



KIDS **IN**
THE
KITCHEN

Junior Chef Competition

2017/18





eat. learn. live.

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★ ***Student Finalists***

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★ ***Student Finalists***

Sean Storseth

4th Grade

After School Cookies

INGREDIENTS

1. 1 ½ cups of flour.
2. 2 ½ cups of oats.
3. 2 teaspoons baking soda.
4. ½ teaspoon salt.
5. ½ teaspoon cinnamon.
6. 1 cup creamy peanut butter.
7. ½ cup brown sugar, packed.
8. 1 large egg.
9. 1 teaspoon vanilla.
10. 1 cup mashed banana (about 2 medium).
11. 1 cup shredded apple (about 2 medium).
12. ½ cup chocolate chips.

DIRECTIONS

1. Preheat oven to 350 degrees. Line two baking sheets with parchment paper. Set aside.
2. In a medium bowl, whisk together the flour, oats, baking soda, salt and cinnamon. Set aside.
3. In a bowl, use an electric mixer to blend the peanut butter and brown sugar until creamy. Add the egg & vanilla and mix until well combined. Stir in the shredded apple and chocolate chips. Mix in the mashed banana. Slowly add the flour mixture until just combined.
4. Form 3–4 tablespoons of dough into large balls a few inches apart on the prepared baking sheets. Flatten each ball of dough with a measuring cup that has been sprayed with cooking spray.
5. Bake for 10–12 minutes until slightly browned. Let cool on cookie sheets for 10 minutes before transferring to wire racks to cool completely.

NOTES:

Store in an airtight container in the refrigerator for up to four days. Let cookies come to room temperature or heat in the microwave for 10–15 seconds if you do not like cold cookies.

Servings: 20

Prep time: 15 minutes

Baking Time: 10–12 minutes



Dennis Alonso-Mendez
5th Grade

Animal Faces on Toast Bread

INGREDIENTS:

1. 3 whole slices of bread.
2. 2 ounces cream cheese.
3. Blueberries.
4. 2 bananas.
5. 3 strawberries.
6. 2 ounces peanut butter.
7. 1 apple.
8. Spatula.
9. Toaster.

DIRECTIONS:

1. Cut the strawberries in slices.
2. Cut the bananas in slices.
3. Cut the apples in little sticks.
4. Toast the bread.
5. Spread peanut butter or cream cheese on the bread.
6. With your imagination make a face with the fruit.

Mackenzie Jensen
6th Grade



Antipasto Pinwheels

INGREDIENTS:

Cream Cheese Spread

1. 8 ounces cream cheese.
2. $\frac{1}{3}$ cup grated Parmesan cheese.
3. $\frac{1}{2}$ teaspoon coarse ground black pepper.
4. 1 tablespoon minced green onion.

Pinwheel Bases:

1. 6 white flour tortillas, 8–10 inch (soft taco size).
2. 3 ounces julienned carrots.
3. $\frac{1}{3}$ ounce fresh minced basil leaves.
4. $1\frac{1}{2}$ ounces balsamic vinegar of Modena.
5. 24 slices of dry salami.

DIRECTIONS:

1. Whip cream cheese in a mixer until softened, then add pepper, cheese, and green onion, and mix until well blended.
2. Lay out one tortilla and spread 2–3 tablespoons of the cream cheese spread, creating a thin layer all the way to the edges. Place a thin sprinkling of basil across half the tortilla, and then $\frac{1}{2}$ ounce of carrots directly on top of that.
3. Sprinkle 8–10 drops of balsamic vinegar, evenly on top of that.
4. Then place four pieces of the dry salami on top of the veggie layer in a row.
5. Tightly roll the tortilla, cut ends off, and slice into one inch slices (about 6–7 pinwheels).
6. To store, place in refrigerator, covered, on top of a paper towel.



Nova Leanio

4th Grade

Ants On A Log

INGREDIENTS:

1. 1 piece of celery.
2. Raisins.
3. Peanut butter.

DIRECTIONS:

1. Turn celery upside down.
2. Cover celery in peanut butter.
3. Lastly apply raisins to the top.
4. Enjoy.

Philip Gavin Maberry

5th Grade

Ants On A Log

INGREDIENTS:

1. 3 celery stalks.
2. $\frac{1}{2}$ cup peanut butter.
3. 1.33 ounce box of raisins.

DIRECTIONS:

1. Set celery stalks on a plate then grab the peanut butter and butter knife.
2. Spread peanut butter on the celery stalks, then put raisins on the peanut butter in a line.
3. Then use the butter knife to cut each celery into three pieces.



Makena Anderson

5th Grade

Ants On A Stick

INGREDIENTS:

1. Celery.
2. Peanut butter.
3. Raisins.

DIRECTIONS:

1. Wash celery and cut into three inch pieces.
2. Fill celery with peanut butter using a butter knife.
3. Place 3–4 raisins on the peanut butter in a row.
4. Now you have ants on a stick.

Rian Doyle

6th Grade

Apple Cheddar Bacon Quesadillas

INGREDIENTS:

1. 1 honey crisp apple.
2. 6 pieces of bacon—cooked and crumbled.
3. 1 cup shredded cheddar cheese.
4. 1 tablespoon Dijon mustard.
5. 1 tablespoon mayonnaise.
6. 4 tortillas.

DIRECTIONS:

1. Bring a large skillet pan to medium heat.
2. Mix Dijon mustard and mayonnaise.
3. Spread 1 tablespoon of the mixture onto the tortillas.
4. Place the tortilla in the pan and layer on the bacon pieces, apples and cheddar cheese.
5. Top with the other tortilla and cook for about two minutes or until the bottom tortilla is golden brown. Using a spatula check often.
6. Flip the tortilla carefully to keep ingredients sandwiched inside.
7. Once both sides are browned, your quesadilla is ready.

* *Optional, use gluten free tortillas.*



Grace McDaniels

4th Grade

Apple Blueberry Crisp

INGREDIENTS:

1. $\frac{1}{2}$ cup old-fashioned rolled oats.
2. $\frac{1}{2}$ cup brown sugar, packed.
3. $\frac{1}{4}$ cup plus 1 tablespoon all-purpose flour.
4. $\frac{1}{4}$ teaspoon salt.
5. $\frac{1}{2}$ stick unsalted butter, cold (4 tablespoons).
6. 6–8 granny smith apples.
7. 2 cups blueberries.
8. $\frac{1}{4}$ cup granulated sugar.
9. 1 teaspoon ground cinnamon.
10. Vegetable oil spray.
11. Vanilla ice cream.

DIRECTIONS:

1. Preheat oven to 350 degrees.
2. Make the topping. Put the uncooked oats, brown sugar, $\frac{1}{4}$ -cup flour, and salt in to medium size mixing bowl and stir. Cut very cold butter into small pieces, and add it to the oatmeal mixture.
3. With clean fingers, rub the oatmeal mixture & butter together, pressing hard enough to mash the butter into small pieces but not enough to melt it or blend it in. Set aside.
4. Prep apples. Peel them, cut them into quarters, and use a paring knife to cut out the core from each piece. Thinly slice apples and place in a separate large bowl.
5. Add blueberries, sugar, 1 tablespoon flour, cinnamon to apples and stir lightly.
6. Coat dish with vegetable oil spray, spoon in fruit and sprinkle topping over the top.
7. Put in oven 55 minutes until browned and bubbly.
8. Remove from oven.
9. Let cool and serve with ice cream.

Amelia Brumley
5th Grade



Apple Chicken Quesadillas

INGREDIENTS:

1. 2 medium apples, sliced.
2. 1 cup diced cooked chicken breast.
3. $\frac{1}{2}$ cup shredded cheddar cheese.
4. $\frac{1}{2}$ cup shredded mozzarella cheese (part skim).
5. $\frac{1}{2}$ cup fresh or frozen corn, thawed.
6. $\frac{1}{2}$ cup chopped fresh tomatoes.
7. $\frac{1}{2}$ cup chopped onion.
8. 1 teaspoon salt.
9. 1 package tortillas.

DIRECTIONS:

1. Preheat oven to 400 degrees. Toss together first eight ingredients. Place $\frac{3}{4}$ cup of the cut chicken mixture on one-half of each tortilla. Fold tortillas to close and secure with toothpicks.
2. Place on a baking sheet coated with cooking spray. Bake until tortillas are golden brown, 13–18 minutes, turning halfway. Discard toothpicks, serve with toppings as desired.



Kjell Moore
5th Grade

Apple Fountain

INGREDIENTS:

1. Apple slices (one small apple).
2. Granola – 1 ½ cup.
3. 8 ounces of blueberry yogurt.
4. Baby orange slices—one cutie orange.
5. 1 handful of goldfish, graham cracker.

DIRECTIONS:

1. On a plate, make a big rim of granola.
2. Then put yogurt in the middle.
3. Lay apple slices on the yogurt, then grab the cutie slices and make how many circles as you want, as floaties. Then put the goldfish anywhere in it.

Eva-May Fog
4th Grade



Apple Rolls (very delicious)

INGREDIENTS:

1. Crescent rolls.
2. 1 apple peeled, cored and chopped.
3. Honey (optional).

DIRECTIONS:

1. Divide crescent rolls into triangles.
2. Put chopped apples on triangles.
3. Drizzle honey on apples.
4. Carefully roll into crescents.
5. Bake at 375 degrees until golden brown, take out.
6. Eat up.



Mia Pantoja

6th Grade

Avocado Stuffed with Seafood Salad

INGREDIENTS

1. 1 avocado.
2. 6 ounces imitation crab.
3. 6 ounces cooked bay shrimp.
4. 2 tablespoons mayonnaise.
5. 2 green onions.
6. 1 teaspoon Dijon mustard.
7. 1 tablespoon chopped parsley.
8. 1 tablespoon cilantro.
9. 1 pinch salt.
10. 1 pinch pepper.
11. 1 squeeze lemon juice.

DIRECTIONS

1. Halve and pit one avocado and save skin.
2. Next carefully remove avocado from skin and dice.
3. The place avocado and rest of ingredients in a bowl.
4. Gently mix until combined.
5. Then scoop salad back into avocado skin.
6. Eat and enjoy.

