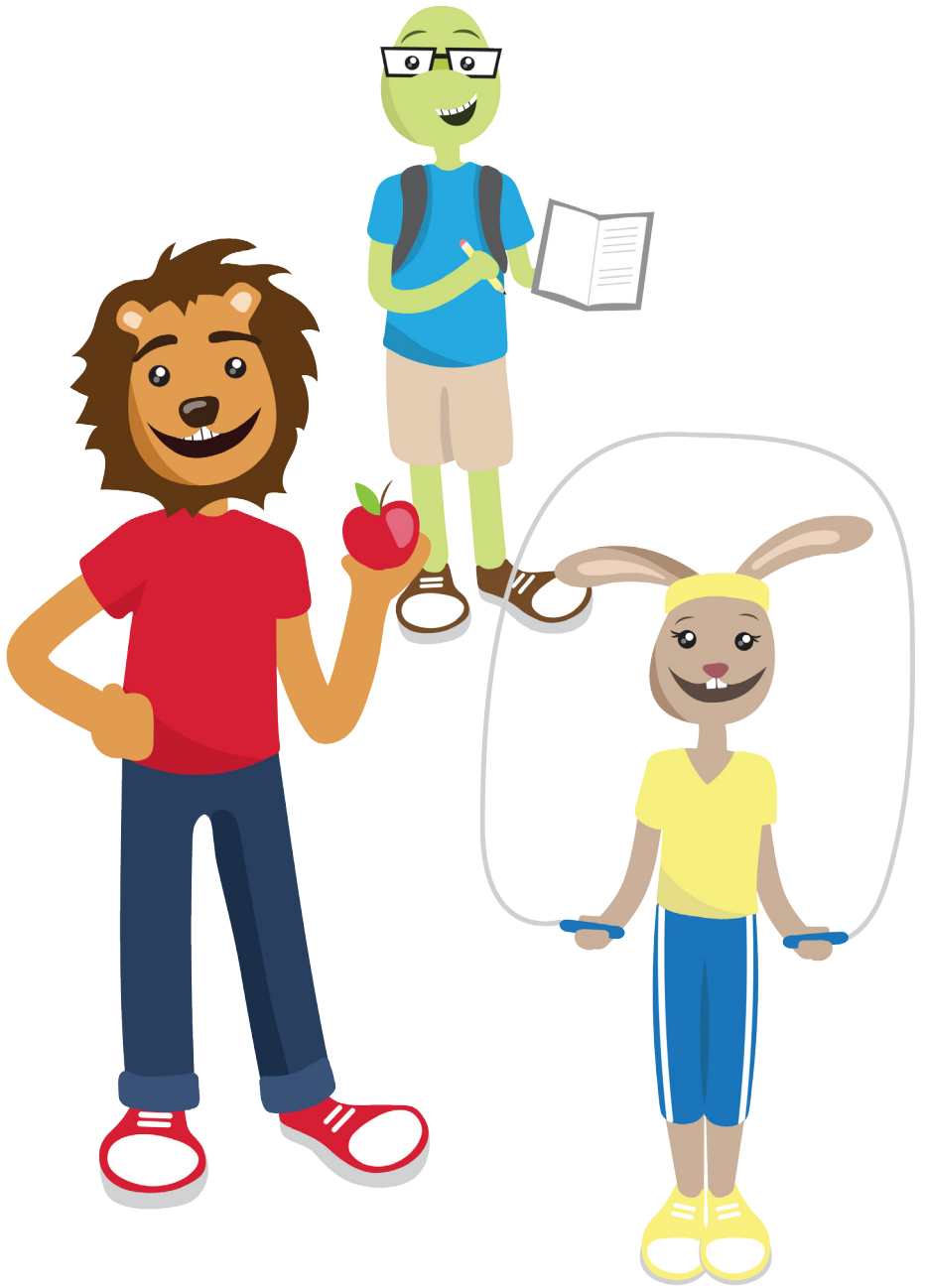


KIDS IN THE KITCHEN

Junior Chef Competition
2015/16





eat. learn. live.

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★ Student Finalists

Clara Barr

6th Grade – Matt Lawson

Ants on a Log

Ingredients

- Celery – as many sticks as you want
- Peanut butter
- Raisins

Directions

1. Spread peanut butter on celery.
2. Put raisins on the peanut butter make the “ants.”
3. Eat.

Libby Anne Schneider

6th Grade – Larisa Hurtado

Ants on a Log

Ingredients (For 1 serving)

- 1 celery stick
- 1 tablespoon of peanut butter
- 3 raisins

Directions

1. Cut leaves off of celery stick.
2. Spread peanut butter over celery stick.
3. Place the raisins on top of the peanut butter.
4. ENJOY!



Anyanka Ziegler

6th Grade – Sadie Brumley

Ants on a Log

Ingredients

- 3 – 5 raisins for each
- Sunbutter or peanut butter
- Celery

Directions

1. First get the celery and the sunbutter (or peanut butter).
2. Put Sunbutter in/on the dent of the celery stick.
3. Put 3 – 5 raisins on the sun/peanut butter.
4. Enjoy your tasty, healthy treat.

Avery Brumley

5th Grade – Sadie Brumley

Apple Honey Mustard Quesadillas

Ingredients

- 1 – 10 inch flour tortilla
- 2 tablespoons honey mustard dressing
- ¼ cup grated cheese
- 1 thinly slice medium apple
- Butter

Directions

1. Spread 2 tablespoons honey mustard on the tortilla.
2. Melt some butter in a skillet, then lay the flour tortilla in the pan and top with grated cheddar and thinly slice apple on one side.
3. Fold the tortilla in half and cook until golden on both sides.
4. Cut into wedges.



Trevor VanAssche

5th Grade – Debbie Edgbert

Apple Nachos

Ingredients

- 1 small apple
- 2 or 3 strawberries
- 1 tablespoon peanut butter
- 1 tablespoon shredded coconut
- 1 tablespoon low-fat vanilla yogurt

Directions

1. Cut apple into slices, arrange on a serving tray.
2. Remove strawberry stems and chop.
3. Put peanut butter in a custard cup and microwave until soft.
4. Spoon melted peanut butter on apples, sprinkle with strawberries and then coconut.
5. Top with yogurt.

Lochlan Schaefer

4th Grade – Kari Legg

Apple with Cheese (cheddar)

Ingredients

- Slices of apples
- Cheddar cheese

Directions

1. Cut apple into 12 slices, removing the core.
2. Cut (12) thin slices of cheddar cheese.
3. Eat once you mush together.





Rafaele Squadrito

6th Grade – Carmen Marchel

Aunt Sandy's Veggie Salsa Salad

Ingredients

- 2 cups of black beans
- 2 cups of frozen white corn
- 1 onion
- 3 to 4 tomatoes
- 2 avocado
- Tortilla chips

Dressing

- ½ cup olive oil
- ½ cup lemon juice
- 2 teaspoon salt
- ½ teaspoon cumin
- ¼ teaspoon cayenne pepper

Directions

1. Chop onion, tomatoes and avocados.
2. Put black beans, corn, onion, tomatoes and avocados in bowl.
3. Mix.
4. Put chips in a separate bowl.
5. Mix dressing ingredients, sprinkle pepper on top.

