell-Saline MS/HS USD 307

**Team:** Team 3

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

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

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

### Nutrients Per Serving

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

**Team:** Team 3

**FACS Educator:** Susan Nelson

**Nutrition Program Representative:** Rebecca Walters

**Students:** Desiree Garman, Destiny Rea

# 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

# Light Pumpkin Custards

## Third Place Recipe

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

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

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

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

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

### Nutrients Per Serving

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

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

# 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



# Skinny Doodles

## Honorable Mention Recipe

**HACCP:** Other

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

**Team:** SES Smart Cooks Team 3 Life Dimensions FCS

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

Parchment paper

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

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

### Nutrients Per Serving

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

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

# 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.	1. Wash and sanitize hands, utensils and equipment. 2. Rinse and remove the tops from the strawberries. 3. Cut pineapple into fruit chunks or purchase an already cut product. 4. Blend the strawberries, pineapple chunks and yogurt until creamy in a blender. 5. Add vanilla and Stevia.
			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. 7. Freeze for 5 hours. Hold frozen at 0°F or below.

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

# Healthy Chocolate Chip Cookies

**HACCP:** Other

**Recipe Source:** Northern Heights USD 251

**Team:** Northern Heights Team P1

Ingredients	servings		Directions
	Weight	Measure	
Cooking spray Flour, all purpose Flour, whole wheat Baking soda Pudding, dry vanilla instant	1.75 oz. (50 g)	Light spray ¾ c. ¾ c. ¾ tsp. ½ pkg	1. Wash and sanitize hands, utensils and equipment. 2. Preheat conventional oven to 350°F. 3. Spray cookie sheet or use parchment paper to line pan. 4. Sift together flours, baking soda, and dry pudding mix in a mixing bowl.
Yogurt, Greek Sugar, brown Sugar Egg, large Vanilla Chocolate chips	- - - 2 oz.	½ c. ½ c. 2 tsp 1 each ¾ tsp 1 c.	5. Whisk together yogurt, sugars, egg, and vanilla. Slowly add dry mixture to wet mixture. 6. Stir in chocolate chips 7. Scoop onto cookie sheet and bake for 9-11 minutes.

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

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

## Nutrients Per Serving

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

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

# 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

# Mini Zucchini Pizza Bites

**HACCP:** Process 2

**Recipe Source:** Northern Heights USD 251

**Team:** Northern Heights Team P2

Ingredients	24 servings		Directions
	Weight	Measure	
Zucchini, fresh, medium size Pepperoni slices		3 each 24 slices	1. Wash and sanitize hands, utensils and equipment. 2. Preheat conventional oven to 375°F. 3. Rinse and slice zucchini. Three medium zucchini should yield 24 slices (8 slices per zucchini). 4. Place zucchini slices on cookie sheet lined with parchment paper. 5. Cut pepperoni slices into quarters.
Marinara sauce Cheese, mozzarella, shredded	3 oz.	½ c. ¾ c.	6. Spoon 1 tsp. marinara sauce onto each zucchini slice. 7. Sprinkle 1/8 oz. shredded cheese onto each zucchini slice. 8. Put 4 pepperoni quarters on each zucchini slice. (This is the equivalent of one slice of pepperoni per one slice of zucchini). 9. Bake for 12-15 minutes. 10. Serve immediately. Hold at 135°F or above for service.

Parchment paper

Serving Size (ounces)	Serving Size (grams)	Yield
1 ounce	28.35 grams	24 pizza bites

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

## Nutrients Per Serving

Calories	15	Calories from Fat	2.61
Total Fat	0.29 g	Sodium	67.6 mg
Saturated Fat	0.10 g	Sugars	0.66 g
Trans Fat	0 g		

**Team:** Northern Heights Team P2

**FACS Educator:** Janet Holden

**Nutrition Program Representative:**

**Students:** Andrea Anderson, Allyssa Beck, Emily Gilbert, Kaylee Burton

# Tortilla Roll-Ups

**HACCP:** Process 1

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

**Team:** Team 1 Culinary Arts

Ingredients	60 servings		Directions
	Weight	Measure	
Tortillas, whole wheat	15 oz.	10 each	1. Wash and sanitize equipment to be used Wash hands. 2. Mix cream cheese, green onions, black olives, ham, and cheese in a medium size bowl. 3. Spread the cream cheese mixture on the tortillas. Roll up the tortillas, jellyroll style. Cover with plastic wrap and hold cold at 41°F or below for at least 2 hours.
Cream cheese, whipped, red. fat	8 oz.	1 pkg.	
Green onions	2 oz.	½ c.	
Black olives	1 ¼ oz.	¼ c.	
Ham, chopped, lean	4 oz.	¾ c.	
Cheddar cheese, sharp shredded	1 oz.	¼ c.	
			4. Remove tortillas from the cooler. Cut into ¾ inch slices for service.