Joseph Soder
4th Grade



Banana Cream Cookies

INGREDIENTS:

1. $\frac{1}{2}$ cup butter.
2. 1 banana, smashed.
3. 2 large eggs.
4. $\frac{1}{2}$ teaspoon baking soda.
5. 2 cup white chocolate chips.
6. 1 cup sugar.
7. 3.4-ounce package banana cream instant pudding.
8. 2- $\frac{1}{2}$ cups flour.
9. $\frac{1}{2}$ teaspoon salt.

DIRECTIONS:

1. Preheat oven to 350 degrees.
2. Prepare baking sheets by lining with parchment paper.
3. Combine flour, baking soda, salt and set aside.
4. Combine butter, sugar and mix with an electric mixer.
5. Add banana, dry pudding mix and the eggs.
6. Mix together until smooth.
7. Pour dry ingredients into the mixing bowl with the banana mixture and mix slowly until incorporated.
8. Add the white chocolate chips and mix to combine.
9. Scoop rounded tablespoons of cookie dough onto lined baking sheets.
10. Bake at 350 degrees for 10 minutes until golden brown.
11. Let cookies cool for several minutes on the cookie sheet before transferring to a cooling rack.
12. Enjoy.



Samantha Cox

5th Grade

Banana Ice Cream

INGREDIENTS:

1. Four ripe bananas.
2. Milk as needed.

DIRECTIONS:

1. Peel all bananas.
2. Cut bananas into 2- or 4-inch pieces.
3. Put cut up bananas in freezer safe bags.
4. Put bananas in freezer for 6 hours or until frozen.
5. Put bananas in blender, blend until smooth.

Ryder Troupe

6th Grade

Banana Nutella Roll Ups

INGREDIENTS:

1. 1 7-inch whole grain tortilla.
2. 1 banana.
3. 1 tablespoon Nutella hazelnut spread.

DIRECTIONS:

1. Spread Nutella evenly on tortilla wrap.
2. Place peeled banana on one edge of the tortilla wrap.
3. Wrap the tortilla around the banana by rolling it from one side to the other.
4. Cut into 1-inch thick sections to make several rolls.



Laci Lever
5th Grade

Banana Pops

INGREDIENTS:

1. Four bananas.
2. $\frac{1}{2}$ cup coconut shreds.
3. Food dye (if you want color).
4. $\frac{1}{2}$ cup of maple syrup.

DIRECTIONS:

1. Peel the bananas.
2. Dip the bananas in maple syrup.
3. Put coconut in a bowl, roll bananas in coconut.
4. Stick on sticks.
5. Put in freezer for 15–20 minutes.
6. Enjoy!

Dennis Alonso-Mendez

5th Grade

Banana Popsicle

INGREDIENTS:

1. 7 bananas
2. 200 milligrams peanut butter.
3. Shredded coconut, to taste.
4. Dry cranberries, to taste.
5. Almonds, to taste.
6. Dry raisins, to taste.
7. Popsicle sticks.

DIRECTIONS:

1. Cut the banana in half.
2. Stick a popsicle stick in each banana.
3. Dip the banana in peanut butter.
4. Put the toppings on the bananas.
5. Enjoy.



Elise Nilsen
5th Grade

Banana Strawberry Whole Wheat Combo Muffins

INGREDIENTS:

1. 3 ripe bananas, mashed.
2. $\frac{3}{4}$ cup Sucanot.
3. 1 egg.
4. 2 tablespoons oil.
5. $\frac{1}{4}$ cup applesauce.
6. 1 $\frac{1}{2}$ cup whole wheat flour, sifted.
7. 1 $\frac{1}{2}$ teaspoons baking powder.
8. 1 teaspoon baking soda.
9. $\frac{1}{2}$ teaspoon salt.
10. 1 cup mashed strawberries.

For Topping:

1. 2 tablespoons whole wheat flour.
2. $\frac{1}{2}$ teaspoon cinnamon.
3. $\frac{1}{2}$ Sucanot.
4. 1 tablespoon + 1 teaspoon butter or margarine.

* *Sucanot is an organic form of sugar substitute.*

DIRECTIONS:

1. Preheat oven 350 degrees.
2. Grease 12 muffin tins or use muffin liners.
3. In a large mixing bowl, mix together the bananas, Sucanot, egg, oil and applesauce. Mix the whole wheat flour, baking powder, baking soda and salt together (hand mixer or stand mixer will work).
4. Gently fold in your 1 cup of mashed strawberries.

5. For the topping, in a small mixing bowl, add the whole-wheat flour, cinnamon, and Sucanot. Work butter into mixture until pea sized "crumbs" are formed.
6. Pour the butter into the muffin tins or the muffin liners and divide the topping evenly.
7. Bake in the preheated oven for 18–22 minutes or until toothpick comes out clean.
8. Let cool slightly before serving.
9. Serve with some warm butter.
10. Makes 12 muffins.



Camden Phillips
4th Grade

BBQ Chicken Burritos

INGREDIENTS:

1. 2 large chicken breasts, cut into strips.
2. $\frac{1}{2}$ cup BBQ sauce.
3. 1 can black beans.
4. $\frac{1}{2}$ cup frozen corn.
5. $\frac{1}{4}$ cup sour cream.
6. Lettuce.
7. Tortillas.

DIRECTIONS:

1. Over medium high heat, combine in skillet chicken, BBQ sauce, beans, corn and sour cream—stir.
2. Assemble by placing lettuce leaf in the center of each tortilla and top with chicken mixture.
3. Roll as a burrito.

Samantha Mandeville

5th Grade

Bean Burritos

INGREDIENTS:

1. Tortillas.
2. Beans.
3. Sour cream.
4. Milk.

DIRECTIONS:

1. Cook the tortillas.
2. Cook the beans.
3. Put bean in tortilla.
4. Put sour cream on the tortilla.



Madyson Andrist
6th Grade

Berry Banana Smoothie

INGREDIENTS:

1. 1 cup strawberries.
2. $\frac{2}{3}$ cup apples.
3. $\frac{2}{3}$ cup bananas.
4. Hint of orange.
5. $\frac{1}{2}$ cup ice (or as much as you want).

DIRECTIONS:

1. Place all ingredients in a blender, blend until smooth and add a strawberry slice on top.
2. Enjoy.



Olivia Monsaas
6th Grade

Berry Lemon Tart

INGREDIENTS:

1. $\frac{1}{2}$ cup lemon sauce.
2. 4 tablespoons unsalted butter ($\frac{1}{2}$ stick).
3. 2 boxes of puff pastry dough.
4. $\frac{1}{2}$ cup granulated sugar.
5. $\frac{3}{4}$ cup powdered sugar (optional).
6. 1 cup blueberries.
7. 2 tablespoons grated lemon zest (optional).
8. 3 eggs beaten slightly.
9. 1 cup strawberries (rinsed and dried).

DIRECTIONS:

1. Preheat oven to 400 degrees.
2. Wisk lemon juice zest and butter in a bowl.
3. Beat the eggs and sugar until combined.
4. Cut each pastry dough strips into thirds and fit into cupcake tins.
5. Bake individual tart crust for 7 minutes in a prepared tart pan or mini cupcake tins (without filling).
6. Fill each tart with the wet mixture and bake until crust is golden brown (about 20 minutes).
7. Cool and sprinkle with powdered sugar.
8. Enjoy.



Sarah McColley
4th Grade

Berry Mainyu

INGREDIENTS:

1. 12 blackberries.
2. 20 raspberries.
3. 7 grapes.
4. 40 strawberries.
5. 8 blueberries.
6. Tooth picks.

Directions:

1. Take strawberries, raspberries, and grapes — put them together on a toothpick to make a princess.
2. Use the blackberries and toothpicks to create a castle for the princess to live in.
3. Build a moat using blueberries.
4. Build a bridge out of grapes.

Kate Akins

4th Grade

Broccoli Salad

INGREDIENTS:

1. 1 head broccoli, cut into small pieces.
2. 1 pound bacon, cooked and crumbled.
3. $\frac{1}{2}$ cup salted or unsalted sunflower seeds.
4. $\frac{1}{2}$ cup dry roasted peanuts.

DIRECTIONS:

1. Mix the salad ingredients together and set aside.
2. Refrigerate until ready to serve.



Brooklyn Crawford
5th Grade

Brooklyn's Magnificent Montequilla Quesadilla

INGREDIENTS:

1. $\frac{1}{2}$ tablespoon butter.
2. 2 flour tortillas.
3. $\frac{1}{2}$ cup shredded medium cheddar cheese.

DIRECTIONS:

1. Preheat pan on stove to medium heat.
2. Add $\frac{1}{4}$ tablespoon of butter to pan and spread with a spatula.
3. Put on flour tortilla in the pan.
4. Put all cheese on tortilla in pan and spread out.
5. Put second tortilla on top.
6. Spread remaining butter on top of the second tortilla.
7. Flip when the tortilla is getting brown spots on bottom.
8. Remove when second side is ready.

Daniel Pham

6th Grade

Candy Milk and Apple Dunkers

INGREDIENTS:

1. 2 gallons of milk (approximately 30 glasses).
2. Honeycrisp apples.
3. Liquid caramel.
4. Sprinkles.
5. Vanilla flavoring.
6. Cups.
7. Whip cream.
8. Small containers to hold caramel.

DIRECTIONS

1. Pour milk in to glasses (30).
2. Add 3 tablespoons vanilla flavoring to each glass.
3. Top each with whip cream and sprinkles.
4. Cut up apples into slices.
5. Place caramel into the small containers.
6. Serve and enjoy.



Connor Aney

5th Grade

Connor's Caprese Tortellini Salad

INGREDIENTS:

1. 1 9-ounce package of fresh refrigerated tri-color cheese tortellini.
2. One package of fresh mozzarella balls (marinated or regular).
3. One red bell pepper.
4. One green bell pepper.
5. One small can of sliced black olives.
6. One bottle Kraft zesty Italian dressing.
7. Fresh basil leaves or fresh spinach leaves.
8. One bottle of grated Parmesan cheese.
9. Salt and pepper.

