

Smart Snack Recipes



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Introduction

School lunch and breakfast meals follow stringent nutrition requirements to ensure that students receive food that promotes health and wellness. Likewise, it is important that snacks sold during the school day support healthy lifestyles. The regulations under the Healthy, Hunger-Free Kids Act of 2010 emphasize fruits, vegetables, and whole grains, while limiting sodium, fat, and sugar in snacks.

If you have a product you would like to sell at the school, the “[Smart Snacks Product Calculator](#)” can be used to determine if it meets the requirement. This tool may be found on the Shoreline District Wellness page, at <http://schools.shorelineschools.org/foodservices/district-wellness/>.

Determining the appropriateness of a recipe, such as for use in a bake sale, is more difficult. It requires a nutrition facts label or online nutrient analysis to determine the calorie, sodium, fat, and sugar content. Snacks must be within the following guidelines:

- Any food in schools must:
 - Be a “whole grain-rich” grain product; or
 - Have as the first ingredient a fruit, a vegetable, a dairy product, or a protein food; or
 - Be a combination food that contains at least ¼ cup of fruit and/or vegetable; or
 - Contain 10% of the Daily Value (DV) of one of the nutrients of public health concern in the 2010 dietary guidelines for Americans (calcium, potassium, vitamin D, or dietary fiber)*
- Foods must also meet several nutrient requirements:
 - Calorie limits
 - Snack items: ≤ 200 calories
 - Entrée items: ≤ 250 calories
 - Sodium limits
 - Snack items: ≤ 230 mg**
 - Entrée items: ≤ 480 mg
 - Fat limits
 - Total fat: ≤ 35% of calories
 - Saturated fat: < 10% of calories
 - Trans fat: zero grams
 - Sugar limit:
 - ≤35% of weight from total sugars in foods

*On July 1, 2016, foods may not qualify using the 10% DV criteria

**On July 1, 2016, snack items must contain ≤ 200 mg sodium per item

To get you started, this document contains several recipes that meet the smart snacks requirements, and therefore may be sold in schools. It is important to pay attention to the serving size for each recipe, as that is the approved amount that fits the guidelines. If you are able to analyze your own recipe and determine that it meets these criteria as well, the food may be served at school.

Please contact Food and Nutrition Services at nutrition.services@shorelineschools.org with any questions.

- Baked Goods -

Low Fat Whole Wheat Oatmeal Banana Bread

Yield: 12 slices

Prep Time: 10 min, Total Time: 1 hr 10 min

Ingredients

- Cooking spray
- 1 heaping cup mashed banana
- 1/3 cup honey
- 1/3 cup unsweetened applesauce
- 1 teaspoon vanilla
- 1 egg
- 3/4 cup unsweetened vanilla almond milk (or skim, coconut, etc.)
- 1 1/2 cups whole wheat pastry flour
- 1 cup rolled oats
- 1 1/2 teaspoons baking powder
- 3/4 teaspoon baking soda
- 1/4 teaspoon salt



Directions

1. Preheat oven to 350 degrees F. Spray 9-inch loaf pan with nonstick organic cooking spray.
2. In large bowl combine mashed banana, applesauce, honey, egg, almond milk and vanilla until well combined and creamy. In separate medium bowl whisk together whole wheat flour, oats, baking powder, baking soda, salt and cinnamon. Add wet ingredients to dry ingredients and mix until just combined (don't overmix!).
3. Pour into prepared loaf pan, sprinkle oats over top (if desired), and bake for 60-70 minutes or until toothpick inserted into center comes out clean with a few crumbs attached.
4. Remove from oven and place on wire rack to cool completely. Cut into 12 slices and enjoy! Keep bread tightly wrapped to maintain moisture.

Nutrition Information (per slice, 78g): 137 kcal, 1.3g total fat, 0.31g sat fat, 202mg sodium, 29g total carbs, fiber: 3.0g, 11.7g sugar

Recipe by Ambitious Kitchen <http://www.ambitiouskitchen.com/2013/11/whole-wheat-oatmeal-applesauce-banana-bread-healthy-vegan-friendly/>

Chewy M&M Cookies

Yield: 20 Cookies

Ingredients

- ¼ cup canola oil
- ¼ cup applesauce
- ¾ cup brown sugar, packed
- ¼ cup granulated sugar
- 1 large egg
- 2 teaspoons vanilla extract
- 1 and ⅔ cup old-fashioned rolled oats
- 1 cup all purpose flour
- ½ teaspoon ground cinnamon
- ½ teaspoon baking soda
- ¼ teaspoon salt
- 1 cup mini M&Ms (or regular size)



Directions

1. Using a hand mixer or a stand mixer fitted with paddle attachment, mix the oil, applesauce, and both sugars together on medium speed until smooth. Add the egg and vanilla and mix on high until combined, about 2 minutes. Scrape down the sides and bottom of the bowl as needed. Set aside.
2. In a separate bowl, toss the oats, flour, cinnamon, baking soda, and salt together. Add to the wet ingredients and mix on low until combined. Fold in the M&Ms. Dough will be thick. Chill the dough for at least 30 minutes in the refrigerator.
3. Preheat oven to 325F degrees. Line two large baking sheets with parchment paper or silicone baking mats.
4. Roll balls of dough (about 1 tablespoon of dough per cookie) and place 2 inches apart on the baking sheets. I pressed a few extra M&Ms into the tops of the cookies for looks. Bake for 10-11 minutes until very lightly browned on the sides. The centers will look very soft and may appear undone, but they will firm up as they cool. Remove from the oven and let cool on baking sheet for 5 minutes before transferring to a wire rack.
5. Cover cookies and store at room temperature for up to 1 week. Baked cookies and rolled cookie dough freeze well, up to 3 months.