Plastic wrap

Serving Size (ounces)	Serving Size (grams)	Yield
½ ounce	14.2 grams	60 slices

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

## Nutrients Per Serving

Calories	23	Calories from Fat	6.1
Total Fat	0.68 g	Sodium	88.7 mg
Saturated Fat	0.24 g	Sugars	0.30 g
Trans Fat	0 g		

**Team:** Team 1 Culinary Arts

**FACS Educator:** Cheryl Swartz

**Nutrition Program Representative:** Lori Sahadi

**Students:** Bailey Roberts

# 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

# Lemon and Blueberry Muffins

**HACCP:** Other

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

**Team:** EHS #1 Squad

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

Muffin liners

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

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

## Nutrients Per Serving

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

**Team:** EHS #1 Squad

**FACS Educator:** LaDena Laha

**Nutrition Program Representative:** Eileen Blick

**Students:** Brenna Franklin, Natalee Sharp, Bryce Runyan



# 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

# 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

# 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

# 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.	1. Wash and sanitize equipment to be used. Wash hands. 2. Preheat oven to 325°F. 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. 4. In a large bowl whisk together honey, oil, water, egg whites, light brown sugar, ground cinnamon, and salt until blended. 5. Add toasted oats, wheat germ and dates. Combine.
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	6. Lightly spray an 8 x 8 baking pan and line it with parchment paper. 7. Transfer mixture to the baking pan. Wet hands and lightly press mixture into the pan until it is even. 8. Bake for 25 minutes until golden brown and fragrant. 9. Allow to cool on wire rack. 10. Pull the cooled product from the pan using the parchment paper. Transfer to a cutting board cut into eighteen bars.

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

# 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

# Jackson's Green Salsa

**HACCP:** Process 1

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

**Team:** EHS White

Ingredients	4 servings		Directions
	Weight	Measure	
Tomato, fresh Cilantro, fresh Onion, green Chile, green canned Jalapenos Salt	- - - 4 ½ oz.  	2 each 2 T. 1 stalk 1 can 2 each ¼ tsp.	1. Wash and sanitize equipment to be used. Wash hands. 2. Rinse and cut all ingredients small enough to fit into a food processor. 3. Pulse in the food processor until it is the desired consistency 4. Serve.
			5. Hold cold at 41°F or below.

Serving Size (ounces)	Serving Size (grams)	Yield
6 ounces	170 grams	4 servings

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

## Nutrients Per Serving

Calories	24	Calories from Fat	3.6
Total Fat	.37 g	Sodium	114 mg
Saturated Fat	.05 g	Sugars	0.09 g
Trans Fat	0 g		

**Team:** EHS White  
**FACS Educator:** LaDena Laha  
**Nutrition Program Representative:** Eileen Blick  
**Students:** Jackson Gasho, Sean Kempinski, Cameron Burdon

# 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		$\frac{1}{2}$ c. 1 T. + 1 tsp.  1 c. $\frac{1}{4}$ 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

# Biti Blueberry Bites

**HACCP:** Other

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

**Team:** Eisenhower Black

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

Mini muffin liners

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

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

## Nutrients Per Serving

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

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



# Pumpkin Minis

**HACCP:** Other

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

**Team:** Eisenhower Blue

Ingredients	6 servings		Directions
	Weight	Measure	
Oil, canola	-	1 T.	1. Wash and sanitize equipment to be used. Wash hands. 2. Preheat oven to 350°F. 3. Mix together egg, canola oil, stevia, vanilla extract, and yogurt in mixer or by hand in a large mixing bowl. 4. Mix together dry ingredients in separate bowl. 5. Alternately adding pumpkin puree and dry ingredients into mixing bowl. 6. Once completely mixed, spoon 1½ T. into lined mini muffin pan. 7. Bake for 15 minutes.
Stevia	-	½ c.	
Egg, medium to large	2 oz.	1 each	
Yogurt, plain, non-fat, Greek		2 T.	
Vanilla Extract		½ tsp.	
Pumpkin puree		¾ c.	
Baking soda		½ tsp.	
Cinnamon, ground		1¼ tsp.	
Nutmeg, ground		¼ tsp.	
Cloves, ground		¼ tsp.	
Salt		pinch	
Flour, white whole wheat		¾ c.	