Solstice Johnsen

5th Grade – Tracy Wolfington

Avalanche Cookies

Ingredients

- 2 cups Rice Krispies
- 1 cup mini marshmallows
- ½ cup peanut butter
- 1 pound microwavable white chocolate

Directions

1. Mix marshmallows and Rice Krispies in a large bowl.
2. In a separate bowl melt chocolate in microwave.
3. Mix in peanut butter with chocolate, stir thoroughly.
4. Re-heat for 30 seconds and gently fold white chocolate, peanut butter mixture into Rice Krispies and marshmallows.
5. Dollop the mix onto wax paper.
6. Let stand for 30 minutes or refrigerate until cool, and enjoy.



Samuel Doney

5th Grade – Sadie Brumley

Avocado Chocolate Truffles

Ingredients

- 1 avocado, ripe
- $\frac{1}{4}$ teaspoon cinnamon
- $\frac{4}{3}$ cup dark chocolate (or semisweet)
- $\frac{1}{2}$ teaspoon vanilla
- $\frac{1}{3}$ cup shredded coconut or chopped nuts

Directions

1. Mash avocado.
2. Melt chocolate in microwave.
3. Mix chocolate and avocado until smooth.
4. Add vanilla and cinnamon.
5. Place in refrigerator about 15 minutes.
6. When cooled, scoop into 10 – 12 balls and roll until smooth.
7. Roll each ball into coconut or nuts.
8. ENJOY!

Alec Rumpf

5th Grade – Caitlin Lee

Bacon Quesadilla

Ingredients

- Tortillas
- Bacon (microwavable)
- Cheddar

Directions

1. Microwave bacon, then cut the bacon into chunks.
2. Put cheese on tortilla then microwave that.
3. When done put bacon inside.





Mia Pantoja

4th Grade – Jamie Yeager

Bacon Wrapped Dates Stuffed with Goat Cheese and Pomegranate Molasses

Ingredients

- 12 pitted dates
- 6 ounces whipped goat cheese
- 6 slices bacon
- 1 cup molasses
- 1 cup pomegranate juice
- 12 toothpicks

Directions

1. Whip goat cheese and put in a pastry bag.
2. Pipe cheese into pitted dates until full.
3. Cut bacon into 3 inch strips and wrap them around dates.
4. Skewer each with toothpick.
5. Bake at 400 degrees Fahrenheit until bacon is crispy.
6. Pomegranate molasses.
*Cook molasses and pomegranate juice together in a sauce pan until thick, about 30 minutes on low heat.

Ella Molsee

5th Grade – Tracie Martin

Banana Boat

Ingredients

- 1 banana
- 2 teaspoons peanut butter
- Cinnamon and sugar mixture to taste
- Chocolate syrup (optional)

Directions

1. Cut a ½ inch wide divot along the entire length of the inside curve of a banana, it should be about half way through the banana.
2. Fill the divot with peanut butter, spreading it with a butter knife.
3. Sprinkle the cinnamon and sugar mixture onto the peanut butter section.
4. Enjoy!

Optional: Drizzle the chocolate syrup over the peanut butter in a zig zag fashion.



Jarred Bennett

6th Grade – Matt Lawson

Banana Bread

Ingredients

- 1 cup sugar
- ½ cup Crisco
- 2 eggs
- 2 cups flour
- 1 teaspoon baking soda
- 1 cup mashed bananas
- ¼ cup chopped nuts

Directions

1. Mix Crisco and sugar together in a large bowl until creamy.
2. Set the mix aside.
3. Whisk eggs add in flour and baking soda and mix well
4. Combine sugar and Crisco mix with the egg, flour and baking soda.
5. Mash bananas.
6. Add to mixture.
7. Add chopped nuts.
8. Put in greased bread pan.
9. Bake for 1 hour at 350 degrees Fahrenheit.

Addison Dizard

6th Grade – Matt Lawson

Banana Bread

Ingredients

- 2 cups all-purpose flour
- 1 teaspoon baking soda
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{2}$ cup butter
- 2 eggs, beaten
- 2 $\frac{1}{3}$ cups mashed overripe bananas
- $\frac{3}{4}$ cup brown sugar

Directions

1. Preheat oven to 350 degrees Fahrenheit.
2. Lightly grease a 9 x 5 inch loaf pan.
3. In a large bowl, combine flour baking soda and salt.
4. In a separate bowl, cream together butter and brown sugar.
5. Stir in eggs and mashed bananas until well blended.
6. Stir banana mixture into flour mixture; stir enough to moisten.
7. Pour batter into prepared pan.
8. Bake for 60 to 65 minutes until a toothpick inserted in center of loaf comes out clean.
9. Turn out onto a wire rack.



Kirya Reither

6th Grade – Cathy Hayes

Banana Cake Cookies

Ingredients

- ½ cup coconut flour, sifted
- ½ cup mashed banana (about 2 medium ones)
- ¼ cup cashew butter (can sub for another nut butter)
- ¼ cup maple syrup (can sub for another sticky sweetener)
- Dairy free chocolate chips (optional)

Directions

1. Preheat the oven to 350 degrees Fahrenheit and line a baking dish with baking paper and set aside.
2. In a mixing bowl, combine the coconut flour and banana and mix well – this should be very crumbly.
3. In a microwave safe bowl or stovetop, melt your nut butter with liquid sweetener and pour into the dry mixture. Mix until fully incorporated and a thick batter is formed. Add chocolate chips if desired.
4. Form into balls and transfer to the lined cookie sheet. Press firmly into a cookie shape and bake for 12 minutes. Remove and allow to sit for 10 minutes until they firm up slightly.



Anika Smith

4th Grade – Dawn Cort

Banana Chocolate Chip Cookies

Ingredients

- 2 bananas mashed
- $\frac{1}{4}$ cup virgin coconut oil, melted
- $\frac{1}{4}$ cup maple syrup
- $\frac{1}{2}$ teaspoon vanilla extract
- 1 cup rolled oats
- $\frac{2}{3}$ cup brown rice flour
- $\frac{1}{2}$ teaspoon baking soda
- $\frac{1}{2}$ cup shredded unsweetened dried coconut
- Pinch of salt
- $\frac{1}{2}$ cup semi-sweet or dark chocolate chips

Directions

1. Preheat oven to 350 degrees Fahrenheit.
2. In a medium bowl combine bananas, oil, syrup and vanilla.
3. In a separate medium bowl combine oats, flour, baking soda, coconut and salt.
4. Add the banana mixture to the dry ingredients and blend until just combined (do not over stir).
5. Fold in chocolate chips.
6. Line a cookie sheet with parchment paper and drop batter by the heaping teaspoon full onto sheet.
7. Place in oven and bake 14 minutes or until lightly browned.
8. Remove from oven and place directly on a cooling rack to cool.



Kenshi Taylor

4th Grade – Zan Peterson-Moens

Banana Mug Cake

Ingredients

- 2 tablespoons flour
- ½ teaspoon baking powder
- 3 tablespoons sugar
- 1 egg
- ½ tablespoon vegetable oil
- ½ ripe banana
- 2 coffee mugs

Directions

1. Whisk flour and baking powder in a medium bowl.
2. Whisk egg and oil in a small bowl.
3. Cut the banana into ¼ inch thick slices.
4. Mix the flour mixture and egg mixture until well blended.
5. Put the bananas on the bottom of the coffee mugs.
6. Pour the batter into the coffee mugs.
7. Microwave 2 – 3 minutes.

Elizabeth Montague

6th Grade – Tracie Martin

Banana Pancakes

Ingredients

- 3 cups of pancake batter – liquid
- 1 – 2 cups mashed bananas
- Favorite toppings
- Sliced banana for decoration

Directions

1. Make your pancake batter (make sure it is liquid).
2. With a fork mash bananas in a separate bowl.
3. Mix pancake batter and mashed bananas.
4. Cook on pan or your favorite pancake cooker.
5. Serve with your favorite toppings.
6. Optional place 3 banana slices on top.