Nutrition Information (1 cookie = 47 g): 187 kcal, 30 g total carb, 2.2 g fiber, 15.3 g sugar, 6.11 g total fat (29%), 1.72 g sat fat (8%), 3.6 g protein, 68 mg sodium.

Recipe adapted from Sally's Cooking Addiction at <http://sallysbakingaddiction.com/2012/03/08/chewy-oatmeal-mm-cookies/>, 2012.

Gingerbread Cookies

Yield: 16 Cookies

Ingredients

- ½ cup canola oil
- ¾ cup sugar
- ¼ cup molasses
- ¼ cup plain soymilk (or milk of choice)
- 2 cups whole wheat pastry flour
- ½ teaspoon baking soda
- ½ teaspoon baking powder
- ½ teaspoon salt
- ½ teaspoon each of ground nutmeg, cloves, and cinnamon
- 1 ½ teaspoons ground ginger



Directions

1. In a large bowl whisk together oil and sugar for about 3 minutes. Add molasses and soymilk. The molasses and soymilk won't really blend with the oil but that's ok.
2. Sift in all of the other dry ingredients, mixing about half way through. When all of the dry ingredients are added, mix until a stiff dough is formed. Flatten the dough into a disk, wrap in plastic wrap and chill for an hour or up to 3 days in advance. If you chill longer than an hour you may want to let it sit for 10 minutes to warm up a bit before proceeding.
3. Preheat oven to 350 F. Lightly grease your cookie sheets or line with parchment paper.
4. On a lightly floured surface roll the dough out to a little less than 1/4 inch thick. Cut out your shapes with your cookie cutters and use a thin spatula to gently place on cookie sheets. If you are using them to decorate a tree or something, remember to punch a hole in their heads (!) before baking. Bake for 8 minutes.
5. Remove from oven and let them cool for 2 minutes on the baking sheet then move to a cooling rack. Wait until they are completely cool before icing.

Nutrition Information (1 cookie = 39 g): 147 kcal, 25 g total carb, 1.7 g fiber, 12.6 g sugar, 5 g total fat (31%), 0.5 g sat fat (3%), 2 g protein, 133 mg sodium.

Recipe from the Post Punk Kitchen at <http://www.theppk.com/2008/12/the-ghost-of-gingerbread-past/>, by Isa Moskowitz, 2008.

Healthy Raspberry Oatmeal Cookies

Yield: 15 cookies

Ingredients

- 1 cup (100g) instant oats
- $\frac{3}{4}$ cup (90g) whole wheat or gluten-free flour
- 1 $\frac{1}{2}$ teaspoons baking powder
- $\frac{1}{2}$ teaspoon ground cinnamon
- $\frac{1}{8}$ teaspoon salt
- 2 tablespoons (28g) coconut oil or unsalted butter, melted
- 1 large egg, room temperature
- 1 teaspoon vanilla extract
- $\frac{1}{2}$ cup (120 mL) honey
- 6 tablespoons (53g) fresh raspberries, diced



Directions

1. In a medium bowl, whisk together the oats, flour, baking powder, cinnamon, and salt. In a separate bowl, whisk together the coconut oil, egg, and vanilla. Stir in the honey until thoroughly incorporated.
2. Add in the flour mixture, stirring just until incorporated. Fold in the raspberries. Chill the dough for at least 30 minutes. (If chilling longer, cover with plastic wrap, ensuring it touches the entire surface of the cookie dough.)
3. Preheat the oven to 325 degrees F, and line a baking sheet with parchment paper or a Silpat.
4. Drop the cookie dough into 15 rounded scoops on the baking sheet. (If chilled longer than 1.5 hours, flatten slightly.)
5. Bake at 325 degrees F for 13-15 minutes. Cool on the baking sheet for at least 15 minutes before turning out onto a wire rack.

Notes

- It's incredibly important to measure both the oats and flour correctly, using the spoon-and-level method. If scooped from the container using the measuring cup, you'll end up with 1.5 times as much, which will dry out your cookies and make them crumbly.
- For a gluten-free version, use gluten-free instant oats and the following gluten-free flour blend: $\frac{1}{2}$ cup (60g) millet flour, 2 tablespoons (15g) tapioca flour, 2 tablespoons (17g) brown rice flour, and $\frac{1}{2}$ teaspoon xanthan gum.
- If the cookies are still really flimsy after cooling on the baking sheet for 15 minutes and threaten to break apart, let them cool completely on the baking sheet. That won't let them crisp up too much, and they'll still stay soft for an entire week.

Nutrition Information (1 cookie): 98 kcal, 18 g total carb, 1.5 g fiber, 9.5 g sugar, 2.7 g total fat (2.5%), 0 g sat fat, 2 g protein, 73 mg sodium.

Recipe adapted from Amy's Healthy Baking at

<https://amyshealthybaking.com/blog/2014/07/13/raspberry-oatmeal-cookies/>, 2014.