Mini muffin liners

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

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

## Nutrients Per Serving

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

**Team:** Eisenhower Blue

**FACS Educator:** LaDena Laha

**Nutrition Program Representative:** Eileen Blick

**Students:** Cailey Stoltz, Kaidyn Smith, Abbey Miller

# Chocolate Chip Donut

**HACCP:** Other

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

**Team:** Eisenhower Tigers

Ingredients	6 servings		Directions
	Weight	Measure	
Vanilla		1 tsp.	1. Wash and sanitize equipment to be used. Wash hands. 2. Preheat conventional oven to 400°F. 3. Mix together dry ingredients (flour, stevia, baking powder) in a large bowl. 4. Mix together wet ingredients (vanilla, yogurt, egg, oil, and cider) in a medium bowl. 5. Make a hole in the middle of the dry ingredients and pour the wet ingredients into the middle. 6. Gently incorporate the dry ingredients with the wet ingredients until combined. 7. Add chocolate chips.
Yogurt, nonfat	7 oz.	-	
Baking Powder	-	2 tsp.	
Flour, all purpose	-	1 c.	
Stevia	-	½ c.	
Egg, large	2 oz.	1 each	
Oil, canola		1 T.	
Apple Cider		2 tsp.	
Chocolate chips		¼ c.	
Cooking spray		As needed	8. Spray donut pan with cooking spray. 9. Scoop batter into a piping bag or Ziploc bag. Squeeze batter into the donut pan. 10. Bake donut for 10 minutes or until golden brown. Flip out of the pan and allow to cool on a cooling rack.

Ziplock type bag

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

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

## Nutrients Per Serving

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

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

# Berry Whipped Waffles

**HACCP:** Other

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

**Team:** Eisenhower White

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

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

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

## Nutrients Per Serving

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

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

# 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.)	1. Wash and sanitize hands, utensils and equipment. 2. Rinse and remove tops from the strawberries. 3. Cut 3 strawberries into slices, top to bottom, to yield 12 slices. 4. Blend together the remaining strawberries and yogurt in a blender or food processor. 5. Portion and place the granola into the cups of a muffin pan lined with 12 cupcake liners. 6. Portion and pour the yogurt blend over the granola. 7. Garnish with a strawberry slice. 8. Freeze for a few hours. 9. Remove from the freezer about 5 minutes before service. 10. Hold cold at 41°F or below.

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

# Flavor-packed Gingerbread Cookies

**HACCP:** Other

**Recipe Source:** Macksville High School USD 351

**Team:** Nutrition and Wellness Red Team

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

Plastic wrap; wax paper; parchment paper

## Flavor-packed Gingerbread Cookies, continued

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

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

### Nutrients Per Serving

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

**Team:** Nutrition and Wellness Red Team

**FACS Educator:** Terri Renfro

**Nutrition Program Representative:** Joy Sallee

**Students:** Jennifer Ortiz, Jenna Russell

# Santa's Tortilla Snacks

**HACCP:** Other

**Recipe Source:** Macksville High School USD 351

**Team:** Nutrition and Wellness Gray Team

Ingredients	12 servings		Directions
	Weight	Measure	
Tortillas, whole wheat, 6" Taco seasoning mix, dry, low sodium Cooking spray	10 oz.	6 each 1 T.  Light spray	1. Wash and sanitize hands, utensils and equipment. 2. Preheat conventional oven to 375°F. 3. Cut tortillas with Christmas cookie cutters into desired shapes or cut into quarters. 4. Lightly spray tortilla shapes with pan spray so taco seasoning will stick. 5. Sprinkle with taco seasoning mix. 6. Bake for 6-8 minutes.
Salsa, low sodium	12 oz.	1 ½ c.	7. Serve with salsa

Serving Size (ounces)	Serving Size (grams)	Yield
½ tortilla 1 ounce salsa	42 grams	12 servings