DIRECTIONS:

1. Bring a medium pot of water to boil, add a little bit of salt to the water.
2. Add tortellini and reduce heat to gently cook the pasta (they will float when done in 6–8 minutes).
3. Open and drain the black olives (chop if needed).
4. Open and drain the mozzarella balls (cut into smaller pieces if needed). Place in small bowl.
5. Rinse the basil/spinach cut into smaller pieces if needed.
6. Strain/drain tortellini in a colander and run under cold water to stop the cooking process, add Italian salad dressing to prevent pasta from sticking.
7. Transfer into a medium-large serving bowl with mozzarella balls, peppers, olives, and basil.
8. Pour in dressing, add Parmesan cheese and pepper to taste, stir together.
9. This is my favorite salad!!! I eat it before football and wrestling practice.
10. Dig in!



Elisha Pacheco
5th Grade

Cheesecake Pie

INGREDIENTS:

1. 2 packages 3.4-ounce pudding (cheesecake or vanilla flavor).
2. 1 package ready-made graham cracker crust.
3. 2 eight-ounce packages cream cheese, softened.
4. 1 16-ounce container of Cool Whip.
5. 1 21-ounce can cherry pie filling or cut strawberries for topping.
6. $\frac{3}{4}$ cup milk, adding little by little.

DIRECTIONS:

1. Combine the pudding mix and the milk by $\frac{1}{4}$ cup intervals, mixing after each addition.
2. Stir cream cheese until soft. Fold in Cool Whip. Mix with the pudding, milk mixture.
3. Once the mixture is smooth, add to the pie crust and smooth out.
4. Then add the cherry filling or strawberries.
5. Put the top on it and put in the fridge for at least 30 minutes.



Amelia Brumley
5th Grade

Cherry Vanilla Energy Bites

INGREDIENTS:

1. $\frac{1}{2}$ cup raw almonds.
2. $\frac{1}{4}$ cup plus one tablespoon almond or sunflower butter, divided.
3. $\frac{1}{2}$ cup plant-based vanilla protein powder.
4. $\frac{1}{2}$ cup dried cherries.
5. 2 tablespoons maple syrup, agave nectar or honey.
6. 3 tablespoons unsweetened coconut flakes.
7. 2 tablespoons dried cranberries.

DIRECTIONS:

1. Place the almonds in a food processor and pulse until the almonds are just broken up into small pieces. Add $\frac{1}{3}$ cup almond butter, protein powder, dried cherries and maple syrup, pulse until ingredients are combined and nuts and cherries are broken into smaller bit.
2. Roll into balls, pressing the mixture between your hands to seal everything together. Place each energy bite onto a plat.
3. Place the coconut flakes and dried cranberries in the food processor bowl. Pulse until the coconut and cranberries are broken into small pieces. Spread a little bit of the remaining almond butter over an energy ball and roll it in the coconut cranberry topping. Repeat with each ball.
4. Store it in an airtight container in the fridge. Makes 8 energy bites.

Julianna Ruck
4th Grade

Chocolate Chip Coconut Flour Banana Bread

INGREDIENTS:

1. 3 medium ripe bananas.
2. 2 eggs.
3. $\frac{1}{2}$ teaspoon baking powder.
4. $\frac{1}{2}$ teaspoon baking soda.
5. $\frac{1}{2}$ teaspoon cinnamon.
6. $\frac{1}{2}$ cup coconut flour.
7. $\frac{1}{2}$ cup dark chocolate chips.
8. $\frac{1}{2}$ teaspoon salt.
9. 1 teaspoon vanilla extract.
10. $\frac{1}{4}$ cup peanut butter.

DIRECTIONS:

1. Preheat oven to 350 degrees.
2. Line an 8x4 or 9x5 inch pan with parchment paper and cooking spray.
3. In a bowl of electric mixer, combine bananas, vanilla and peanut butter—mix well until creamy and smooth.
4. Add eggs one at a time and mix on medium speed until combined.
5. With the mixer on medium speed add in the coconut flour, baking soda, baking powder, cinnamon and salt and mix again until combined.
6. Gently fold in the chocolate chips.
7. Pour the batter in a prepared pan and smooth the top.
8. Bake for 30–40 minutes or until the tester inserted into the middle and comes out clean.
9. Remove from the oven and cool completely for 20 minutes.
10. Cut into 10–12 slices.
11. Enjoy!



Karlee Duitsman
5th Grade

Cinnamon Muffins

INGREDIENTS:

1. Butter for greasing pan.
2. Flour for dusting the pan.
3. 2 ½ cups all-purpose flour.
4. 1 cup granulated sugar.
5. 2 teaspoons baking soda.
6. 1 teaspoon cinnamon.
7. Plus ½ teaspoon cinnamon divided.
8. ½ teaspoon table salt.
9. ¾ cup buttermilk.
10. ½ cup vegetable or canola oil.
11. 2 teaspoons vanilla extract.

For topping:

1. 2 tablespoons granulated sugar.
2. ½ teaspoon cinnamon.

DIRECTIONS

1. Grease pan with butter and dust with flour.
2. In a bowl, combine the first 11 ingredients.
3. Bake in a 375 degree oven for 20–25 minutes.

Ace Kamimura

5th Grade

Classic Potato Latkes

INGREDIENTS:

1. 3-½ cups shredded peeled baking potato (about 1-½ pounds).
2. 6 tablespoons all-purpose flour.
3. 1 teaspoon of chopped thyme.
4. ½ teaspoon kosher salt.
5. ¼ teaspoon freshly ground black pepper.
6. 1 large egg.
7. 1 ¼ cups olive oil, divided.
8. ¾ cup unsweetened applesauce.
9. Dash of ground cinnamon.

DIRECTIONS:

1. Combine potato and onion in a colander, drain for 30 minutes, pressing with back of a spoon until barely moist.
2. Combine potato mixture, flour, and next 4 ingredients, through egg, in a large bowl and toss well.
3. Combine applesauce and ground cinnamon in a bowl. Serve applesauce with latkes.
4. Heat a large skillet over medium high heat.
5. Add 2 tablespoons olive oil to pan, and swirl to coat.
6. Spoon ¼ cup potato mixture loosely into a dry measure cup. Pour mixture into pan and flatten slightly. Repeat procedure five times to form six latkes.
7. Sauté 10 minutes on each side or until golden brown.
8. Remove latkes from pan and keep warm.
9. Repeat procedure with the remaining 2 tablespoons of olive oil and potato mixture to yield 12 latkes total.



Ella Reed
4th Grade

Clean Banana Oatmeal Muffins

INGREDIENTS:

1. 2-½ cups old fashioned oats.
2. 1 cup plain Greek yogurt.
3. 2 eggs.
4. ½ cup honey.
5. 2 teaspoons baking powder.
6. 2 tablespoons flax seed.
7. 1 teaspoon baking soda.
8. 1 teaspoon vanilla.
9. 2 ripe bananas.

DIRECTIONS:

1. Preheat oven to 350 degrees.
2. Line 12 muffin cups with cupcake liners.
3. Put oats in a blender, pulse for 10 seconds.
4. Add remaining ingredients to blender, blend until smooth.
5. Fill cupcake liners evenly bake until toothpick comes out clean.
6. Cool on wire rack for just a few minutes.
7. Enjoy.

Brynna Yalowicki
4th Grade



CPBSBY (chocolate, peanut butter, strawberry, banana, yogurt)

INGREDIENTS:

1. 2 cups of chocolate milk.
2. 1 spoon full of peanut butter.
3. 5 frozen strawberries.
4. 1 frozen banana.
5. 1 spoon full of yogurt (vanilla or strawberry).

DIRECTIONS:

1. Get a blender.
2. Put all ingredients in the blender.
3. Blend until smooth.
4. Pour smoothie equally into 3 or 4 glasses.
5. Enjoy.



Madelyn Wixom

6th Grade

Easy Peesy Cheesy Potatoes

INGREDIENTS:

1. Three or four russet potatoes (thinly sliced).
2. 2–3 cups shredded cheese (depending how cheesy you want it).
3. 1-½ cups milk.
4. Dash of salt and pepper on each layer.
5. Dash garlic powder (on each layer).

DIRECTIONS:

1. Preheat oven to 425 degrees.
2. Using a casserole dish create layers of potatoes and cheese.
3. Peel and thinly slice potatoes, place in cold water so they don't turn brown.
4. Shred the cheese (or use pre-shredded cheese).
5. Place a layer of potatoes on the bottom of the dish.
6. Add cheese, some salt/pepper/garlic (just a dash)
7. Repeat this process until potatoes are gone and desired layers have been reached.
8. Top with remaining cheese, add another dash of salt and pepper
9. Add milk (should cover about ½ of the potatoes).
10. Cover with foil and bake about 40 minutes.
11. Check to make sure milk is absorbing and potatoes are softening. Uncover and bake approximately 15 minutes more until milk is absorbed and cheese is crispy on top.
12. Let sit before eating.
13. Put in fridge and enjoy leftovers for a tasty filling after school snack!

Henry Smith

4th Grade

Easy Tortilla Pizza

INGREDIENTS:

1. 1 8-inch tortilla.
2. 1 teaspoon olive oil.
3. 1 pinch garlic powder.
4. Salt and ground black pepper to taste.
5. 2 tablespoons tomato sauce.
6. 1 cooked chicken breast.
7. ½ green bell pepper, chopped.
8. 2 green onions finely chopped.
9. ⅓ cup shredded mozzarella cheese.
10. 1 pinch dried oregano.

DIRECTIONS:

1. Preheat oven to 400 degrees.
2. Place tortilla on a baking sheet.
3. Brush with olive oil, sprinkle with garlic powder, salt and pepper.
4. Bake in the preheated oven until golden, 3–5 minutes.
5. Remove tortilla from the oven and spread tomato sauce on top.
6. Arrange chicken breast, green bell pepper, and green onions over tomato sauce.
7. Cover with mozzarella cheese.
8. Bake in preheated oven until cheese is melted about 5 minutes.
9. Sprinkle oregano over cheese.