Double Chocolate Muffins

Yield: 12 muffins

Ingredients

- ¾ cup applesauce
- ½ cup sugar
- ¼ cup honey
- 2 egg whites
- ¾ cup vanilla greek yogurt (or regular yogurt)
- ⅓ cup all-purpose flour
- ⅓ cup whole wheat flour
- ½ cup cocoa powder
- ¼ tsp salt
- 1 tsp baking soda
- 1 tsp baking powder
- ½ cup mini chocolate chips, for garnish



Directions

1. Preheat oven to 425F degrees. Spray 12-count muffin pan with nonstick spray. Do not use liners.
2. In a large bowl, combine applesauce, sugar, honey, egg whites, greek yogurt, and vanilla extract. Whisk them all together until smooth, with no yogurt lumps remaining.
3. Sift* the flours, cocoa powder, salt, baking soda, and baking powder together. Slowly stir in the wet ingredients, being careful not to overmix. Get any dry pockets of flour out. Fold in the mini chocolate chips. The batter will be a little chunky. This is ok.
4. Divide the batter evenly among the muffin cups - fill them all the way to the top if you can. Do not use muffin liners. Bake for 5 minutes at 425F. Keeping the muffins in the oven, reduce the temperature down to 375 and continue to bake for 13 more minutes. Insert a toothpick into the center of one muffin. If it comes out clean, they are done. If not, bake for only 2 more minutes.
5. Remove from the oven and allow to cool for 3 minutes in the pan, then transfer to a wire rack to cool completely.
6. Muffins stay fresh in an airtight container at room temperature for up to 5 days. Muffins freeze well up to 3 months: heat up for 45 seconds to thaw.

*Sifting the dry ingredients is optional

Nutrition Information (1 muffin = 74 g): 154 kcal, 31 g total carb, 2.7 g fiber, 21 g sugar, 2.8 g total fat (16%), 1.6 g sat fat (9%), 4.4 g protein, 203 mg sodium.

Recipe from Sally's Baking Addiction at <http://sallysbakingaddiction.com/2013/04/17/skinny-double-chocolate-chip-muffins/>, 2013.

Pumpkin Muffins

Yield: 14 Muffins

Prep Time: 25 min; Total Time: 1hr 45 min

Ingredients:

- 1 cup all-purpose flour
- 1 cup whole-grain pastry flour
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground ginger
- 1/4 teaspoon ground cloves
- 1/8 teaspoon ground nutmeg
- 3/4 cup packed dark brown sugar
- 3 tablespoons unsulphered molasses
- 1/4 cup canola oil
- 2 large eggs
- 1 cup canned pumpkin
- 1 teaspoon vanilla extract
- 3/4 cup lowfat buttermilk
- 1/4 cup raw, unsalted pumpkin seeds



Directions

1. Preheat oven to 400 degrees F. Line 2, 12-cup muffin pans with muffin liners for a total of 14 muffins.
2. In a medium bowl, whisk together the all-purpose and whole-wheat flours, baking soda, salt, cinnamon, ginger, cloves, and nutmeg.
3. In a large bowl, whisk the sugar, molasses, oil and 1 egg until combined. Add the other egg and whisk well. Whisk in the pumpkin and vanilla. Whisk in the flour mixture in 2 batches, alternating with the buttermilk. Whisk just until combined.
4. Pour the batter into the prepared muffin pan and sprinkle with the pumpkin seeds. Tap the pan on the counter a few times to remove any air bubbles. Bake for 20 minutes or until a wooden pick inserted in center of 1 of the muffins comes out clean.
5. Let cool on a wire rack for 15 minutes. Cool completely on the rack.
6. 2006, Ellie Krieger, All Rights Reserved

Nutrition Information (per muffin, 78g): 188kcal, 6g total fat, 1g sat fat, 216mg sodium, 30g total carbs, fiber: 1.8g, 15g sugar

Recipe from the Food Network at <http://www.foodnetwork.com/recipes/ellie-krieger/pumpkin-muffins-recipe.print.html?oc=linkback> by Ellie Krieger, 2006.

Chocolate Pudding

Prep Time: 20 minutes; Cook time: 1 hr 30 minutes

Yield: 6 Servings

Ingredients

- 2 egg whites
- 2/3 cup unsweetened cocoa powder
- 2 tablespoons cornstarch
- 2 1/4 cups low-fat milk
- 1/2 cup sugar
- 1/8 teaspoon salt
- 1 teaspoon vanilla extract
- mint leaf (to garnish)
- unsweetened cocoa powder (to garnish)



Directions

1. Lightly beat egg whites in a small bowl.
2. In a large bowl, mix together cocoa and cornstarch. Add 3/4 cups of the milk and whisk mixture until it's smooth.
3. In a large saucepan, mix together the rest of the milk, the sugar and the salt. Bring to a boil over high heat, whisking continuously. Then remove from heat.
4. Whisk the cocoa mixture into the milk mixture. Bring to a boil over medium-high heat. Boil for 2 minutes while whisking continuously. Remove from heat.
5. Slowly whisk 1 cup of the hot cocoa mixture into the egg whites. Pour this mixture back into the pan and cook over medium-high heat, whisking continuously and being careful not to allow the mixture to boil. Remove from heat.
6. Add vanilla. Mix well.
7. Pour into 6 serving dishes. Cool to room temperature.
8. Cover with waxed paper that has been cut to fit the serving dishes (this prevents the pudding from getting a skin).
9. Refrigerate for 1 hour.
10. Garnish with berries, mint leaves and cocoa.