Anhthy Tran

6th Grade – Matt Lawson

Banana Peach Berry Smoothie

Ingredients

- 18 ice cubes
- ½ cup milk
- 1 banana
- 1 pack of strawberry yogurt
- 1 pack blueberry yogurt
- 1 pack peach yogurt

Directions

1. Chop up banana into 4 pieces. Put in blender.
2. Pour ½ cup milk into blender.
3. Dump all the yogurt in.
4. Blend on low.
5. Add 9 ice cubes.
6. Keep blending, stop when blended enough.
7. Add 9 more ice cubes.
8. Continue blending until completely blended.
9. Pour smoothie into a cup (you're done!).

Andrew Seminara

5th Grade – Judy Blue

Banana Split Kabob

Ingredients

- 3 bananas
- ¼ pound cored pineapple
- 6 strawberries
- 1 cup of dipping chocolate
- ¼ cup sprinkles
- 12 popsicle sticks

Directions

1. Cut strawberries in half.
2. For each strawberry half cut an equal size of pineapple and banana.
3. Skewer pineapple first, then banana, then strawberry on popsicle stick.
4. Place in freezer for 10 minutes.
5. Line a tray with wax paper.
6. Put sprinkles on a small plate.
7. Melt chocolate for 30 seconds at a time!
8. Dip cold fruit in chocolate.
9. Freeze for 3 ½ minutes.
10. Serve and Enjoy!





Mackenzie Jensen

4th Grade – Jillian Ross

Banana Split on a Stick

Ingredients

- 3 bananas
- $\frac{1}{4}$ pound cored pineapple
- 6 strawberries
- 1 cup dipping chocolate
- $\frac{1}{4}$ cup chopped peanuts
- 12 popsicle sticks
- Parchment paper

Directions

1. Cut strawberries in half.
2. For each strawberry half cut and equal size. piece of banana and pineapple.
3. Place pineapple on popsicle stick first, then banana and last strawberry.
4. Place in freezer for 10 minute.
5. Line a tray with parchment paper.
6. Put chopped nuts in small plate for dipping.
7. Melt chocolate by heating in microwave for 30 seconds, stirring and repeating until melted and smooth.
8. Dip cold fruit in chocolate, then into nuts, then place on prepared tray.

Avery Brumley

5th Grade – Sadie Brumley

Bean Roll Ups

Ingredients

- 1 10-inch flour tortilla
- ½ cup of bean dip
- ⅓ cup shredded cheddar cheese
- Vegetable oil
- Salsa

Directions

1. Spread bean dip on a flour tortilla, top with shredded cheddar and roll up. Brush with vegetable oil and bake 10 minutes at 400 degrees Fahrenheit.
2. Serve with salsa.



Alalya Amor Kidd

4th Grade – Jamie Yeager

The Best Chips and Guacamole

Ingredients

- 10 corn tortillas
- ½ cups coconut oil
- 3 avocados
- Cherry tomatoes, chopped
- ⅛ red onion, chopped
- 2 teaspoons mayonnaise
- 1 ½ teaspoons adobo seasoning or fajita seasoning
- Sprinkle of salt
- Half of a lime, juiced
- 2 mini orange bell peppers

Directions**Chips**

1. Cut 10 tortillas into 8 triangles.
2. In a big pot heat up coconut oil until it becomes consistency of liquid.
3. Add in your tortillas – do not overload the pot because the chips will not cook evenly.
4. Cook the tortillas in oil until medium brown, flipping occasionally.
5. Put tortillas in a bowl and toss with salt.

Guacamole Dip

1. Cut avocados in half and take out the pit.
2. Scoop out avocado and place in a medium sized bowl.
3. Chop cherry tomatoes, orange bell pepper red onion very small – add to bowl of avocados.
4. With a fork mash the avocados and vegetables together.
5. Stir in juice of half a lime, mayo and seasoning.
6. ENJOY!

Ethan Martez

6th Grade – Lauren Krippaehne

The Best No Bakes

Ingredients

- $\frac{1}{3}$ cup almond butter
- 1 teaspoon pure vanilla extract
- $\frac{1}{4}$ cup coconut oil, softened
- 2 tablespoon raw organic honey
- $\frac{1}{2}$ cup shredded unsweetened organic coconut
- $\frac{1}{2}$ cup roasted salted almond slivers
- $\frac{1}{2}$ cup gluten free pretzels, crushed
- $\frac{1}{4}$ cup mini chocolate chips (Enjoy Life brand)

Directions

1. Mix all ingredients in a medium bowl.
2. Roll into balls and place on a parchment lined baking sheet.
3. Freeze until firm.
4. Store in an airtight container in the fridge or freezer.



Avery Brumley

5th Grade – Sadie Brumley

Bite-Size Apple Pies

Ingredients

- ½ cup sugar
- 2 teaspoon ground cinnamon
- 1 package refrigerated pastry dough (14/1 oz.)
- 3 tablespoons butter, melted, divided
- 2 medium tart apples

Directions

1. Preheat oven to 425 degrees Fahrenheit. In a bowl, mix sugar and cinnamon: reserve 1 tablespoon. On a lightly floured surface unroll pastry sheets; roll and trim each to an 8-inch square. Brush with 2 tablespoons butter; sprinkle with remaining sugar mixture. Cut each square into eight 1-inch strips.
2. Cut each apple into eight wedges; wrap on strip of pastry around each wedge, placing sugared side of pastry against the apple.
3. Place wrapped apple wedges on a parchment paper-lined baking sheet. Brush tops with remaining butter; sprinkle with reserved sugar mixture.
4. Bake 13 – 16 minutes until golden brown.

Mackenzie Wilkins

5th Grade – Judy Lawless

Blueberry Orange Smoothie

Ingredients

- ½ cup of blueberries
- ½ cup of tiny oranges
- 1 cup of vanilla yogurt
- ½ cup of milk

Directions

1. Place all ingredients in a blender and blend together.



Joseph Raymond

6th Grade – Mr. Lawson

Brie Baguette

Ingredients

- Fresh baked baguette
- Brie – creamy
- Garlic powder or granulated garlic
- Salt
- 3 tablespoons butter
- Olive oil
- Fresh basil

Directions

1. Thinly slice baguette.
2. Lightly brush each baguette with olive oil.
3. Put baguettes in oven on broil until crispy.
4. Melt 3 tablespoons butter and add garlic and brush on other side of baguette.
5. Place brie on baguette and broil until the brie is slightly melted.
6. Remove from oven and garnish with basil ribbons.

Avery Brumley

5th Grade – Sadie Brumley

Cheddar Corn Dog Muffins

Ingredients

- 1 package (8 ½ oz.) corn bread/muffin mix
- ⅔ cup 2% milk
- 1 egg, lightly beaten
- 5 turkey dogs, sliced
- ½ cup shredded sharp cheddar cheese

Directions

1. Preheat oven to 400 degrees Fahrenheit.
2. Line nine muffin cups with foil liners or grease nine non-stick muffin cups.
3. Combine muffin mix, milk and an egg; stir in hot dogs and cheese.
4. Fill prepared muffin cups ¾ full.
5. Bake 14 – 18 minutes or until a toothpick inserted in the center comes out clean.
6. Cool 5 minutes before removing from pan to wire rack.
7. Serve warm.
8. Refrigerate leftovers.