Leif Hodkinson
6th Grade

Egg in the Hat

INGREDIENTS:

1. 1 piece of whole wheat bread.
2. 1 tablespoon butter.
3. 1 egg.
4. Salt & pepper to taste.

DIRECTIONS:

1. Heat pan on medium.
2. Butter bread on both sides.
3. Use a small glass or cup to cut a hole in the center of the bread (save circle of bread).
4. Put both pieces of bread in the pan.
5. Crack an egg and put in the center of the bread with the whole (try not to break the yolk).
6. Add salt & pepper to everything to taste.
7. Cook egg as desired. Be sure to flip bread with egg, and the circle of bread.
8. Serve the piece of bread with the circle of bread on top of the egg—like a hat.

Daniel Garifullin

4th Grade

Fast Snacks

INGREDIENTS: #1

1. 1 cup of yogurt.
2. 10–15 each of dried fruit.
3. 1 teaspoon of honey.

INGREDIENTS: #2

1. 2–3 pieces of dark chocolate.
2. 1 cup of milk.

DIRECTIONS

1. If you mix yogurt, dry fruits and honey it will taste really good and be really healthy.
2. If you eat complete pieces of dark chocolate and drink a cup of milk it will be good and healthy.



Aiden Mair
6th Grade

Flapjacks

INGREDIENTS:

1. 1 ½ cups flour.
2. 1 ½ cups rolled oats.
3. 1 ½ cups golden brown sugar.
4. 1 teaspoon baking soda.
5. 1 pinch salt.
6. 10 tablespoons butter (1 stick + 2 tablespoons).
7. 3 tablespoons light corn syrup.
8. 3 tablespoons molasses.

DIRECTIONS:

1. Preheat oven 350 degrees.
2. Grease a 9x9 pan.
3. Stir together the flour, oats, sugar, baking powder and salt in a medium mixing bowl.
4. Put the butter, syrup and molasses in a small saucepan and heat gently until melted, stirring occasionally.
5. Pour over the oat mixture and stir gently until evenly coated and the dry ingredients begin to stick together.
6. Spoon the mixture into the prepared pan and press down firmly and evenly.
7. Bake for 15–20 minutes, leave to cool in the pan.
8. Cut into squares and ease the flapjacks out of the pan.
9. Enjoy.

Claire Sedenquist

4th Grade

Frozen Yogurt Bark

INGREDIENTS:

1. 2 cups of vanilla yogurt.
2. $\frac{1}{2}$ cup of granola.
3. $\frac{1}{2}$ cup of blueberries.
4. $\frac{1}{2}$ cup of strawberries.

DIRECTIONS:

1. Take out a baking sheet and line with wax paper.
2. Spread the vanilla yogurt on the lined baking sheet making sure it is about $\frac{1}{4}$ inch thick.
3. Sprinkle the granola and fruit on the top of the yogurt. Press down lightly.
4. Put in the freezer for 1 $\frac{1}{2}$ hours until frozen.
5. Take out of the freezer and break apart into pieces.
6. Enjoy your tasty, healthy after school snack.



Ashley Taylor
4th Grade

Fruit Smoothie

INGREDIENTS:

1. $\frac{3}{4}$ cup orange juice.
2. 1 sliced banana.
3. $\frac{1}{2}$ cup vanilla yogurt.
4. $\frac{1}{2}$ cup frozen blueberries.
5. $\frac{1}{2}$ cup frozen raspberries.
6. $\frac{1}{2}$ cup frozen strawberries.
7. $\frac{1}{2}$ cup frozen blackberries.

DIRECTIONS

1. Blend together frozen fruit, orange juice, yogurt and banana in a blender until smooth and no bumps.

Avalyn Beaver

4th Grade

Fruity Tutty Smoothie

INGREDIENTS:

1. Banana.
2. 1–2 cups of berries.
3. 6 ounces yogurt (any flavor).
4. $\frac{3}{4}$ cup orange juice.
5. 1 cup of ice.

DIRECTIONS:

1. Combine all ingredients in a blender and blend until smooth.
2. Enjoy!



Brendan Walsh

5th Grade

Grandma Pat's Macaroni Salad

INGREDIENTS:

1. Celery.
2. Green onions.
3. Tuna.
4. Eggs.
5. Macaroni.
6. Mayonnaise.

DIRECTIONS:

1. Cook macaroni.
2. Chop celery.
3. Chop green onions.
4. Boil eggs.
5. Chop eggs.
6. Mix ingredients.

Jillian Glover

4th Grade

Granola Cone Surprise

INGREDIENTS:

1. 12 wafer cones.
2. 2 cups old-fashioned oats.
3. 1 $\frac{1}{4}$ cup Grape Nuts cereal.
4. $\frac{1}{8}$ cup canola or vegetable oil.
5. $\frac{1}{8}$ cup honey.
6. 1- $\frac{1}{2}$ cup dried fruit (raisins, mango, apricots).
7. $\frac{1}{2}$ cup low fat yogurt per each wafer cone used.

DIRECTIONS:

1. Preheat oven to 350 degrees.
2. Put oats into a medium sized bowl.
3. In a separate bowl, mix the oil and honey.
4. Whisk briskly with a wire whisk until oil and honey become sticky syrup.
5. Pour the honey and oil mixture onto the oats and stir well.
6. Place mixture on a foil lined baking pan and spread out evenly.
7. Roast for about 15–20 minutes.
8. After the first 10 minutes, stir the mixture.
9. Stir again once or twice before it is done.
10. Remove from the oven to cool.
11. When cool add the fruit and toss until combined.
12. Add $\frac{1}{2}$ cup of yogurt to the bottom of wafer cone, add the mixture to the cone.
13. Enjoy.



Sophia Robinson

5th Grade

Green Onion Egg Pancake

INGREDIENTS:

1. 1 large egg.
2. 1 teaspoon freshly grated Parmesan cheese.
3. 1 teaspoon freeze dried onions.
4. 1 teaspoon olive oil.

DIRECTIONS:

1. Put a small frying pan on medium low heat and add 1 teaspoon olive oil.
2. While the pan is heating up, whisk the egg in a small cup or bowl. Add the freeze dried green onions to the whisked eggs and combine.
3. Pour the egg mixture onto the heated frying pan (to test to see if the pan is hot, put a drop or two of water on the pan. If the water sizzles, the pan is hot.).
4. Add the egg to the pan, when you think the egg is ready to flip jiggle the pan slightly to see if there is any liquid egg on top. If there is no liquid egg, flip the egg. If there is still liquid egg, check again in 30 seconds.
5. After you flip the egg, sprinkle the Parmesan on top and wait about the same amount of time as you did for the first side. Once it is fully cooked transfer to a plate and serve immediately. Possible garnish could be fresh green onions, finely chopped, and more grated Parmesan cheese

Lilah George
4th Grade



Gypsum Roses

INGREDIENTS:

1. 7 ounces of pastry chocolate.
2. 2 tablespoons of honey.
3. $\frac{3}{4}$ cup cornflakes.
4. Cupcake liners.

DIRECTIONS:

1. Melt the chocolate in a non-stick pan over medium heat.
2. Add the honey and mix well with a wooden spoon.
3. Next, put half of the cornflakes into a shallow dish and pour half the chocolate over them. Stir gently.
4. Add the rest of the cornflakes and continue stirring until they are coated with chocolate. Pour on the rest of the chocolate and mix well.
5. When the cornflakes are all thoroughly coated with chocolate, use a soup spoon to put small portions into the cupcake liners.
6. Lastly, leave your gypsum roses in the refrigerator for about two hours.



Enzo Porletto
5th Grade

Hammerbars

INGREDIENTS:

1. 1 $\frac{2}{3}$ cup almond flour.
2. 5 tablespoons coconut flour.
3. Couple pinches salt.
4. $\frac{2}{3}$ cup maple syrup.
5. 2- $\frac{1}{2}$ tablespoons coconut oil, melted.
6. 5 tablespoons vanilla extract.
7. $\frac{1}{2}$ cup chocolate chips.

TOPPING INGREDIENTS:

1. $\frac{1}{2}$ cup chocolate chips.
2. 1 tablespoon nut butter.
3. 2 teaspoons coconut oil.

DIRECTIONS:

1. Mix almond flour, coconut flour, and salt in large mixing bowl. Set aside.
2. Mix maple syrup, melted coconut oil, nut butter, and vanilla in medium bowl.
3. Pour your wet ingredients into your dry ingredients, and mix to combine. Add chocolate chips and mix.
4. Line an 8-inch square pan with parchment paper. Press the dough into the pan, and flatten with your hands or with the back of a measuring cup. Place in the freezer to chill for 20 minutes.
5. Meanwhile, make the topping. Melt the chocolate chips, nut butter, and coconut oil in microwave safe bowl in 30-second intervals over a double boiler on the stove. Mix to combine.
6. Pour your chocolate topping over your cookie dough, and place in the fridge to set 1–2 hours.
7. Cut into squares and store in an airtight container in the fridge.

Makylie Bean

6th Grade

Healthy Banana Splits

INGREDIENTS:

1. 1 banana.
2. ½ cup cottage cheese or vanilla yogurt.
3. 1 tablespoon all fruit jam (optional).
4. 4–5 strawberries (sliced).
5. 4–5 other berries (your choice).
6. ½ -1 teaspoon granola.
7. ½ -1 teaspoon chopped nuts.

DIRECTIONS:

1. Peel 1 banana and cut in half lengthwise, place in a shallow bowl.
2. Put a few berries between the bananas.
3. Top with yogurt or cream cheese.
4. Sprinkle with remaining berries, granola, and chopped nuts.
5. Repeat to make more banana splits, serve immediately.
For more sweetness drizzle with honey or agave.



Reagan Kuehn
4th Grade

Healthy Fruit Pizza Minis

INGREDIENTS:

1. 1 medium tortilla.
2. $\frac{1}{2}$ cup plain Greek yogurt.
3. 1 teaspoon honey or sweetener to taste.
4. 1 drop of vanilla extract.
5. $\frac{3}{4}$ tablespoon fresh squeezed orange or lime juice.
6. Fruit: Strawberries, kiwi, mandarin oranges, grapes or seasonal fruit.