Nutrition Information (1 serving = 130 g): 142 kcal, 29 g total carb, 3.2 g fiber, 21.6 g sugar, 2.2 g total fat (14%), 1.34 g sat fat (8.5%), 6 g protein, 112 g sodium

Recipe from Food.com at <http://www.food.com/recipe/delicious-and-healthy-chocolate-pudding-227446>

Rice Krispie Treats

Yield: 16 servings

Ingredients

- 2 tbsp butter
- 4 cups or 10 oz mini marshmallows
- 6 cups crispy brown rice cereal
- Cooking spray

Directions

1. Spray a 9x12-inch pan with cooking spray and set aside.
2. Heat a large saucepan on low heat. Melt butter spread being sure to coat the bottom of the pot to prevent sticking. Add marshmallows and melt on low flame. Stir until completely melted, then remove from heat.
3. Add Rice Krispies to the melted marshmallows, and stir until completely combined (this is the hardest part, do this quick before the marshmallows cool). Press into the buttered pan with wax paper and cut them into 16 pieces.



Nutrition Information (1 serving = 25 g): 91 kcal, 18 g total carb, 0.5 g fiber, 7.5 g sugar, 1.7 g total fat (17%), 1 g sat fat (9.5%), 1 g protein, 80 mg sodium.

Recipe from Skinny Taste at <http://www.skinnytaste.com/2010/09/low-fat-rice-krispy-treats.html>, by Gina Homolka, 2010.

Heart-Shaped Cereal Marshmallow Bars

Yield: 24 Servings

Ingredients

- 3 tablespoons butter
- 1 bag (10.5 oz.) miniature marshmallows
- 5 cups Kashi Heart to Heart Honey Toasted Oat Cereal

Equipment: heart-shaped cookie cutter

Directions

1. Butter a 13x9-inch pan.
2. Melt the butter in a large saucepan over low heat. Add marshmallows and stir until all melted and well-blended. Cook for 1-2 minutes longer, stirring constantly. Remove from heat.
3. Add the cereal, and stir until well-coated.
4. Using wax paper, press marshmallow mixture evenly and firmly in prepared pan. Let the treats cool completely.
5. Using a heart-shaped cookie cutter, cut the treats into heart shapes.



Nutrition Information (1 serving): 84 kcal, 17 g total carb, 1 g fiber, 7 g sugar, 2 g total fat (2%), 0 g sat fat, 1 g protein, 28 mg sodium.

- Beverages -

Berry Banana Smoothie

Yield: 4 servings

Ingredients

- 1 frozen banana, peeled and sliced
- 2 cups frozen berries
- 1 cup low-fat milk
- ½ cup plain or vanilla yogurt
- ½ cup orange juice
- 2 tablespoons honey

Directions

1. Put all ingredients in a blender and process until smooth.
2. Pour into glasses and serve.



Nutrition Information (1 serving = 235 g): 140 kcal, 29 g total carb, 2.3 g fiber, 23 g sugar, 2 g total fat, 1 g sat fat (5.4%), 4 g protein, 43 mg sodium

Recipe from the Food Network at <http://www.foodnetwork.com/recipes/food-network-kitchens/frozen-fruit-smoothies-recipe.html>

Green Monster Smoothie

Yield: 4 servings

Ingredients

- 2 cups 1% plain milk
- 3 cups baby spinach
- 1 cup pineapple
- 1 cup frozen mango chunks
- 2 frozen bananas

Directions

1. Blend all ingredients together and decorate each serving with a thin banana slice, blueberry.

Nutrition Facts (per serving, 294g): 162 kcal, 1.7g total fat, 0.9g sat fat, 72.7mg sodium, 34g total carbs, fiber: 3.5g, 24g sugar, 18.7% calcium, 14.6% Vit D, 19% potassium

Recipe Adapted from “How About A Cookie” <http://www.howaboutcookie.com/last-minute-halloween-ideas/>



- Fruit Snacks -

Fruit Pops

Ingredients

- Favorite fruit (fibrous fruits such as pineapple and mangoes do not work as well)
- Popsicle sticks
- Equipment: Metal cookie cutters



Directions

2. Slice fruit and cut out shapes using cookie cutters. Chill.
3. Wait to place popsicle sticks until shortly before serving so stick does not become soggy

Recipe from Bakers Royale at <http://www.bakersroyale.com/ice-cream-and-frozen-desserts/fruit-pops/>, by Naomi Robinson, 2010

Lady Bug Apples

Prep Time: 10 minutes

Yield: 4 Lady Bugs

Ingredients

- 2 red apples
- ¼ cup raisins
- 1 tablespoon peanut butter (or sun butter)
- 8 thin pretzel sticks



Directions

1. Slice apples in half from top to bottom and scoop out the cores using a knife or melon baller. If you have an apple corer, core them first, then slice. Place each apple half flat side down on a small plate.
2. Dab peanut butter on to the back of the 'lady bug', then stick raisins onto the dabs for spots. Use this method to make eyes too. Stick one end of each pretzel stick into a raisin, then press the other end into the apples to make antennae.

Nutrition Information (each): 102 kcal, 2.25 g total fat, .45 g sat fat (2.3%), 1.6 g protein, 21 g total carb, 2.8 g fiber, 15.22 g sugar

Recipe from Allrecipes at <http://allrecipes.com/Recipe/Apple-Ladybug-Treats/Detail.aspx?evt19=1&referringHubId=12155>, 2004.