Start to finish: 25 minutes

Makes: 9 muffins



Kaiu Taylor

5th Grade – Molly Ahrens

Cheese, Bacon Sandwich

Ingredients

- 2 strips of bacon
- 2 slices of cheese
- 2 slices of bread
- 2 1-inch by 1-inch butter squares

Directions

1. First butter bread.
2. Then grill the bread.
3. Next grill the bacon.
4. Next put the cheese and bacon in bread.
5. Then cook a little longer and then plate.



Maile DeVine

4th Grade – Chrissy Helmke

Cheesy Pepperoni Pizza Sticks

Ingredients

- 1 package Pillsbury pizza crust
- 50 pepperoni
- 8 mozzarella cheese sticks
- 2 tablespoons butter
- ½ teaspoon garlic powder
- ½ teaspoon dried parsley
- Optional: marinara sauce for dipping

Directions

1. Preheat oven to 450 degrees Fahrenheit.
2. Spread pizza dough out on a lightly greased baking sheet.
3. Cut dough into 8 equal size rectangles.
4. Arrange 4 pepperoni slices on each rectangle and top with mozzarella cheese stick.
5. Roll up the pizza dough, enclosing the cheese stick, pinching seams closed.
6. Melt the butter and add the garlic powder and dried parsley, brush the sticks with butter.
7. Bake 10 to 12 minutes or until golden brown.
8. Enjoy with a side of marinara sauce for dipping if desired.



Andrew Winningham

6th Grade – Tracie Martin

Chicken Bean Burrito

Ingredients

- Chicken breast (shredded)
- Refried beans (from a can)
- Diced green chiles (mild)
- Sharp cheddar (shredded)
- Garlic salt
- Tortillas (flour)

Directions

1. One flour tortilla.
2. Spread refried beans across towards edge of tortilla.
3. Top beans with shredded chicken.
4. Top with green chiles.
5. Sprinkle sharp shredded cheddar.
6. Sprinkle with garlic salt (optional).
7. Place in microwave for 45 – 55 seconds depending on size.
8. Fold in sides and roll.
9. ENJOY!

Gage Campbell

4th Grade – Lisa Williamson

Chili

Ingredients

- 1 pound hamburger
- 2 cans chili beans
- 1 can kidney beans
- 1 can Mexican-style stewed tomatoes
- 1 – 2 cloves of garlic
- Chili powder to taste
- ½ onion
- 3 stalks of celery

Directions

1. Pour all ingredients in a big pot.
2. Heat it on medium high until boiling.
3. Then simmer for 20 minutes.



Riley Young

6th Grade – Matt Lawson

Chip Dip

Ingredients

- ½ cup sour cream
- ½ cup mayonnaise
- ¼ teaspoon garlic powder
- Dill as much as desired
- Sprinkle of salt
- Lay's potato chips

Directions

1. In a bowl mix sour cream, mayonnaise, garlic powder, dill and salt.
2. Dip Lay's potato chips in chip dip, and enjoy!

Note: If this is too unhealthy for you, go ahead and do 20 jumping jacks after consuming this product, because this isn't the most healthy snack.

It is a delicious one!

Samuel Doney

5th Grade – Sadie Brumley

Chocolate-Dipped Frozen Banana and Peanut Butter Treats

Ingredients

- 3 large bananas
- ½ cup nut butter (peanut or almond)
- ½ cup chocolate – melted

Directions

1. Slice bananas ½ inch thick.
2. Spread peanut butter between slices and sandwich together.
3. Melt chocolate chips in microwave safe bowl.
4. Microwave 30 seconds, stir and repeat until melted.
5. Dip banana sandwiches in chocolate.
6. Place on waxed paper and then freeze for 1 hour.
7. ENJOY!



Feenix S. Lien

6th Grade – Kathy Oswood

Cider Cake

Ingredients

- 1 box yellow cake mix
- 1 3-ounce box vanilla pudding
- 4 eggs
- 1 tablespoon nutmeg
- $\frac{3}{4}$ cup apple cider
- $\frac{3}{4}$ cup vegetable oil
- 2 cups powdered sugar
- 1 orange
- 1 teaspoon vanilla
- Juice from an orange
- 3 tablespoons butter

Directions

1. Mix cake mix and pudding mix in a bowl with mixer.
2. Add oil and cider.
3. Add the eggs one at a time, mixing each time they are added.
4. Add the nutmeg.
5. Grease a Bundt pan, pour in cake mixture.
6. Cook for 40 minutes at 350 degrees Fahrenheit.
7. When cooking is complete flip over Bundt pan on a plate.
8. Combine butter, powdered sugar, vanilla.
9. Zest an orange, add to glaze mixture.
10. Juice the other orange and add to glaze mixture.
11. Enjoy.

Anika Smith

4th Grade – Dawn Cort

Cinnamon Apple Slices

Ingredients

- 1 apple
- Cinnamon (as much as you want)

Directions

1. Cut apple into slices.
2. Put them on a plate.
3. Sprinkle on the cinnamon.



Maggie Currier

5th Grade – Amy Fox-Bailey

Cinnamon Chips and Fruit Salsa

Ingredients

- 2 golden delicious apples
- 8 ounces raspberries
- 1 pound strawberries
- 2 tablespoons cinnamon sugar
- 2 tablespoons white sugar
- 1 tablespoon brown sugar
- 3 tablespoons fruit preserves – any flavor
- 10 10-inch flour tortillas
- Butter flavored cooking spray

Directions

1. In a large bowl mix golden delicious apples raspberries, strawberries, white sugar and fruit preserves.
2. Cover and chill in the refrigerator for 5 minutes.
3. Preheat oven to 350 degrees Fahrenheit.
4. Coat one side of each flour tortilla with butter flavored cooking spray.
5. Cut into wedges and arrange in a single layer on a large baking sheet.
6. Sprinkle wedges with desired amount of cinnamon sugar.
7. Spray tortillas again with cooking spray.
8. Bake in a preheated oven 8 – 10 minutes.
9. Repeat with any remaining tortilla wedges.
10. Allow to cool approximately 15 minutes.

Avery Brumley

5th Grade – Sadie Brumley

Cinnamon Sugar Sticks

Ingredients

- 1 tube refrigerated breadstick dough
- ½ cup softened cream cheese
- 1 tablespoon cinnamon and sugar
- Melted butter

Directions

1. Beat cream cheese with cinnamon sugar until smooth.
2. Spread onto strips of refrigerated breadstick dough.
3. Twist and stretch into 12-inch sticks and bake as the dough label directs.
4. Brush with melted butter.



Jaxson Morelock

4th Grade – Lauren Williamson

Cran-Kiwi Blast Smoothie

Ingredients

- 1 kiwi
- 1 banana
- 1 cup of ice
- 1 ½ cup of cran-apple juice
- Juice of 1 lime
- Sugar to taste

Directions

1. Peel the kiwi and banana, then place in blender.
2. Cut lime in half and squeeze juice out of lime into blender.
3. Add ice, juice and sugar to blender and blend to desired consistency.
4. Then enjoy your refreshing cran-kiwi blast.

Jillian Seymour

5th Grade – Nicholas Movius

Cucumber Sandwich

Ingredients

- Baguette
- 1 package powder ranch (original)
- Mini cucumbers
- Cream cheese

Directions

1. Slice the baguettes into $\frac{1}{2}$ inch rounds.
2. Mix powder ranch dressing and cream cheese together.
3. Spread the cream cheese ranch mixture on the baguettes.
4. Put 3 – 4 cucumbers on the baguettes.
5. Enjoy the snack!