DIRECTIONS:

1. Cut out your crust.
2. Use a flour tortilla (wheat or flour) and the ring of a mason jar to make a small circle crust.
3. Combine first four ingredients in a bowl and whisk until well blended.
4. We used honey as a sweetener, but you can add a different one of your choice.
5. Lime juice can be used in place of orange juice.
6. Spread over tortillas and strawberries, kiwis, mandarin oranges, grapes, blackberries, raspberries or seasonal fruit.

Esme Morse

4th Grade

Healthy Oatmeal Raisin Coconut Cookie Cupcakes

INGREDIENTS:

1. 3- $\frac{3}{4}$ cups old fashioned rolled oats.
2. 2- $\frac{1}{2}$ cups flour.
3. 1- $\frac{1}{2}$ teaspoons baking powder.
4. $\frac{1}{2}$ teaspoons baking soda.
5. $\frac{1}{2}$ teaspoon salt.
6. 2 teaspoons ground cinnamon.
7. 1- $\frac{1}{2}$ cups unsalted butter (3 sticks).
8. 1 cup sugar.
9. 1 cup packed light brown sugar.
10. 4 eggs.
11. 2 teaspoons pure vanilla extract.
12. 1 cup Greek yogurt.
13. 1- $\frac{1}{2}$ cups raisins.
14. 1 cup coconut.

DIRECTIONS:

1. Preheat oven to 375 degrees.
2. Whisk 2 cups oats, flour, baking powder, baking soda, salt and cinnamon in a medium bowl, set aside.
3. Put butter and sugars in a small bowl of an electric mixer fitted with a paddle attachment; mix on medium-high speed until pale and fluffy.
4. Mix in eggs, 1 at a time, and vanilla. Stop mixer and add flour, and mix at low speed, and mix just until combined.
5. Mix in Greek yogurt with the mixer.
6. Mix in raisins and the rest of the oats and coconut with a rubber spatula.
7. Put cupcake liners in a small cupcake pan.
8. Put a tablespoon of batter in each cupcake liner.
9. Cook 18–20 minutes until golden.
10. Let cool down.
11. Dig in.



Audry Stratton

4th Grade

Herb Parmesan Bread

INGREDIENTS:

1. 1 cup sour cream.
2. $\frac{1}{3}$ cup milk.
3. 3 tablespoons sugar.
4. 1 teaspoon baking soda.
5. $\frac{1}{2}$ teaspoon salt.
6. $\frac{1}{3}$ cup grated Parmesan cheese.
7. 2 teaspoons Italian seasoning.
8. 1 egg white, slightly beaten.

DIRECTIONS:

1. Preheat oven to 350 degrees.
2. Combine sour cream milk, butter, set aside.
3. In a large bowl combine next 6 ingredients.
4. Stir in sour cream mixture until moist.
5. Place dough on a lightly floured surface; knead until smooth, about 1 minute. Divide dough into two round loaves. Place loaves on cookie sheet and brush tops with egg white; sprinkle with additional Parmesan and Italian seasoning. Cut an X about $\frac{1}{2}$ inch through each loaf.
6. Bake 30–35 minutes or until golden brown.
7. Makes 2 loaves.



Lauren Hufford
5th Grade

Homemade Buttery Biscuits

INGREDIENTS:

1. 1 teaspoon of melted butter.
2. $\frac{1}{2}$ cup of shredded cheese.
3. 1 $\frac{1}{2}$ cups Bisquick.
4. $\frac{1}{2}$ cup milk.

Garlic Buttery Sauce:

1. 1 stick of butter.
2. Garlic powder.

DIRECTIONS:

1. Heat oven to 450 degrees.
2. Stir ingredients until soft dough forms.
3. Drop dough by spoonsful onto ungreased cookie sheet.
4. Bake 7–9 minutes or until golden brown (makes 5 biscuits—can double).

Garlic Buttery Sauce:

1. Melt 1 stick butter.
2. Pour a dash of garlic powder into melted butter and mix.



Bella Andrist
4th Grade

Homemade Dole Whip

INGREDIENTS:

1. 1-½ cups coconut milk.
2. 1 tablespoon lime juice.
3. 4 cups chopped frozen pineapple.
4. ¼ cup maple syrup.

DIRECTIONS:

1. Place all ingredients in a blender in the order listed.
2. Blend the ingredients on medium high until smooth and well combined.
3. This can be served right away as a soft serve or frozen for later.
4. Enjoy.

Reese Mathers

5th Grade

Homemade Pizza Wrap

INGREDIENTS:

1. Tortilla.
2. Tomato sauce.
3. Mozzarella (any type of cheese).
4. Pineapple (optional).
5. Pepperoni (optional).
6. Bologna (optional).
7. Toothpick (optional).

DIRECTIONS:

1. Spread the tomato sauce evenly on the tortilla.
2. Sprinkle on the cheese all over.
3. If you want toppings add these as well.
4. Put in microwave until cheese is melted.
5. Roll up like a burrito.
6. Insert a toothpick to hold in place.





Sarah Witruk
5th Grade

Homerun Peanut Butter Dip with Fruit

INGREDIENTS:

1. Two 5.3 ounce containers of Dannon Oikos triple zero vanilla Greek yogurt.
2. $\frac{1}{3}$ cup of creamy peanut butter.
3. 1 tablespoon of honey.
4. 1 package of strawberries.
5. 1 green apple.
6. 1 red apple.
7. 2 bananas.
8. 1 cup grapes.

DIRECTIONS

1. Put yogurt, peanut butter, and honey in a bowl.
2. Whisk until smooth.
3. Slice fruit (except grapes).
4. Place on a serving plate with the dip.
5. Serve and enjoy.

Cassandra Chin
6th Grade



Hummus

INGREDIENTS:

1. 1 15-ounce can of garbanzo beans, drained, reserve liquid.
2. 1 tablespoon lemon juice.
3. 1 tablespoon olive oil.
4. 1 clove of garlic, crushed.
5. ½ teaspoon ground cumin.
6. ½ teaspoon of salt.
7. 2 drops of sesame oil.

DIRECTIONS:

1. In a food processor, blend garbanzos, lemon juice, olive oil, garlic, cumin, salt and sesame oil.
2. As you are blending the ingredients slowly pour in the liquid reserved from the beans into the mixture until the desired texture is reached.
3. Eat with veggies, pita chips or your favorite crackers.





Isabella Warg
5th Grade

Izzy's 13 Ingredient Trail Mix

INGREDIENTS

1. $\frac{1}{2}$ cup blueberries.
2. $\frac{1}{2}$ cup pistachios.
3. $\frac{1}{2}$ cup raisins.
4. $\frac{1}{2}$ cup cherries.
5. $\frac{1}{2}$ cup goji berries.
6. $\frac{1}{2}$ cup golden berries.
7. $\frac{1}{2}$ cup mango.
8. $\frac{1}{2}$ cup chocolate chips
9. $\frac{1}{2}$ cup pumpkin seeds.
10. $\frac{1}{2}$ cup sunflower seeds.
11. $\frac{1}{2}$ cup marcona almonds.
12. $\frac{1}{2}$ cup pecans.
13. $\frac{1}{2}$ cup walnuts.

DIRECTIONS:

1. Mix all ingredients in a large bowl.
2. Put ingredients into pint or quart jars.
3. Seal tightly.
4. Give as a gift to your friends for a healthy snack.

Bella Graumann

5th Grade

Lilypads

INGREDIENTS:

1. Ritz crackers, half sleeve.
2. Peanut butter—approximately 2 tablespoons.
3. Raisins, ¼ cup.

DIRECTIONS:

1. Get a plate and put Ritz crackers on it.
2. With a knife spread a layer of peanut butter on to the crackers.
3. After you spread the peanut butter, put 3 or 4 raisins .
4. Eat it.



Ilea Ehrie
5th Grade

Little Apples

INGREDIENTS:

1. One or two big juicy apples.
2. One utility knife.
3. One long dinner plate.

DIRECTIONS:

1. Use one or two big juicy apples.
2. Cut the apples on long dinner plate.
3. Last throw away the core.
4. Then serve the snack.
5. Bon Appetit.

Ada Banken

6th Grade

Loaded Tater Tot Skewers

INGREDIENTS:

1. 1 bag of tater tots.
2. 8 slices of cooked bacon, chopped.
3. 1 cup of grated cheese.
4. 1 tablespoon of ranch seasoning.
5. Skewers.

DIRECTIONS:

1. Cook tater tots according to package directions until golden brown (425 degrees 20–30 minutes) let cool two to five minutes.
2. Skewer tater tots onto skewers (6–7 per skewer).
3. Place skewers on the pan, sprinkle ranch seasoning on each tot.
4. Sprinkle bacon on tots and then the cheese.
5. Put back in the oven for and bake an additional 10 minutes until the cheese is melted.
6. Enjoy!



Isabelle P. Kovarik
5th Grade

Love Crunch

INGREDIENTS:

1. 4 cups old fashioned oats.
2. $\frac{3}{4}$ cup maple syrup.
3. 1 tablespoon cacao powder/cocoa.
4. $\frac{1}{2}$ cup Trader Joe's organic unsweetened coconut chips.
5. 1 tablespoon coconut oil.
6. 1 cup dried cranberries.
7. $\frac{1}{2}$ cup organic dark chocolate chips.

DIRECTIONS:

1. In a skillet, toast oats with coconut oil on medium heat for 10 minutes, transfer to a bowl.
2. In a saucepan, bring syrup to a boil, mix syrup, oats, salt, cacao, coconut and cranberries together in a bowl.
3. Spread on a baking sheet lined with wax paper.
4. Add chocolate chips evenly as a top layer.
5. Bake for 10–15 minutes in a 360-degree oven.
6. Remove from the oven and swirl chips and oat mix to form clumps.