Rainbow Fruit Skewer

Ingredients

Choose one fruit for each color. Possible Options:

Red: raspberries
Orange: oranges
Yellow: pineapple
Green: kiwi
Blue: blueberries
Purple: grapes

Directions

1. Choose one fruit for each color and cut into 1 inch cubes.
2. String the fruit together to create a skewer.

Note: The amount of fruit per skewer may be doubled to create a larger snack



Nutrition Information (1 skewer): 49 kcal, 12 g total carb, 2 g fiber, 8 g sugar, 0.3 g total fat, 0.02 g sat fat (0.1%), 0.8 g protein, 2 mg sodium

Recipe from Tablespoon at <http://www.tablespoon.com/recipes/double-rainbow-pancakes/7260947d-34b8-40b8-bb5c-a564729ab136>

Strawberries with Whipped Cream

Ingredients

Strawberries
Whipped Cream

Directions

1. Remove stems from the strawberries, then cut each in half.
2. Lay cut berries on a tray for serving, and top each with a small dollop of whipped cream.



Tie Dye Ice Pops

Prep time: 10 minutes; Total Time: 10 minutes Yield: 10 ice pops

Ingredients

- ½ lb strawberries, hulled and quartered (1 ½ cups)
- ¼ cup sugar
- ½ lb blueberries (1 ½ cups)
- 1 ¼ cups low-fat plain yogurt

Directions

1. In a food processor, puree strawberries with 1 tablespoon sugar. Transfer to a small bowl.
2. In processor, puree blueberries with 1 tablespoon sugar.
3. In another small bowl, whisk together yogurt and 2 tablespoons sugar.
4. Pour the 3 mixtures, alternating, into ten 3-ounce ice-pop molds, making 3 to 5 layers in each. With a skewer or thin-bladed knife, swirl mixtures together in an up-and-down motion.
5. Insert ice-pop sticks and freeze until solid, 2 1/2 to 3 hours (or up to 1 week).



Nutrition Information (1 pop = 81 g): 59 kcal, 12.2 g total carb, 1 g fiber, 10.5 g sugar, 0.6 g total fat, 0.3 g sat fat (1.6%), 2 g protein, 22 mg sodium

Recipe from Martha Stewart at <http://www.marthastewart.com/318346/firecracker-ice-pops> , 2010.

Toothy Apple Bites

Yield: 1 apple makes 4 bites

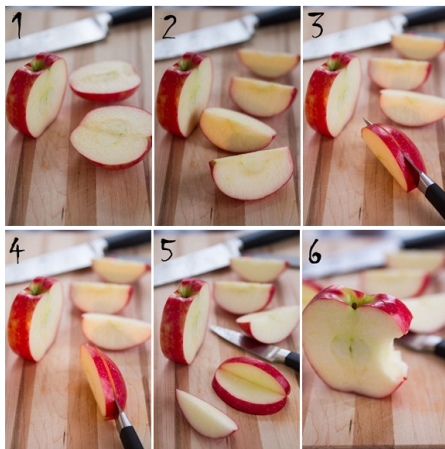
Ingredients

- 1 Apple
- 1 tbsp Lemon Juice (optional)
- ¼ cup Filling: Jam
- 2 tbsps Teeth: Slivered Almonds, or sunflower seeds



Directions

1. Slice the apples (see pictures). Cut off a side from each of the apples, leaving the core. Cut each side in half, making quarters. Then cut out a section from each quarter, creating the mouth.



2. If desired, rub cut portions of apple with lemon juice to prevent browning.
3. You can also core the apple and then slice into quarters, but this creates a slightly different shape.
4. Spread jam for the tongue and then push in slivered almonds for the teeth.

Nutrition Information (70 g): 84 kcal, 21 g total carb, 0.4 g total fat, 0.02 g sat fat (0.2%), 0.3 g protein, 7 mg sodium.

Recipe from Oh She Glows at <http://ohsheglows.com/2012/10/15/3-ingredient-halloween-apple-bites/>, by Angela Liddon, 2012.

Triple Berry Yogurt Parfait

Yield: 8 servings

Ingredients

- 1 32 oz. container of Dannon Light and Fit Vanilla yogurt
- 4 cups frozen berry medley, slightly defrosted
- 1 cup chopped walnuts
- 8 single Nature Valley Oats and Honey granola bars

Note: each parfait will have the following amounts:

- ½ cup yogurt
- ½ cup frozen berry medley
- 2 tablespoon chopped walnuts
- 1 granola bar



Directions

1. In one clear cup, layer the following: ¼ cup yogurt on the bottom, ¼ cup frozen berry medley, and 1 tablespoon of chopped walnuts.
2. Create another layer with these same ingredients and amounts.
3. Crumble one granola bar and sprinkle on top of parfait.
4. Repeat for the remaining parfaits.

Nutrition Information (per serving): 340 kcal, 55.8 g total carb, 9.8 g fiber, 7.8 g sugar, 6.9 g total fat (17.6%), 1.4 g sat fat (5%), 13.3 g protein, 158 mg sodium.

Recipe adapted from Simply Sissom at <http://www.simplysissom.com/simpleyogurtparfaits/>, 2017.

- Dips -

Low Fat Ranch with Veggies

Yield: 8 servings

Prep Time: 15 min

Ingredients

- 1/2 cup nonfat plain yogurt, or 1/3 cup nonfat Greek style yogurt
- 1/3 cup lowfat buttermilk
- 1 tablespoons mayonnaise
- 1 1/2 teaspoons lemon juice
- 1 teaspoon Dijon mustard
- 1/2 teaspoon onion powder
- 1/4 teaspoon garlic powder
- 1 tablespoon finely chopped fresh chives
- Pinch of salt
- 24 baby carrots
- 16, 4" sticks celery
- 16 cherry tomatoes



Directions

1. If using plain yogurt, place it in a strainer lined with a paper towel and place the strainer over a bowl. Let the yogurt drain and thicken for 20 minutes.
2. In a medium bowl, combine the strained or Greek-style yogurt and the rest of the ingredients. Add salt, to taste. Divide the dressing into 8 equal servings and serve each with 3 baby carrots, 2 celery sticks, and 2 cherry tomatoes.