Emily McCurry

6th Grade – Zan Peterson-Moens

Dad's Dirty Popcorn

Ingredients

- ½ stick butter
- 1 teaspoon salt
- ½ cup popcorn

Directions

1. After melting butter in Pyrex bowl (microwave safe bowl) add salt and stir.
2. Add popcorn stir and press down popcorn so it is covered with the butter and salt.
3. Attach lid to bowl and microwave on high until pops are 2 seconds apart (approximately 4:45 minutes in a 1100 watt microwave).

Angel Bea DeLong

4th Grade – Lynda Jackson

Easy Mini Jam and Biscuits

Ingredients

- 2 ¼ cups Bisquick mix
- ⅔ cup skim milk
- 9 tablespoons organic strawberry jam

Directions

1. Heat oven to 450 degrees Fahrenheit.
2. Mix Bisquick and skim milk in a large bowl until soft dough forms.
3. Drop dough by spoonfuls onto ungreased cookie sheet.
4. Take spoon make a hole in the middle of biscuit dough – make sure it does not hit bottom of pan.
5. Take one tablespoon of jam and put in the hole of biscuit dough – repeat with the rest of biscuits.
6. Bake for 9 minutes.
7. Cool for 5 minutes and enjoy.





Logan Pernat

6th Grade – Cory Rogers

Egg Drop Soup

Ingredients

- 4 cups chicken stock
- 2 tablespoons corn starch
- 1 teaspoon ground ginger
- 2 large Eggs
- 2 egg whites
- ½ teaspoon sesame oil
- 3 green onions, sliced thin (approximately ¼ cup)
- 1 teaspoon chicken base
- ¼ teaspoon black pepper
- ¼ teaspoon garlic powder
- Salt, to taste

Directions

1. Whisk together chicken stock, cornstarch, ginger, chicken base, and garlic powder in medium stockpot until no lumps remain.
2. Heat over high heat until boiling, stirring occasionally.
3. Meanwhile whisk together eggs and egg whites in a small measuring bowl.
4. Once the broth reaches a boil, remove from heat. Use a fork or whisk to stir in a circular motion, while slowly pouring egg mixture into the soup to create egg ribbons.
5. Stir in sesame oil and green onions, pepper, salt to taste.

Miriam Escoto

6th Grade – Nicholas Movius

Fresas Con Crema

Ingredients

- 1 pound of strawberries, washed
- 2 cups of Crema Mexicana
- ½ cup of white sugar
- ½ teaspoon of vanilla
- Cutting board, large bowl, small bowl, mixing spoon

Directions

1. Cut strawberries into fourths or eighths depending on the size, put into a small bowl.
2. In a large bowl, mix together cream, vanilla and sugar.
3. After the cream, vanilla, and sugar are mixed, add strawberries.
4. Mix again! Refrigerate until served.
5. Clean up and enjoy!



Fiona Britten

6th Grade – Cathy Hayes

Frozen Treat

(recipe created by Joan Anderson, my grandma)

Ingredients

- 1 package vanilla instant pudding
- ½ cup milk
- ½ cup peanut butter
- 1 package graham crackers (1 sleeve)

Directions

1. Mix vanilla instant pudding, milk, and peanut butter.
Let stand 5 minutes.
2. Spread the mixture between 2 graham crackers.
3. Freeze for 30 – 45 minutes.
4. Enjoy!

Tamila Biryuk

6th Grade – Matt Lawson

Frozen Yogurt Bites

Ingredients

- 3 tablespoons vanilla yogurt
- 1 tablespoons crushed almonds
- 1 strawberry
- 1 tablespoon blueberries

Directions

1. Combine all ingredients in a bowl and mix them.
2. Put the mixture in ice tray and freeze.



Onika Chitwood

5th Grade – Joan Cottet

Fruit Filled Cookie Tacos

Ingredients

- 3 tablespoons flour
- $\frac{1}{4}$ teaspoon cinnamon
- Pinch of salt
- 1 large egg white
- $\frac{1}{4}$ cup sugar
- 1 $\frac{1}{2}$ teaspoon butter (melted)
- 1 $\frac{1}{2}$ teaspoon coconut oil
- $\frac{1}{4}$ teaspoon vanilla extract

Fruit Salsa

- 2 cups of your favorite fruit strawberries, raspberries, kiwi, peaches, and blueberries
- 1 cup whipping cream
- $\frac{1}{4}$ cup sugar

Directions

1. Preheat oven to 325 degrees Fahrenheit.
2. Coat 2 baking sheets with cooking spray.
3. Line with parchment or foil, and coat again.
4. Whisk flour, cinnamon and salt in a small bowl.
5. Whisk egg white $\frac{1}{4}$ cup sugar, butter, oil, and vanilla in a mixing bowl until smooth.
6. Add the dry ingredients and whisk until blended.
7. Drop the batter by scant tablespoonfuls onto the prepared baking sheets; allow for 3 cookies per baking sheet.
8. With a metal spatula or back of a spoon spread each mound of batter into a circle 4 – 4 $\frac{1}{2}$ inches in diameter.
9. Bake the cookies one sheet at a time, until lightly browned, about 7 – 9 minutes.

10. Immediately lift the parchment or foil from the baking sheet and place it on the counter.
11. Carefully slip a flat metal spatula under each cookie to loosen it. Return the cookies to the baking sheet and place in the oven for about 1 minute to soften. Drape the cookies over a foil wrapped paper towel roll or wooden dowel about 1 inch in diameter. Let cool.
12. Meanwhile beat whipping cream & sugar in a bowl with mixer on high until stiff.
13. Fill each cookie with about 2 tablespoons of cream and your favorite fruit.





Marlee Boggan

5th Grade – Rebecca Shipman

Fruit Kabobs

Ingredients

- Three grapes
- Four strawberries cut into fourths
- Orange slices
- 18 fruit skewers

Directions

1. You take a skewer and put a grape in the middle, then you put two strawberries next to the grape.
2. Next you put two more grapes next to the strawberries.
3. And then you put two facing up oranges.
4. You've got yourself a fruit kabob.

Adrian Kotelevskiy

6th Grade – Matt Lawson

Fruit Salad

Ingredients

- 1 15-ounce can crushed pineapple, drained
- 2 bananas chopped
- 1 10-ounce package frozen strawberries
- 1 cup nuts, chopped
- 1 8-ounce package cream cheese, softened
- $\frac{3}{4}$ cup sugar
- 1 10-ounce carton whipped topping

Directions

1. Dip chopped banana pieces in pineapple juice to keep from turning brown.
2. Drain and discard pineapple juice.
3. Fold in whipped topping.
4. Spread in a 9 x 13 inch pan.
5. Freeze until firm.



Anika Smith

4th Grade – Dawn Cort

Fruit Salad

Ingredients

- Grapes, as much as you want
- Blueberries, as much as you want
- Strawberries, as much as you want
- Bananas, as much as you want
- Greek yogurt, enough to layer all of the fruit
- Maple syrup, enough for the yogurt to be sweet

Directions

1. Wash the fruit.
2. Cut bananas and strawberries.
3. In a separate cup put in Greek yogurt.
4. Add syrup to the yogurt and stir.
5. Let the yogurt sit until it is sweet.
6. Put the yogurt on the fruit.
7. Mix.

Isabella Wetzel

5th Grade – Debbie Edgbert

Fruit Salad

Ingredients

- 1 pound strawberries
- ½ pint raspberries
- ½ pint blueberries
- 1 apple
- 2 kiwis
- ½ pint blackberries
- 1 banana
- 1 orange
- 1 can diced pineapple
- ½ quart heavy whipping cream
- 2 tablespoons sugar
- 2 teaspoons vanilla

Directions

1. Cut bananas, apples, kiwis and oranges into bite size pieces.
2. Cut strawberries into bite sized pieces.
3. Mix all fruit together in a bowl.
4. Mix whipping cream with mixer until thick.
5. Add vanilla and sugar to whipping cream, beat until fluffy.
6. Mix fruit with whipping cream.
7. Dish up and enjoy!