Luke Terrell

6th Grade

Luke's Banana Bread Pudding in a Mug

INGREDIENTS:

1. 3 tablespoons flour.
2. 2 tablespoons apple sauce.
3. 2 tablespoons brown sugar.
4. $\frac{1}{8}$ teaspoon salt.
5. $\frac{1}{8}$ teaspoon baking powder.
6. $\frac{1}{8}$ teaspoon baking soda.
7. 1 tablespoon + $\frac{1}{4}$ cup milk.
8. 1 egg.
9. 1 ripe banana.

DIRECTIONS:

1. Put banana in a mug and mush with a spoon.
2. Add all ingredients except $\frac{1}{4}$ cup milk.
3. Stir with a fork until mixture is smooth and lumps are gone.
4. Microwave for two minutes.
5. Let cool for five minutes.
6. Add $\frac{1}{4}$ cup milk and stir into pudding.
7. Enjoy!



Andrew Torfin
5th Grade

Meat and Cheese Platter

INGREDIENTS:

1. 1 bag of pepperoni.
2. 1 bag of summer sausage.
3. Swiss cheese.
4. American cheese.
5. Everything Ritz Cracker.

DIRECTIONS

1. Put the crackers on the middle of the plate.
2. Put the cheese around the crackers on the plate.
3. Put the meat around the cheese on the plate.
4. Now you have a meat and cheese platter.



Rachel Papson
4th Grade

Mini Lasagna Bites

INGREDIENTS:

1. Cooking spray.
2. 6 wonton wrappers.
3. $\frac{1}{4}$ cup pasta sauce (with or without meat).
4. 2 tablespoons low-fat ricotta cheese.
5. $\frac{1}{2}$ cup low-fat shredded mozzarella cheese.
6. 2 tablespoons shredded Parmesan cheese.
7. 1 teaspoon Italian seasoning.

DIRECTIONS:

1. Preheat oven to 375 degrees.
2. Mist a 6-count cupcake pan with cooking spray.
3. Line each cup with one wonton wrapper. Press wonton firmly into bottom of the cup and up the sides.
4. Fill each wonton wrapper with the following layers.
5. 1 teaspoon pasta sauce.
6. $\frac{1}{2}$ teaspoon ricotta cheese.
7. Sprinkle $\frac{3}{4}$ teaspoon low fat mozzarella cheese.
8. Repeat layer of sauce and cheeses.
9. Top each cup with $\frac{1}{2}$ cup Parmesan cheese and sprinkle with Italian seasoning.
10. Bake for 18–20 minutes, let stand two minutes before eating.



Preston Forte
4th Grade

MMMMM..Brownies!

INGREDIENTS:

1. $\frac{1}{2}$ cup sugar.
2. 2 tablespoons water.
3. 2 tablespoons butter.
4. $1\frac{1}{2}$ cups semisweet chocolate chips.
5. 2 eggs.
6. $\frac{1}{2}$ teaspoon vanilla extract.
7. $\frac{2}{3}$ cup all-purpose flour.
8. $\frac{1}{4}$ teaspoon baking soda.
9. $\frac{1}{2}$ teaspoon salt.

DIRECTIONS:

1. Preheat oven to 325 degrees.
2. Grease an 8x8 square pan.
3. In a medium saucepan, combine the sugar, butter and water.
4. Cook over medium heat until boiling.
5. Remove from heat and stir in chocolate chips until melted and smooth.
6. Mix in the eggs and vanilla.
7. Combine the flour, baking soda and salt; stir into the chocolate mixture.
8. Spread evenly into the prepared pan.
9. Bake for 30–35 minutes in the pre-heated oven until brownies set up.

Lucy Choyke

4th Grade

No Bake Apple Donuts

INGREDIENTS:

1. 3 apples cut into ½-inch thick slices.
2. 1 Cacao nibs.
3. 2 cups water + juice of 1 lemon.

Breakfast Foods Condiments:

1. 1 cup granola.
2. ½ cup peanut butter, creamy and natural.

Baking and Spices:

1. 1 chocolate chips, mini.
2. 1 chocolate sprinkles.
3. 1 tablespoon cocoa powder.
4. 1 rainbow sprinkles.

Nuts and Seeds:

1. 1 nuts or seeds.

DIRECTIONS:

1. Cut apple into ½-inch thick slices.
2. Cut small circles out in the middle of each apple slice.
3. Soak the apple rings into the water and lemon juice mixture for 5–10 minutes. Pat dry completely.
4. Mix together the peanut butter and cocoa powder until smooth and well combined, slather over each slice.
5. Add the toppings of your choice.



Mia Ottow
5th Grade

No Bake Fruit and Yogurt Cake

INGREDIENTS:

1. Vanilla.
2. Raspberries.
3. Cinnamon.
4. Blueberries.
5. Honey crisp apples.
6. Nature valley oats 'n honey.
7. Honey.
8. Oatmeal.

DIRECTIONS:

1. For crust combine Nature Valley oats 'n honey, honey, and oatmeal.
2. Cut up apple.
3. Put a layer of yogurt and put apple slices on top with cinnamon and put blueberries on it.
4. Repeat layers three times.

Kaiu Taylor

6th Grade

Non-Fried Potato Chips

INGREDIENTS:

1. 2 potatoes.
2. Salt.

DIRECTIONS:

1. Clean potato.
2. Slice potato with slicer.
3. Put potatoes on paper towel to remove water.
4. Put potatoes on cooking sheet.
5. Put potatoes in microwave for two minutes.
6. Take them out and turn them over.
7. Salt them.
8. Put them back in the microwave until the brown slightly.



Rory Hohmann

5th Grade

Nutella and Banana Sushi

INGREDIENTS:

1. 2 tortillas.
2. 4 tablespoons Nutella.
3. 2 bananas.

DIRECTIONS:

1. Spread Nutella on one side of the tortillas.
2. Place peeled banana on the edge of the tortilla.
3. Roll banana in tortilla.
4. Slice into one inch thick rounds and place cut side up on the plate.
5. Then eat and enjoy.



Lucy Ross
5th Grade

Oatmeal Energy Bites

INGREDIENTS:

1. 1 cup rolled oats.
2. $\frac{1}{2}$ cup of almond butter or peanut butter.
3. $\frac{1}{2}$ cup of chocolate chips.
4. $\frac{1}{3}$ cup raw honey.
5. $\frac{1}{4}$ cup ground flaxseed.

DIRECTIONS:

1. In a large bowl, mix all of the ingredients together.
2. Roll out teaspoon sized balls and place on a baking sheet covered with parchment paper.
3. Freeze one hour until set.
4. Enjoy.





Karsten Sweum
6th Grade

Oreo Cookie Balls

INGREDIENTS:

1. 1 package of Oreos (14–19 ounces is fine).
2. 1 brick cream cheese, softened (8 ounces).
3. 1 package white almond bark or 24 ounces white chocolate chips.

DIRECTIONS:

1. Crush cookies until very fine, put in a sealed bag and crush them with a rolling pin.
2. In a bowl add softened cream cheese.
3. Add crushed cookies to the same bowl and mix with a mixer.
4. Scoop out and form into 1-inch balls.
5. Melt white chocolate/almond bark in a microwave safe bowl at 30 second intervals until melted.
6. Dip each cookie ball into melted chocolate and place on wax paper to cool.
7. Store in an airtight container in the fridge.

Preston Morgan

6th Grade

Oven Pear Chips with Chocolate

INGREDIENTS:

1. 2 Bartlett pears.
2. 4 ounces of milk chocolate.

DIRECTIONS:

1. Preheat oven to 225 degrees.
2. Cut pears into slices that are $\frac{1}{8}$ -inch thick using a mandolin slicer, use a knife to discard seeds that remain.
3. Place pear slices on a baking sheet lined with parchment paper and bake for one hour.
4. Flip over slices and bake for 30 minutes more until slices reached desired crispness. If the slices are thicker, it may take up to one hour to reach desired crispness.
5. Melt chocolate in the microwave.
6. Allow melted chocolate to cool down a bit and serve.





Audrey Fortune
4th Grade

Oyster Crackers

INGREDIENTS:

1. $\frac{3}{4}$ cup canola oil.
2. 1 package ranch dressing mix.
3. $\frac{1}{2}$ teaspoon lemon pepper.
4. $\frac{1}{2}$ to 1 teaspoon dill weed.
5. $\frac{1}{4}$ teaspoon garlic powder.
6. 12–16 oyster crackers.

DIRECTIONS:

1. Mix salad oil and dressing mix together.
2. Add remaining ingredients and stir to coat.
3. Place in a warm oven for 15–20 minutes (you might need an adult's help for that).

Ella Marzolf

5th Grade

Pastrami Dumplings

INGREDIENTS:

1. 1 ½ cup all-purpose flour.
2. 1 egg.
3. ¾ cup water.
4. 1-½ to 2 slices deli cut pastrami.
5. ¼ cup soy sauce.
6. 1 tablespoon sesame oil.
7. 1 teaspoon honey.
8. 1 teaspoon Dijon mustard.

DIRECTIONS:

1. Mix the flour, egg, and water until a thick paste is made.
2. Knead the dough with flour until it isn't sticky any more.
3. Form disks of dough that are 3 to 4 inches in diameter.
4. Rip pieces of pastrami and put them in the middle of the disks.
5. Wrap pastrami with the dough to form a dumpling shape.
6. Boil water on medium high heat.
7. Drop dumplings in boiling water and cook for 8 to 12 minutes (until dumplings are not doughy).

SAUCE:

1. Mix soy sauce, sesame oil, honey, and Dijon mustard.
2. Cook on low heat until warm.
3. Mix the sauce again.



Henry Perrigo
4th Grade

PB & Oats Cookie

INGREDIENTS:

1. 2 tablespoons of peanut butter.
2. 2 heaping tablespoons of oats.
3. 1 teaspoon of powdered sugar.
4. $\frac{1}{4}$ teaspoon vanilla extract.
5. 1 tablespoon of chocolate chips.
6. Flaky sea salt for garnish.