Nutrition Information (Per 2T, 101g): 45 kcal, 1.7g total fat, 0.3g sat fat, 95mg sodium, 6g total carbs, fiber: 1.5g, 4g sugar

Recipe from the Food Network at <http://www.foodnetwork.com/recipes/ellie-krieger/ranch-dressing-recipe.html?oc=linkback> by Ellie Krieger

Sweet Potato Hummus

Makes 4 cups, 16 servings; 1 serving = ¼ cup

Ingredients

- 1 pound sweet potatoes, peeled and cut into 1-inch pieces
- 1 can (19.5 ounces) chickpeas, drained and rinsed
- 1/4 cup fresh lemon juice (from 1 lemon)
- 1/4 cup tahini
- 1 tablespoon olive oil
- 2 teaspoons ground cumin
- 1 garlic clove, chopped
- ¾ tsp salt
- ½ tsp pepper



Directions

1. Set a steamer basket in a large pot. Fill with enough water to come just below basket; bring to a boil. Add potatoes; reduce to a simmer, cover, and cook until tender, 10 to 12 minutes. Transfer to a food processor.
2. Combine chickpeas, lemon juice, tahini, oil, cumin, and garlic in the food processor. Puree, about 1 minute; thin with water if necessary. Season with salt and pepper and let cool; refrigerate, in an airtight container, up to 1 week. Serve with fresh vegetables for dipping.

Nutrition Information: 82 kcal, 12 g total carb, 3.2 g carb, 2.5 g fiber, 2.7 g sugar, 3.14 g total fat (34%), 0.43 g sat fat (2.2%), 2.7 g protein, 164 g sodium

Recipe from Whole Living at <http://www.wholeliving.com/133217/sweet-potato-hummus?center=136761&gallery=136037&slide=133217>, 2009.

- Savory Snacks -

Parmesan Garlic Roasted Chickpeas

Yield: 7 servings

Ingredients

- 2 cans (15.5oz each) garbanzo beans, rinsed and drained
- 2 tablespoons canola oil, divided
- 1/4 teaspoon salt
- 1 teaspoon garlic powder
- 1/3 cup grated Parmesan cheese
- Optional: cayenne powder or curry powder
- pepper to taste



Directions

1. Drain the beans and rinse them well. Lay them on paper towels to dry for about 30 minutes.
2. Preheat oven to 400 degrees.
3. In a bowl, mix together 1 tablespoon of oil and add chickpeas to coat.
4. Add salt, garlic, and cheese and stir well to coat.
5. Lay beans on a baking sheet and drizzle with remaining tablespoon of canola oil.
6. Bake for 20 minutes, stir and continue to bake for up to an hour or until golden and crispy. Mine were perfect at 45 min.

Nutrition Information (Per serving, 139g): 182 kcal, 6g total fat, 1g sat fat, 144mg sodium, 24g total carbs, fiber: 5g, 1g sugar

Recipe from the Sugar Free Mom at <http://www.sugarfreemom.com/recipes/garlic-parmesean-roasted-chickpea-snack-recipe/> by Brenda, 2014.

Pretzels

Yield: 16 Pretzels

Prep Time: 25 minutes, Cook Time: 10 minutes; Total time: 35 minutes

Ingredients

For Pretzels:

- 1 ½ cup warm water, 110-120 degrees F
- 2 ¼ teaspoons active dry yeast
- 2 teaspoons honey OR 1 tablespoon cane sugar
- ½ teaspoon salt
- 3 ½ - 4 cups white whole wheat flour

For Topping:

- For salty pretzels: kosher salt (max 1 teaspoon)
- For cinnamon sugar pretzels: 2 tbsp cane sugar combined with ½ teaspoon ground cinnamon



Directions

1. Preheat oven to 425°F. Line a baking sheet with parchment paper or a silicone mat and set aside.
2. In the bowl of a stand mixer or a large bowl, combine the warm water and yeast and let sit for 3 minutes.
3. Stir in sugar and salt. Slowly stir in the white whole wheat flour until the dough comes together and is not too sticky. Knead the dough (either by hand or with the mixer's dough hook) in the bowl until the dough is smooth but not overworked, about 3-5 minutes.
4. Turn the dough ball onto a lightly floured surface. Using a sharp knife, cut the dough into four equal parts. Cut each part into four more equal parts, for a total of 16 balls of dough.
5. To form the pretzels, roll one of the balls of dough into a long thin rope. Put the two ends of the rope next to each other to form a tight U shape. Twist the ends together once so the twist is about half way down the U. Bring the two loose ends down to the loop at the bottom below the twist. Tuck the two ends under the loop and press so the dough adheres to itself. Gently pull on the pretzel so the dough becomes thinner and the pretzel becomes larger to form a nicely sized pretzel.
6. As for other shapes, you can bake the ropes for pretzels sticks, knot the ropes for pretzel knots, cut the ropes into little equal sized pieces for pretzel bites, or roll the dough into balls and scour the top for pretzel rolls.
7. Lay the pretzels on the prepared baking sheet and spray with cooking spray (this helps the toppings stick). Dip the sprayed pretzels in a shallow bowl filled with your topping of choice (salt or cinnamon sugar) and place back on the baking sheet. Bake in the oven at 425°F for 10 minutes, then broil for 30 seconds or until golden. Devour.