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

## Nutrients Per Serving

Calories	58	Calories from Fat	9
Total Fat	1.06 g	Sodium	196 mg
Saturated Fat	0.51 g	Sugars	0.08 g
Trans Fat	0 g		

**Team:** Nutrition and Wellness Gray Team

**FACS Educator:** Terri Renfro

**Nutrition Program Representative:** Joy Sallee

**Students:** Jaxton Knorr, Vanessa Ramirez, Kevin Waters

# 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.	1. Wash and sanitize hands, utensils and equipment. 2. Peel and slice bananas. Place a banana slice in the bottom of each 4 oz. dixie cup. 3. Portion and spoon the yogurt into the cups on top of the banana slices 4. Portion and sprinkle 1 cup of the frozen blueberries on top of the yogurt. 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.
Granola Honey		1 c. 2 T.	6. Stir together the granola and honey in a small bowl. Sprinkle the coated granola on top of the fruit blend. 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.

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



# 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 processor 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

# Banana Protein Pancakes

**HACCP:** Other

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

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

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

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

## Nutrients Per Serving

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

**Team:** Nutrition Team #1

**FACS Educator:** Audrey Maxwell

**Nutrition Program Representative:** Martha Ohnick

**Students:** Jeremy Berg, Kaylia Colbert, Brock Davis, Abram Enns, Kaylee Gleason

# Cauliflower Crust Pizza

**HACCP:** Process 2

**Recipe Source:** Montezuma USD 371 South Gray High School  
**Team:** Nutrition Team #2

Ingredients	15 servings		Directions
	Weight	Measure	
Tomato, Roma, fresh, medium Jalapeno pepper, fresh Onion, fresh, medium Garlic, fresh Olive oil, virgin	18 oz. 1 oz. 4 oz.	9 each 1 each ½ each 12 cloves 1 T. + 1 tsp	1. Wash and sanitize hands, utensils and equipment. 2. Preheat conventional oven to 375°F. 3. Rinse tomato and cut into large dices. 4. Rinse jalapeno peppers, removes seeds and cut into large dices. 5. Peel and cut onion into large dices. 6. Peel garlic and separate into cloves. 7. In a mixing bowl, combine olive oil, tomato, peppers, onion, and garlic, coating the ingredients well. 8. Place the coated vegetables in a casserole dish and roast until the tomatoes are brown on the outside. Remove from the oven and allow to cool slightly (5 minutes). 9. Place cooked vegetables in a blender or food processor and blend to make a sauce.
Ground beef, lean	8 oz.		10. In a skillet cook ground beef to a proper internal temperature of 160°F of higher. Drain off excess fat.
Cauliflower, fresh Egg, fresh, large Cheese, parmesan, grated Italian seasoning Garlic, fresh Salt	2 lbs. 2 oz.	1 head 1 each ½ c. 1 T. ½ tsp. ½ tsp.	11. Preheat conventional oven to 450°F. 12. Rice the cauliflower and put into a microwavable bowl. Microwave for 5-8 minutes. Press out excess water from cooked cauliflower, using a fine mesh strainer or paper towel. 13. Peel and crush garlic. 14. Combine cauliflower, egg, parmesan cheese, Italian seasoning, crushed garlic and salt to make a dough. 15. Spray a muffin tin. Portion and pat the dough into each cup. Bake dough for 10-15 minutes in muffin tin. Remove from oven.
Cheese, mozzarella, shred Peppers, green	4 oz. 3 oz.		16. Rinse bell peppers, removes seeds and cut into small dices. 17. Add sauce to the crust, then cooked beef, shredded cheese, and diced bell peppers. 18. Bake again to melt cheese, heat sauce, and cook the peppers.

## Cauliflower Crust Pizza

Serving Size (ounces)	Serving Size (grams)	Yield
5 ounces	143 grams	15

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

### Nutrients Per Serving

Calories	83	Calories from Fat	22.5
Total Fat	2.5 g	Sodium	192 mg
Saturated Fat	0.8 g	Sugars	1.3 g
Trans Fat	0 g		

**Team:** Nutrition Team #2  
**FACS Educator:** Audrey Maxwell  
**Nutrition Program Representative:** Martha Ohnick  
**Students:** Terry Guenther, Marcelo Neufeld, Gwen Racy, Kinsey Riley, Brvanna Sidebottom