DIRECTIONS:

1. Mix the peanut butter, oats, powdered sugar and vanilla extract in a small bowl until completely combined.
2. Shape the mixture into 2- $\frac{1}{2}$ -inch wide x $\frac{1}{2}$ -inch thick circles.
3. Put them in the freezer for 5 minutes. If you are using chocolate chips heat them up in the microwave in 5-second bursts. Take the cookies out, dip them in chocolate and enjoy!
4. Lastly sprinkle the flaky sea salt onto the cookies.

Camden Phillips
4th Grade



Peanut Butter Blossoms

INGREDIENTS:

1. 1 cup sugar.
2. 2 eggs.
3. 1 cup brown sugar.
4. 1 teaspoon vanilla.
5. 1 cup butter (soften at room temperature).
6. 2 teaspoons baking soda.
7. 1 cup peanut butter.
8. 2-¼ cups to 3 cups flour.
9. 1 bag Hershey's kisses.

DIRECTIONS:

1. Preheat oven to 375 degrees.
2. Cream butter and both sugars together.
3. Add peanut butter, eggs, vanilla, and cream all together.
4. Add soda and flour slowly and mix thoroughly.
5. Roll into balls about the size of doughnut holes and roll through sugar.
6. Place in a greased cookie sheet about two inches apart.
7. Bake 8 minutes at 375 degrees.
8. Take out, place a kiss in the center of each, and place back in the oven for one minute.
9. They will not look done but they are.



Camryn Cummings
5th Grade

Peanut Butter Brownies with Raspberry Dipping Sauce

INGREDIENTS:

Brownies

1. 6 tablespoons tapioca starch.
2. 4 tablespoons unsweetened cocoa powder.
3. 12 ounces. bittersweet or semi-sweet chocolate, coarsely chopped.
4. 6 tablespoons virgin coconut oil.
5. 4 large eggs.
6. $\frac{2}{3}$ cup granulated sugar.
7. $\frac{1}{2}$ cup packed light brown sugar.
8. $1\frac{1}{2}$ teaspoons kosher salt.
9. 4 tablespoons peanut butter.
10. 2 teaspoons vanilla extract.
11. 2 tablespoons light agave nectar.
12. 1 tablespoon Tahini.

Raspberry dipping sauce:

1. 1 cup fresh or frozen raspberries.
2. 2 tablespoons arrowroot powder.
3. $\frac{1}{4}$ cup of water (more if needed).
4. Zest of $\frac{1}{4}$ lemon, about $\frac{1}{2}$ teaspoon.

DIRECTIONS:

1. Preheat oven to 350 degrees.
2. Line an 8x8 baking dish with two overlapping pieces of parchment paper, leaving overhang.
3. Whisk tapioca and cocoa powder in a bowl until no lumps remain.
4. Heat chocolate, oil, and 1 tablespoon of tahini in a small saucepan on low, stirring until melted and smooth.

5. Remove from heat.
6. Using an electric mixer on medium high speed, mix eggs and both sugars in a large bowl, until light smooth and fluffy and doubled in volume, about 4 minutes.
7. Reduce heat to medium and beat in salt and vanilla.
8. Scrape in chocolate mixture and beat to incorporate, beat in tapioca mixture.
9. Increase speed to medium high and mix until batter is thick and stiff, about 1 minute. Scrape into prepared baking dish and smooth top.
10. Stir agave nectar into remaining 3 tablespoons peanut butter.
11. Dollop spoonfuls over batter in 5 or 6 spots.
12. Drag a skewer or toothpick through it to swirl.
13. Bake brownies until edges are puffed, top is browned and a toothpick inserted into the center comes out with a few crumbs attached, about 26 minutes.
14. If necessary bake in 5 minute intervals until cooked through.
15. Let cool and remove from pan, cut into squares.
16. Makes 32 brownies.

Directions for dipping sauce:

1. Heat a small saucepan on medium high heat.
2. Add raspberries and water, stir for 1–2 minutes and add arrowroot powder until it becomes thick.
3. Strain and store for up to a week.

Add raspberries and water, stir



Tristan Strash
5th Grade

Picadía

INGREDIENTS:

1. Ground beef.
2. Capers.
3. Sliced green olives
4. Garlic salt.
5. Water.
6. Tomato sauce.

DIRECTIONS:

1. Brown the ground beef.
2. Add the tomato sauce, capers, sliced green olive, garlic salt, and water.
3. Let simmer 1–5 minutes.
4. Let cool.
5. Put in or on a plate or bowl.
6. Enjoy.

Cristo Gaspar-Garcia

5th Grade

Quesadilla

INGREDIENTS:

1. Tortillas.
2. Queso.

DIRECTIONS:

1. Turn the stove on to medium heat.
2. Once the pan is warm put the tortillas on the pan.
3. Put the cheese on and then fold.



Evelyn Fleming
5th Grade

Quick Scones

INGREDIENTS:

1. 1 pound of self-rising flour.
2. 2 teaspoons baking powder.
3. Pinch of salt.
4. 3 ounces of sugar.
5. 2 fluid ounces of sunflower or canola oil.
6. 8 fluid ounces of milk.
7. 1 egg.
8. (You can add fruit or spices for variation).

DIRECTIONS:

1. Mix the sugar, oil, and milk in a bowl then sieve the flour and baking powder into the mixture.
2. The dough is quite soft so handle it as little as possible and cut out the scones.
3. Put a little bit of milk in the measuring cup used for the oil and use a pastry brush and brush the milk on to the scone before putting them in the oven at 400 degrees for about 10–12 minutes.
4. Watch the scones closely and make sure they don't burn on the bottom.

Lily-Brynne Steele

5th Grade

Saltine Crackers and PB

INGREDIENTS:

1. Saltine crackers—just one each.
2. Peanut butter—one spoonful.

DIRECTIONS:

1. Take a saltine cracker, and place a spoonful of PB on it.
2. This is not a joke, they are actually really good.



Carlie Ditmars
4th Grade

Shooting Star Bites

INGREDIENTS:

1. 1 tablespoon of light cream cheese.
2. $\frac{1}{4}$ teaspoon of cinnamon.
3. 2 medium strawberries.
4. 1 slice of whole wheat bread.
5. 1 star-shaped cookie cutter.

DIRECTIONS:

1. Use a spoon to mix 1 tablespoon of light cream cheese and $\frac{1}{4}$ teaspoon of cinnamon in a small bowl.
2. Toast the whole wheat bread and then cut it in to the stars with the cookie cutter.
3. Spread cream cheese mixture on the stars.
4. Then cut up strawberries into bite sized pieces and sprinkle on the stars.

Skye Brady

5th Grade

Skye's Smoothie Delight

INGREDIENTS:

1. 2 cups strawberries.
2. $\frac{1}{2}$ cup blueberries and raspberries.
3. 1 banana.
4. $\frac{1}{2}$ cup ice.
5. 1 cup orange juice.
6. 1 cup vanilla yogurt.

DIRECTIONS:

1. Add ice.
2. Add fruit.
3. Add yogurt.
4. Add orange juice.
5. Blend.



Aiden Long
4th Grade

Spicy Jack Quesadilla

INGREDIENTS:

1. 2 ounces pepper jack cheese, grated.
2. 2 ounces cheddar cheese, grated.
3. $\frac{1}{4}$ cup sweet yellow onions, diced.
4. 2 flour tortillas, large size.
5. 1 $\frac{1}{2}$ tablespoons butter.
6. Guacamole.
7. Pico de Gallo.
8. Sour cream.

DIRECTIONS:

1. Combine pepper jack cheese with cheddar cheese in a mixing bowl and set aside.
2. Melt 1 tablespoon butter in a skillet over low to medium heat.
3. When butter is melted place 1 tortilla in skillet to brown.
4. Sprinkle cheese mixture on top of the tortilla then add onions over cheese.
5. Place second tortilla over cheese until melted and bottom tortilla is golden brown.
6. Remove quesadilla from skillet and set aside.
7. Add $\frac{1}{2}$ tablespoon butter to skillet and melt.
8. Place quesadilla back in skillet uncooked side down.
9. Cook until browned and crispy.
10. Remove from skillet and cut into wedges.
11. Garnish with guacamole, pico de gallo and sour cream.

Ada Banken
6th Grade



Sriracha Roasted Chickpeas

INGREDIENTS:

1. 1 15-ounce can garbanzo beans.
2. 2 tablespoons olive oil.
3. 1 teaspoon Sriracha powder.
4. Salt.

DIRECTIONS:

1. Preheat oven to 400 degrees.
2. Drain garbanzo beans, and dry between clean towels.
Roll one of the towels over the beans to remove as many skins as possible and dry thoroughly.
3. Toss bean and olive oil.
4. Spread out on tin foil, parchment or silicone baking mat on top of a baking sheet.
5. Bake at 400 degrees for 30 minutes, tossing every 10 minutes.
6. Toss freshly baked beans with Sriracha powder and salt.
7. Store in a parchment bag or airtight container for up to a week.



Perry George
6th Grade

Strawberry Cheesecake Smoothie

INGREDIENTS:

1. 1- $\frac{3}{4}$ cups milk.
2. 6 ounces of cream cheese.
3. 1- $\frac{1}{2}$ teaspoons vanilla.
4. $\frac{1}{3}$ cup honey or sugar sweetener of your choice.
5. 2- $\frac{1}{2}$ cups of frozen strawberries.
6. Fresh strawberries and graham crackers (optional).

DIRECTIONS:

1. Blend together dairy products.
2. Add vanilla, sweetener and strawberries, blend until smooth.
3. If you use optional items: crush graham crackers and placed sliced strawberries on top of smoothie.

Prestin Harris

5th Grade

Sun Cake

INGREDIENTS:

1. 1 Yoplait, any flavor.
2. $\frac{1}{2}$ banana.
3. $3 \frac{1}{3}$ cups power cakes batter mix.
4. $2 \frac{1}{3}$ cup milk.
5. 2 eggs.
6. 1 teaspoon cinnamon.

DIRECTIONS:

1. Put Yoplait in a medium bowl.
2. Slice banana into small pieces, put into bowl of Yoplait, stir until nice and smooth.
3. Add power cakes batter mix and cook.
4. Put Yoplait on top and on sides of pancakes after stacking.