Nutrition Information for salted pretzel (1 pretzel = 50 g): 94 kcal, 20 g total carb, 3 g fiber, 1 g sugar, 0.7 g total fat, 0.12 g sat fat, 3.7 g protein, 194 mg sodium.

Recipe from Foodie Fiasco at <http://www.foodiefiasco.com/easy-homemade-soft-pretzels/>, by Kelley M, 2013.

Multi-Grain Trail Mix

Yield: Six ½ cup servings

Prep: 5 min

Ingredients

- ¼ cup almonds
- ½ cup raisins
- 1 1/3 cup multigrain cheerios
- 2 cup air-popped popcorn
- Pinch of sea salt



Directions

1. Mix all the above ingredients together and divide servings into individual containers.

Nutrition Ingredients (per ½ cup, 25g): 100 kcal, 3.6g Total Fat, 0.32g Sat Fat, 49mg Sodium, 16.9g Total Carbs, Fiber: 2.3g, 8.1g Sugar, Iron 12.7%

Recipe Adapted from Savoring the Thyme <http://www.savoringthethyme.com/wp-content/uploads/2010/03/popcorntrailmix.jpg>

“Dorito” or Taco Popcorn Recipe

Yield: 7 cups; Prep Time: 10 min

Ingredients

- 1/2 cup unpopped popcorn kernels
- 1 1/2 Tbsp canola oil for popping
- 1/4 cup nutritional yeast
- 1 teaspoon garlic powder or granules
- 1 teaspoon onion powder or granules
- 1 teaspoon cumin
- 1 teaspoon paprika
- 1 teaspoon chili powder
- 1/8 – 1/4 teaspoon cayenne pepper (optional)
- 1 teaspoons salt (I recommend Real Salt)



Directions

1. Prepare popcorn using oil with the popcorn popper above.
2. Combine all spices, and salt in a small bowl.
3. Blend seasonings in a spice or coffee grinder, or blend in blender to make a fine powder.
4. Sprinkle seasoning over popcorn and toss to coat.

Nutrition Information (Per cup, 24g): 103 kcal, 3.8g Total Fat, 0.34g Sat Fat, 161mg Sodium, 13.4g Total Carbs, Fiber: 3.3g, 0.23g Sugar, Iron 10.3%

Recipe by Whole New Mom at <http://wholenewmom.com/recipes/dorito-flavored-popcorn-dairy-free/>

School Fundraiser Popcorn

Yield: 12 servings

Ingredients

- 1 cup unpopped popcorn kernels
- 1 ½ teaspoons Flavacol
- 3 tablespoons oil

Directions

(If not using a popcorn maker)

1. Heat the oil in a shallow pot on high heat, then add the unpopped kernels.
2. Remove from the heat, cover the pot with the lid, give it a good shake, and let it sit for 1 minute. This allows the popcorn kernels to heat up evenly. Otherwise, some of the kernels will pop too early and burn before the rest have a chance to pop.
3. Put the pot back on the stove, turn the heat on to high again, and wait. Give the pot a good shake every now and then.
4. Within a few minutes, your popcorn should start popping. Once the popping has slowed down to nearly a stop, remove the pot from the stove and let it sit for a little while longer to let any stubborn kernels pop.
5. Pour the popcorn into a large serving bowl, and add Flavacol. Toss well and serve.



Nutrition Information (per serving): 101.6 kcal, 14.9 g total carb, 2.5g fiber, 0 g sugar, 3.9 g total fat (29.3%), 0.5 g sat fat (4.4%), 2.5 g protein, 195 mg sodium.

Roasted Heart Potatoes

Makes: 12 servings (~½ cup each, 150 g)

Ingredients

- 6 large potatoes(about 2 pounds for 4 servings)
- 1/4cup olive oil
- 1 to 2tsp salt
- freshly ground pepper
- 2tsp caraway seeds
- 1/2tsp paprika(optional)

Equipment: small metal heart shaped cookie cutter



Directions

1. Preheat oven to 400F.
2. Line baking sheet with aluminum foil, spray with non-stick spray or brush with oil.
3. Fill a pot with about 1quart -2quarts of water, add 1tbl salt, bring to boil, then reduce heat to gentle simmer.
4. In the meantime peel potatoes, slice them, using a small metal cookie cutter cut out as many hearts as you can. Reserve scraps in water, you can also par-cook scraps or make mashed potatoes
5. Cook potatoes in simmering water for 3 minutes, drain potatoes and let cool slightly.
6. Combine all the ingredients for the marinade: olive oil, salt, caraway seed, pepper, paprika.
7. Pour marinade over potatoes, stir and let sit for 5 minutes.
8. Spread marinated potatoes evenly onto the baking sheet.
9. Roast them for 20-25 minutes, in halftime using an offset silicone spatula carefully turn the potatoes (don't forget to use oven mittens when handling hot baking sheet!).
10. If your oven has a broiler, broil potatoes for additional 5 minutes or until they are golden on brown.

Variation: You can omit caraway seed and use rosemary, or other herbs you like.

You can also add garlic, just make sure you add the garlic no more than 1 minute before you plan to take the potatoes out of the oven, otherwise garlic can burn and it will become bitter.

Nutrition Information (per 150g): 180 kcal, 31 g total carb, 3.5 g fiber, 1.6 g sugar, 3.9 g protein, 4.6 g total fat, 0.7 g sat fat (3.3%), 210 g sodium

Recipe from Haniela's, at http://www.hanielas.com/2012/01/delicious-roasted-potatoes.html#.VON0U_nF98E, by Hani Bacova, 2012.