Mercy Andersen

6th Grade – Sadie Brumley

Fruit Salsa with Cinnamon Crisps

Ingredients

- Cinnamon crisps (10 flour tortillas: 9" or 10")
- Cooking spray
- $\frac{1}{3}$ cup sugar
- 1 teaspoon cinnamon

Fruit Salsa

- 2 granny smith apples
- 1 lemon
- 2 kiwi's
- $\frac{1}{2}$ pound strawberries
- Raspberries 1 tablespoon
- 1 tablespoons raspberry preserves

Directions

1. Preheat oven to 350 degrees Fahrenheit.
2. Combine cinnamon and sugar, set aside.
3. 3 tortillas at a time, spray both sides of them and sprinkle with cinnamon sugar.
4. Stack 3 tortillas and cut into 12 wedges with a pizza cutter. Place on baking sheet and bake 8 – 11 minutes until crisp.
5. Fruit salsa, zest the lemon then set aside. Peel and chop apple finely. Squeeze 2 teaspoons lemon juice over apples and mix well. Chop strawberries and kiwis. Gently combine all ingredients (raspberries will break apart, which is good).
6. Sit at room temperature for at least 15 minutes before serving.

Grace Beach

6th Grade – Matt Lawson

Fruit Smoothie

Ingredients

- 1 cup vanilla yogurt
- 1 cup frozen strawberries
- 1 frozen banana
- $\frac{1}{4}$ cup orange juice

Directions

1. Add all of the ingredients in blender.
2. 1 cup of vanilla yogurt.
3. 1 cup frozen strawberries.
4. 1 frozen banana.
5. 1 cup orange juice.
6. Turn blender on high until smooth.



Jules Braile

6th Grade – Matt Lawson

Fruit Smoothie

Ingredients

- 2 oranges
- 1 banana
- 2 small strawberry/banana yogurt cups
- 12 ounces milk
- Small box of frozen mixed berries

Directions

1. Take 6 ounces milk and put in a blender.
2. Take half of the banana and put in blender.
3. Take 1 small container of strawberry/banana yogurt and scoop into blender.
4. Peel and separate 1 orange and put in blender.
5. Pour some of the frozen berries into the blender.
6. Blend until smooth.

Xavier Dixon

6th Grade – Matt Lawson

Fruit Smoothie

Ingredients

- 2 scoops of vanilla ice cream
- 5 pieces (2" x 2") chocolate pieces
- 5 ounces of strawberry syrup
- 5 whole strawberries
- 3 pieces of kiwi
- 1 whole banana

Directions

1. Use a blender and blend all ingredients until smooth.
2. Put the mixture into the microwave for 1 minute on medium.
3. Put smoothie into a bowl or cup.
4. Enjoy!



Emma Rangel

6th Grade – Matt Lawson

Fruit Smoothie!

Ingredients

- Crushed ice
- Orange juice
- Blueberries
- Vanilla yogurt
- Optional: other fruits, whipping cream

Measurements may vary due to your preferences

Directions

1. Combine all ingredients in an electric blender and blend.
2. As simple as that.

Hailey Kenyon

4th Grade – Donna Petruzzi-Benson

Fun Bomb Smoothie

Ingredients

- 3 or 4 ice cubes
- 1 packet instant breakfast, milk chocolate flavor
- 1 medium banana
- 1 tablespoon peanut butter
- 1 tablespoon ground flax

Directions

1. Place all ingredients in a blender. Blend until smooth.
2. Serve in a cold glass.
3. ENJOY!



Andrew Traina

6th Grade – Caitlin Vansteel

Funny Face Bagels

Ingredients

- 1 8-ounce package cream cheese
- ¼ cup ranch dressing
- Bagels
- Veggies
- Cheese

Directions

1. Whip cream cheese in a small bowl, add ranch dressing, mix thoroughly.
2. Split bagels in half and lightly toast.
3. Spread the cream cheese mixture on the bagels, top with veggies.
4. ENJOY!



Elli Austin

6th Grade – Sadie Brumley

Gluten-Free Chicken Lettuce Wraps

Ingredients

- 1 tablespoon olive oil
- 1 teaspoon minced ginger
- 2 cloves garlic
- ½ cup diced carrot
- ½ cup diced celery
- ½ cup diced red bell pepper
- 1 ½ pounds ground chicken
- 3 green onions
- Iceberg lettuce leaves
- 2 tablespoons chicken broth
- Salt and pepper to taste
- 6 tablespoons Sun Luck brand gluten-free hoisin sauce
- 1 tablespoon rice vinegar

Directions

1. Heat canola oil in a skillet over medium heat.
2. Add garlic, ginger and cook stirring for 30 seconds.
3. Add carrot, celery, bell pepper, and green onions – cook for 4 minutes, stirring often.
4. Add the ground chicken and broth. Increase the heat to high. Sprinkle with a large pinch of salt. Cook, stirring often and breaking up the chicken, for 4 minutes until no longer pink and starting to brown.
5. Add 3 tablespoons of the hoisin sauce reserving the rest for serving alongside the lettuce cups.
6. Stir in the rice vinegar, bring to a simmer for 3 minutes. Adjust the salt and pepper to taste.
7. Scoop chicken into lettuce cups topping with the remaining hoisin sauce.

Serves 4



Sophia Andrews

5th Grade – Kathy Moore/Cindy Foster

Graham Cracker Eclair Cake

Ingredients

- 2 small boxes instant vanilla pudding
- 2 cups milk
- 12 ounces cool whip
- 1 16-ounce box graham crackers
- 1 can chocolate frosting

Directions

1. Blend pudding with milk, fold in cool whip.
2. Place a layer of crackers in a 9 x 13 inch pan.
3. Top with half of pudding mixture.
4. Top with another layer of crackers, followed by remaining pudding mixture.
5. Top with another layer of crackers.
6. Melt frosting in microwave for about 1 minute and pour over top layer.
7. Refrigerate overnight.

Serves 16 – 20

Allie Jansen

4th Grade – Andrea Hackler

Grammy's Famous Popcorn Cake

Ingredients

- 10 cups popped popcorn
- 1 large bag M&M's
- 1 large bag small gum drops
- 5 ounces of English toffee bits
- $\frac{3}{4}$ cups butter
- 1 large bag of marshmallows

Directions

1. Melt margarine and marshmallows over medium heat.
2. When mixture comes to a boil, remove from heat and pour over dry ingredients.
3. Mix well with a wooden spoon.
4. Pour mixture into greased bundt pan.
5. Pat firmly with wet hands/gloves.
6. When cool, remove from pan and place on plate.



Bella Ingebrigtsen

4th Grade – Tracie Martin

Greatly Greek

Ingredients

- $\frac{1}{3}$ cup vanilla honey Greek yogurt
- $\frac{1}{8}$ teaspoon cinnamon
- $\frac{1}{2}$ tablespoon clover honey
- 1 apple
- Small bowl for dip

Directions

1. Grab your $\frac{1}{3}$ cup, fill it with yogurt and plop into the bowl.
2. Next get $\frac{1}{8}$ teaspoon of cinnamon.
3. Dump that into the bowl along with the yogurt.
4. Make sure to mix it well.
5. After that, pour $\frac{1}{2}$ tablespoon honey into the mix.
6. Stir for about one minute until the dip is smooth.
7. Cut the up the apple into slices.
8. Put on a platter.
9. ENJOY!