Paul Gillman
4th Grade

Sushi California Rolls

INGREDIENTS:

1. 1 cucumber.
2. 4 sticks imitation crab meat.
3. 1 avocado.
4. 2 tablespoons rice vinegar.
5. 1-½ teaspoons sugar.
6. ¼ teaspoon salt.
7. 4 cups cooked sushi rice,
made a day in advance.
8. 4 sheets Nori, toasted.
9. Sesame seeds.
10. Soy sauce.
11. Wasabi.
12. Pickled ginger.

DIRECTIONS:

1. Cut cucumber lengthwise into spears.
2. Cut the crabsticks into small strips.
3. Slice the avocado into ¼-inch thick pieces.
4. Set these ingredients onto a large platter.
5. Mix the rice vinegar, sugar and salt in a small bowl, pour it over the cooled rice and stir to combine.
6. Cover both sides of a bamboo sushi mat with plastic wrap.
7. Cut the Nori sheets in half—lengthwise and lay one piece of the mat, shiny side down.
8. Dip your hands into a bowl of warm water to prevent the rice from sticking to them, pick up a handful of the rice about the size of a baseball.
9. Evenly spread the rice onto the Nori leaving a small uncovered area around the edges.
10. Sprinkle the rice with some sesame seeds. Flip the Nori over carefully so that the rice side is against the mat.
11. Place a few pieces of each crabstick, avocado, and cucumber onto the Nori, about 1 inch from the edge closest to you.
12. Continue rolling and pressing slightly until you form a log. Repeat with the remaining ingredients to eight rolls.

Emily Kester

4th Grade

Sweet Potato Crisps

INGREDIENTS:

1. Sweet potatoes.
2. Olive oil spray.
3. Sea salt (optional).

DIRECTIONS:

1. Peel and thinly slice sweet potatoes in a food processor.
2. Spray cookie sheet with olive oil.
3. Lay sweet potato circles on a cookie sheet in a single layer.
4. Spray tops with olive oil and sprinkle lightly with sea salt.
5. Place in preheated 425 degree oven, then bake for 8–10 minutes.



Camryn Reyla
5th Grade

Taco Soup

INGREDIENTS:

1. 1 pound ground beef.
2. 1 packet taco seasoning.
3. 1 can sweet corn.
4. 1 can kidney beans.
5. 1 can diced tomatoes.
6. 1 can green chilis.
7. 1 can black beans.
8. 3–4 tortilla chips.

DIRECTIONS:

1. Brown the meat, add taco seasoning, drain off the oil.
2. Drain the cans of beans.
3. Add all of the ingredients to a pot, simmer for 10–15 minutes.
4. Add sour cream, cheese and tortilla chips to garnish.

Alisha Shaikh

6th Grade

Tropical Smoothie

INGREDIENTS:

1. 3 pomegranates.
2. 1-½ pineapple.
3. 2 mangos.
4. ½ banana.
5. 1-½ peach.
6. 3 cups ice.
7. ¾ cup orange juice.
8. 2 teaspoons sugar.
9. Maraschino cherries.

DIRECTIONS:

1. Cut the pomegranate and put the seeds in a bowl.
2. Take a hand blender and blend away.
3. Take a strainer and strain away all the seeds and set aside the pomegranate juice.
4. Take the pineapple, mango, peaches, bananas, and cut them up into small squares, then put them into the blender and blend.
5. Once fruit is ground, blend in the pomegranate and orange juice into the mixture of fruits.
6. Add the 3 cups of ice to the mixture in the blender.
7. Add in the 2 teaspoons of sugar if wanted for more sweetness.
8. Pour out all of the smoothie into cups.
9. Add a little bit of whipping cream on top.
10. Add a maraschino cherry or two.
11. Chill for 5 minutes.
12. Serve and enjoy.





Staylin Laymance
5th Grade

Turkey Roll Ups

INGREDIENTS:

1. Tortillas.
2. Cream cheese.
3. Carrots.
4. Celery.
5. Sliced turkey.
6. Chopped onion (optional).

DIRECTIONS:

1. Spread cream cheese on the tortillas.
2. Slice the carrots and celery into fine sticks, and layer in the center of the tortilla.
3. Layer turkey slices onto tortilla.
4. Roll up like a burrito, then slice into pinwheels.

Cooper Blaine

4th Grade

Veggie Pizza with Cauliflower Crust

INGREDIENTS:

1. One cauliflower head, riced or chopped (about 3 pounds).
2. Cooking spray.
3. 2 teaspoons olive oil, divided.
4. ½ cup cremini mushrooms, sliced.
5. ½ cup bell pepper, sliced.
6. ½ cup thinly sliced basil, divided.
7. ⅓ teaspoon fresh ground black pepper, divided.
8. ⅛ teaspoon kosher salt.
9. 3 garlic cloves.
10. 2.5 ounces shredded part skim mozzarella cheese (about ⅔ cup divided).
11. 2 large egg whites.
12. 2 tablespoons grated Parmesan cheese.
13. ½ cup thinly sliced seeded tomatoes.
14. ⅔ cup fresh baby spinach.

DIRECTIONS:

1. Preheat oven to 375 degrees.
2. Place half of cauliflower in a food processor and pulse until finely chopped (riced).
3. Transfer cauliflower to a baking sheet lined with parchment paper.
4. Repeat procedure with remaining cauliflower.
5. Coat cauliflower with cooking spray, bake at 375 degrees for 25 minutes, stirring once. Cool.
6. Increase oven temperature to 450 degrees.
7. Heat a large skillet over medium-high heat, add 1 teaspoon oil to pan, swirl to coat pan. Add mushrooms, bell pepper, and sauté 5 minutes or until tender. Set aside.



8. Place cauliflower in a clean kitchen towel, squeeze until very dry. Combine cauliflower, remaining 1 teaspoon oil, $\frac{1}{4}$ cup basil $\frac{1}{8}$ teaspoon black pepper, salt, garlic, 2 ounces mozzarella cheese, egg whites, and Parmesan cheese in a bowl.
9. Press cauliflower mixture into 2 (8-inch) circles on a baking sheet lined with parchment paper. Coat crusts with cooking spray.
10. Bake crusts at 450 degrees for 22 minutes or until browned remove pan from oven; top crusts evenly with mushroom mixture, tomatoes, spinach, remaining $\frac{1}{4}$ cup basil, remaining black pepper and remaining mozzarella cheese.
11. Bake an additional 7 minutes or until cheese melts.

Ryleigh Nickerson

5th Grade

Veggie Scrambled Eggs

INGREDIENTS:

1. Half spoonful of coconut oil.
2. 3 eggs.
3. 2 tablespoons of peas.
4. $\frac{1}{4}$ cup of carrot shavings.
5. Sprinkle of onion salt.

DIRECTIONS:

1. First, you need a small cook pan and put it on the stove top on medium heat, add the half spoonful of coconut oil and let it melt.
2. Add frozen sweet peas and $\frac{1}{4}$ cup of carrot shavings and sauté for 2 minutes.
3. Add in the three eggs and mix together until scrambled.
4. Cook everything for 3–5 minutes, add in onions, salt, mix and enjoy (put on plate).





Jaiden Romberger
4th Grade

Wrap and Cucumber Supreme

INGREDIENTS:

1. 2 ½ tablespoons taco seasoning.
2. 1 cucumber.
3. 2 cups mayonnaise.
4. 6 mini tomatoes.
5. 1 cup shredded lettuce.
6. ¼ cup shredded mixed cheese.
7. 2 slices turkey.
8. 1 green tortilla.

DIRECTIONS:

1. Put mayonnaise in a small bowl, add taco seasoning and stir until combined.
2. Clean lettuce.
3. Get green tortilla and lay flat.
4. Next get sauce and spread on tortilla.
5. Get lettuce and lay flat in the middle of the tortilla.
6. Cut tomatoes in half and put on tortilla.
7. Get turkey and put in the middle of the tortilla.
8. Fold sides in the middle of the tortilla.
9. Cut cucumbers into bite size pieces and add to the tortilla.
10. Enjoy.

Juaquin Salazar

4th Grade

Yogurt Bark

INGREDIENTS:

1. Vanilla Greek yogurt.
2. Dried cranberries desired amount.
3. Granola, desired amount.

DIRECTIONS:

1. Get an 8x8 pan line with wax paper leaving 2 inches of overhang on either side.
2. Take Greek yogurt and line the pan $\frac{3}{8}$ of an inch thick.
3. Then sprinkle desired amount of cranberries or any dried fruit of your choice.
4. Place in the freezer for 4 hours or overnight.
5. Remove from the freezer grab the sides of the wax paper pull it out and set on the counter, then break into pieces.
6. Store left over bark in Tupperware in the freezer.



Annie Goto
4th Grade

Yogurt Parfait

INGREDIENTS:

1. 2 cups of yogurt (vanilla).
2. 1 cup fruit (strawberries, blueberries).
3. $\frac{1}{2}$ cup granola.

DIRECTIONS:

1. Use a large clean glass.
2. Slice and wash fruit.
3. Place $\frac{1}{3}$ cup of fruit in bottom of glass.
4. Spoon in 1 cup of yogurt on top of fruit.
5. Layer $\frac{1}{3}$ of fruit on top of yogurt.
6. Place $\frac{1}{4}$ cup of granola on top of fruit.
7. Spoon in 1 cup of yogurt.
8. Layer $\frac{1}{3}$ cup of fruit on top.
9. Sprinkle $\frac{1}{4}$ of granola as final layer.
10. Enjoy.



Special Thanks

Event Judges

Shaunna Ballas
Snohomish School District School Board

Dr. Sarah Fagerlie
Snohomish School District School Board

Jay Hagen
Snohomish School District School Board President

Tom Laufmann
Executive Director of Business Services

David Johnston
Snohomish School District School Board

Dr. Kent Kultgen
Snohomish School District Superintendent

Josh Seek
Snohomish School District School Board

Chartwells Food Service
Department Event Staff

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