Valentine's Day Snack Mix

Yield: 20 Servings

Ingredients

- 5 cups Kashi Heart to Heart Honey Toasted Oat Cereal
- 10 oz. pretzels
- 1 ¼ cup dried cranberries
- 1 ¼ cup roasted sunflower seeds, unsalted

Note: cereal can be subbed with Cheerios or another regular oat cereal



Directions

1. Combine all the ingredients in a large bowl.
2. Separate into 20 individual serving bags or cups.

Nutrition Information (per serving): 170 kcal, 39.5 g total carb, 2 g fiber, 2.2 g sugar, 1 g total fat (5%), 0 g sat fat, 3.5 g protein, 191 mg sodium.

Recipe adapted from What Can We Do with Paper and Glue at <http://www.paper-and-glue.com/2015/01/valentine-snack-mix.html>, 2015.

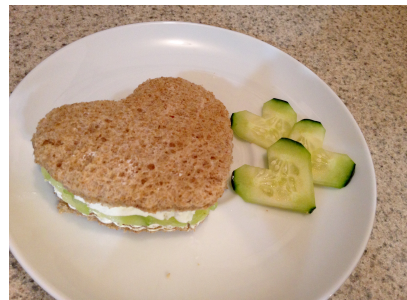
Heart-Shaped Sandwiches

Yield: 20 Servings

Ingredients

- 36 slices of whole wheat bread
- 2 medium-sized cucumbers, thinly sliced
- 10 oz. cream cheese

Equipment: heart-shaped cookie cutter



Directions

1. Make a sandwich with 0.5 oz. cream cheese and a layer of sliced cucumbers. Use heart-shaped cookie cutter to cut sandwiches into hearts.
2. Repeat using the remaining ingredients.

Nutrition Information (1 sandwich): 171 kcal, 23 g total carb, 4 g fiber, 2 g sugar, 6 g total fat (3%), 0 g sat fat, 9 g protein, 271 mg sodium.

- Entrée Items -

Mini Quiches

Yield: 8 servings

Ingredients

- 8 slices whole wheat sandwich bread
- Nonstick vegetable spray
- ½ cup fresh (or frozen) corn kernels
- ¼ cup onions, finely chopped
- 2 teaspoons fresh chives, chopped
- ¼ cup shredded cheddar cheese
- 6 eggs
- Salt and pepper, to taste



Directions

1. Preheat oven to 350 degrees F.
2. Lightly saute finely chopped onions and corn kernels (if frozen) over medium heat for 3-4 minutes. Set aside.
3. Remove crusts from sandwich bread and gently roll out bread slices to about ¼-inch thick.
4. Spray 8 muffin cups and line with bread slices, trimming the overhang, as needed.
5. Evenly divide corn, onions, chives, and cheese between each muffin cup. Whisk eggs with salt and pepper, and divide between each muffin cup.
6. Bake until eggs are set and lightly golden, about 15 minutes. Let cool 10 minutes before serving or refrigerate and serve chilled.

Nutrition Information (1 quiche): 142 kcal, 13.6 g total carb, 2.4 g fiber, 1.5 g sugar, 6.4 g total fat (17%), 2.4 g sat fat (5.5%), 10 g protein, 369 mg sodium.

Recipe adapted from PCC Community Markets at <https://www.pccmarkets.com/recipe/mini-corn-quiches/>, 2018.

One Pan Southwestern Quinoa

Yield: 4 servings

Ingredients

- 1 tablespoon olive oil
- 2 cloves garlic, minced
- 1 cup quinoa, uncooked
- 1 cup vegetable (or chicken) broth
- 1 (15 oz.) can low sodium black beans, drained and rinsed OR 1 ½ cups cooked black beans
- 1 (14.5 oz.) can diced tomatoes, no salt added
- 1 cup corn kernels, fresh or frozen
- 1 teaspoon chili powder
- ½ teaspoon ground cumin
- Salt and freshly ground black pepper, to taste
- Juice of ½ lime (optional)
- 2 tablespoons fresh cilantro leaves, chopped (optional)



Directions

1. Heat olive oil in a large skillet over medium-high heat. Add garlic and cook, stirring frequently, until fragrant, about 1 minute.
2. Stir in quinoa, broth, beans, tomatoes, corn, chili powder, and cumin; season with salt and pepper, to taste. Bring to a boil; cover, reduce heat and simmer until quinoa is cooked through, about 20 minutes. Stir in lime juice and cilantro (if using).
3. Serve immediately, or refrigerate and serve chilled.

Note: Try this recipe chilled on top of fresh greens for a quick and satisfying salad!

Nutrition Information (2 cup serving): 340 kcal, 55.8 g total carb, 9.8 g fiber, 7.8 g sugar, 6.9 g total fat (17.6%), 1.4 g sat fat (5%), 13.3 g protein, 158 mg sodium.

Recipe adapted from Damn Delicious at <https://damndelicious.net/2014/04/09/one-pan-mexican-quinoa/>, 2014.

- Recipes by Holiday -

Valentine's Day

- Strawberries with Whipped Cream
- Double Chocolate Muffins
- Roasted Heart Potatoes
- Valentine's Day Snack Mix
- Heart-Shaped Sandwiches
- Heart-Shaped Cereal Marshmallow Bars
- Healthy Raspberry Oatmeal Cookies

Independence Day

- Tie Dye Pops (also called Firecracker Pops)

Halloween

- Monster Smoothie
- Toothy Apple Bites

Thanksgiving

- Pumpkin Muffins

Winter Holidays

- Gingerbread Cookies