Holland Clasen

4th Grade – Lynda Jackson

The Grilled Banana Fluffernutten

Ingredients

- 2 slices white bread
- 2 tablespoons peanut butter
- ½ sliced banana
- 2 tablespoon Jet Puffed marshmallow crème
- 1 tablespoon melted butter

Directions

1. Spread 2 tablespoons of peanut butter on first piece of bread
2. Spread 2 tablespoons of Jet Puffed marshmallow crème on the second piece of bread.
3. Peel and slice banana.
4. Add sliced banana on first piece of bread.
5. Press bread together filling to filling.
6. Brush butter on the outside of bread.
Heat a grill pan over medium heat.
7. Grill both sides of the bread until golden brown.
8. Serve while hot.



Grace Mawet

5th Grade – Rebecca Shipman

Guacamole and Chips

Ingredients

- 2 avocados
- 2 limes
- 1 tomato
- 1 bunch of cilantro
- ¼ cup pico de gallo
- ½ onion

Directions

1. Squash avocados.
2. Juice limes.
3. Chop cilantro, tomato, onion, fine “very small.”
4. Mix all ingredients :-).

Kaitlyn Ipsen

6th Grade – Sadie Brumley

Ham and Cheese Roll Ups

Ingredients

- Tortilla
- Cream Cheese
- Ham

Directions

1. Spread a layer of cream cheese on the tortilla.
2. Place a layer of ham on top.
3. Roll and cut into pieces.



Mercy Andersen

6th Grade – Sadie Brumley

Healthy Baked Broccoli Tots

Ingredients

- 1 head of broccoli (diced)
- ¼ cup onion (diced)
- 1 egg
- ½ cup shredded parmesan cheese
- ⅓ cup Italian bread crumbs
- ⅓ cup panko bread crumbs
- 1 teaspoon parsley
- 1 teaspoon paprika
- ½ teaspoon salt
- ½ teaspoon pepper

Directions

1. Preheat oven to 400 degrees Fahrenheit.
2. Bring a pot of water to boil on stove.
3. Place head of broccoli in pot of water for 1 minute, rinse with cold water and drain well.
4. Dice onion and broccoli with a knife or in a food processor.
5. In a large bowl, combine broccoli, onion, egg, both bread crumbs, cheese, and seasonings.
6. Spoon out a 1 – 1 ½ tablespoons of mixture and shape tot in your hand.
7. Place tots on a parchment paper lined baking tray and bake for 20 – 24 minutes until slightly brown.

Makes about 20 – 22 tots

Alex Mata-Rojas

5th Grade – Judy Lawless

Healthy Fruit Pizza

Ingredients

- Strawberries
- Grapes
- Blackberries
- Blueberries
- Tortilla

Directions

1. Lay out tortillas.
2. Put blackberries, grapes, blueberries.
3. Top with strawberries.



Rafaele Squadrito

6th Grade – Carmen Marchel

Healthy Pie

Ingredients

- 4 apples
- 2 cups flour
- Cinnamon
- 5 tablespoons water
- 1 teaspoon water
- 1 teaspoon salt
- 2 teaspoon of oil

Directions

1. Put oil in refrigerator to chill put water in the freezer to ice over.
2. Put flour and salt in a bowl.
3. While the water is icing over peel apples and cut into eight.
4. When water is iced over, peel apples and cut into eighths.
5. When water is iced over pour oil and mix until right.
6. Pour in flour and mix until no flour showing.
7. Roll $\frac{1}{2}$ of dough out and put in pie tin.
8. Put apples in pie by layers. Put cinnamon on each layer.
9. Roll top crust on put slits in top crust.
10. Preheat oven to 325 degrees Fahrenheit.
11. Put pie in oven for 15 minutes.

Warren Backstone Foote

5th Grade – Tracy Wolfington

Healthy Strawberry Muffins

Ingredients

- 2 cups whole wheat flour
- 1 teaspoon baking powder
- ½ teaspoon baking soda
- ½ teaspoon salt
- ½ cup almond oil
- ½ cup almond milk
- 1 cup sugar
- 2 teaspoon pure vanilla extract
- 1 teaspoon vanilla extract
- ⅓ cup silken tofu
- 1 ¼ cups fresh organic strawberries

Directions

1. Put all the dry ingredients except sugar in a bowl and mix them up.
2. In another bowl put the oil, milk, sugar and extracts.
3. In a food processor mix up the strawberries and tofu and then mix it with the stuff from step 2. Stir with a whisk.
4. Make a small hole in the dry ingredients and pour the strawberry almond milk mixture into it.
5. Mix carefully – not too much.
6. Pour it into muffin wrappers in a muffin pan and bake it at 325 degrees Fahrenheit for 20 – 25 minutes.
7. Eat it – it's really yummy!





Reagan Bullock

5th Grade – Kelly Smiley

Homemade Chips and Guacamole

Ingredients

- 2 regular avocados
- 1 lime, halved
- 1 red onion
- 1 bunch of cilantro
- 3 medium tomatoes
- Pinch of salt and pepper
- 1 package of corn tortillas

Directions

Microwaved Tortilla Chips

1. Cut tortillas into wedges.
2. Line your microwave oven with a paper towel. Working in batches, spread the tortilla wedges over the paper towel in a single layer, with an inch or so between the wedges.
3. Microwave until the tortilla chips are crispy but not burnt – time will vary on the strength of your microwave and how many tortillas you are cooking.
4. Sprinkle with salt.

Guacamole

1. Halve and pit the avocados, scrape out meat and put in a bowl or molcajete.
2. Chop tomatoes and red onions into small pieces.
3. Strip the leaves from the cilantro, usually about 7 stalks (depending on the amount of spice or flavor you like).
4. Use a pestle to mash the avocados to the consistency, creamy is best.
5. Add tomato, onion, and cilantro, mix with a spatula.
6. When everything else is mixed juice half of the lime into the mixture and add a pinch of salt.
7. Serve with the tortilla chips and enjoy!

Mercy Andersen

6th grade – Sadie Brumley

Homemade Frappuccino

Ingredients

- 1 cup ice
- Whipped cream (optional)
- 1 ½ cup milk
- 3 scoops vanilla bean ice cream
- 1 teaspoon sugar
- ⅛ teaspoon vanilla extract

Directions

1. Blend all ingredients except whipped cream.
2. Transfer to a serving glass and top with whipped cream.



Alina Knighton

5th Grade – Jennifer Greenberg

Honey Yogurt Dip

Ingredients

- 2 cups plain or vanilla Greek yogurt
- ½ cup honey (decrease to ⅓ cup if using vanilla yogurt)
- ½ teaspoon cinnamon
- Fresh Fruits like: apples, pineapple, strawberries, bananas, etc.

Directions

1. In a medium bowl combine the yogurt, honey and cinnamon.
2. Stir well.
3. Cover and refrigerate for at least one hour.
4. Serve on a platter with fresh fruits.

*The dip keeps well in the refrigerator for 3 – 4 days.
Enjoy!

Lily Whitman

5th Grade – Sue Koch

Honey-Nut Protein Bites

Ingredients

- 3 cups Honey Nut Cheerios
- 1 cup unsweetened coconut
- 2 tablespoon vanilla Greek yogurt
- $\frac{2}{3}$ cup peanut butter
- $\frac{1}{4}$ cup honey
- $\frac{3}{4}$ cup mini chocolate chips

Directions

1. Measure 3 cups Honey Nut Cheerios into Ziploc bag and crush with a rolling pin.
2. Combine all ingredients in a bowl.
3. Make 2-inch balls out of the dough, place on a tray.
4. Once tray is filled, freeze for 1 hour.

*Can be stored in the refrigerator for 1 week.





Alexis Chittick

6th Grade – Matt Lawson

Hummus and Soft Pretzel

Ingredients

Hummus

- 1 15-ounce garbanzo beans, drained and rinsed
- 1 clove chopped garlic
- ½ cup plain yogurt
- 2 tablespoons lemon juice
- 1 tablespoon olive oil
- Salt and pepper

Soft Pretzel

- 1 ½ cup warm water
- 1 teaspoon yeast
- 2 tablespoons honey
- 1 teaspoon salt
- 4 cups flour

Directions

Hummus

1. Blend ingredients together.

Soft Pretzel

2. Dissolve yeast in water and let sit 10 minutes.
3. Mix ingredients thoroughly and knead for 5 minutes.

Kirya Reither

6th Grade – Cathy Hayes

Instant Cauli Mac-N-Cheese

Ingredients

- $\frac{3}{4}$ cup frozen (or fresh with a bit of water) cauliflower florets
- 1 ounce of cheddar cheese, shredded
- 1 tablespoon heavy cream

Directions

1. In small microwavable dish with lid, microwave cauliflower covered for about a minute.
2. Remove from microwave and chop cauliflower into small pieces.
3. Microwave for another 50 seconds or so, then add shredded cheese.
4. Microwave another 10 seconds.
5. Stir melted cheese in, then stir in heavy cream until sauce forms.
6. ENJOY!



Jennifer Kee

4th Grade – Jillian Ross

Jenny's Tasty Bacon Wraps

Ingredients

- 2 flour tortillas
- $\frac{1}{4}$ cup shredded cheese
- $\frac{1}{2}$ fork smashed avocado
- 4 tomato slices
- 6 small leaves of lettuce
- 3 oven baked Applewood bacon slices cut in $\frac{1}{2}$
- 1 tablespoon ranch dressing

Directions

1. Heat tortillas in a pan.
2. Add cheese and bacon on top of tortillas.
3. Remove tortilla, put on plate.
4. Spread avocado.
5. Add tomato slice.
6. Add lettuce.
7. Drizzle with ranch.
8. Wrap up and enjoy.

Meghan Rice and Katie Thorp

5th Grade – Tracy Wolfington

K and M's Snazzy Snacks

Ingredients

- $\frac{3}{4}$ cup cream cheese
- 1 tablespoon sugar
- 4 English muffins
- 1 whole kiwi fruit
- 2 whole strawberries
- 1 whole peach

Directions

1. Put English muffin in toaster.
2. Spread cream cheese on the muffin.
3. Cut the kiwi into two slices and do the same with the strawberries and peaches.
4. Put out 1 tablespoon of sugar in a bowl and dip the fruit in the sugar.
5. Put fruit slices with the sugar on the muffin with the cream cheese.
6. Eat them.



Noelle Belhumeur

6th Grade – Carmen Marchel

Kale Chips

Ingredients

- 1 bunch of fresh kale, remove stems and chop roughly
- ¼ cup of olive oil
- Sea salt

Directions

1. Rip or chop the kale and put in a medium bowl.
2. Toss with olive oil.
3. Preheat oven to 350 degrees Fahrenheit.
Bake for 15 minutes, or until crunchy.
4. Add salt for topping.
5. Enjoy!

Jaymeson Nelson

5th Grade – Heather Lee

Key Lime Dip with Fresh Fruit

Ingredients

- 1 ½ cup light cream cheese
- 3 tablespoons powdered sugar
- 1 teaspoon grated lime rind
- 1 6-ounce carton key lime pie light yogurt
- Fresh fruit pieces
- Toothpicks

Directions

1. Mix first 4 ingredients.
2. Beat with mixer on medium speed until smooth.
3. Cover and refrigerate until ready to eat.
4. Cut the fruit pieces and enjoy!



Hadden Young

6th Grade – Matt Lawson

Le Hadden Kraker

Ingredients

- Crackers
- Cream cheese
- Turkey or any kind of meat
- Bell peppers

Directions

1. Get 2 crackers.
2. Spread cream cheese on 1 cracker.
3. Put in turkey or any kind of meat.
4. Chop up bell peppers.
5. Put bell peppers inside.
6. Put the other cracker on top.
7. Enjoy Le Hadden Kraker.

Ruby Johnson

6th Grade – Tracie Martin

The Lettuce, Turkey, and Bacon Sandwich

Ingredients

- 2 tablespoons of mayonnaise
- 1 tablespoon of dijon mustard, Grey Poupon
- 1 cup chopped lettuce
- 6 slices of slow roasted turkey breast
- 1 slice of medium cheddar cheese
- 2 slices of twenty-four nut grain bread
- 2 pieces of bacon

Directions

1. Spread the mayonnaise on the inside of the 2 slices of bread.
2. Mix the dijon mustard with the mayonnaise on one side of the bread.
3. Spread the turkey, lettuce, and bacon on one piece of the bread.
4. Spread the cheese on the other slice of the bread.
5. Close the pieces of bread together.
6. ENJOY!



Lucy Houtman

5th Grade – Janice Craig

Lucy's Granola Bars

Ingredients

- 2 tablespoons butter
- $\frac{1}{3}$ cup honey
- $\frac{1}{3}$ cup brown sugar
- Pinch of salt
- 2 cups rolled oats
- 1 cup each: chopped nuts & dried fruit
- 2 tablespoons wheat germ

Directions

1. Melt butter in sauce pan.
2. Add honey and brown sugar.
3. Mix in all other ingredients.
4. Press into parchment lined 8-inch square pan and bake 30 minutes at 300 degrees Fahrenheit.
5. Cool and then cut into bars.



Max MacDicken

5th Grade – Janice Craig

Lumpia

Ingredients

- Eggroll wrappers
- Ground pork
- Shredded cabbage
- Shredded carrots
- Onion, finely chopped
- Garlic
- Salt and pepper
- Oyster sauce
- Soy sauce
- Oil for frying
- Sweet chili sauce for dipping

Directions

1. First shred cabbage with a knife, food processor or buy already shredded.
2. Grate carrots with cheese grater.
3. Chop garlic or buy already minced garlic.
4. Put ground pork in a large bowl, add all your ingredients (except wrappers, oil & chili sauce) mix well with clean hands.
5. Next set your wrappers out and start an assembly line. Take small spoonfuls of the mixture and spoon onto wrapper in a straight line. Then roll the wrapper up like a tube.
6. Heat oil in a wok or deep fryer until hot.
7. Add a few lumpia into the oil until wrapper are nice golden brown.
8. Using tongs set lumpia on paper towels to drain.
9. After they are cool enough to handle cut to desired length with kitchen shears.
10. Dip in sweet chili sauce and enjoy!



Madyson Andrist

4th Grade – Lauren Williamson

Maddy's Mini Pies

Ingredients**Crust:**

- 2 cups flour
- ½ teaspoon sugar
- ¾ teaspoon salt
- ¾ cup shortening
- ½ teaspoon Vinegar
- 1 egg
- ¼ cup water

Filling:

- 1 cup frozen blueberries
- 6 ounces fresh raspberries
- ¼ cup sugar
- 2 tablespoons cinnamon
- 2 tablespoons water
- 1 tablespoon corn starch

Directions

1. Mix flour, sugar and salt.
2. Cut in shortening until coarse.
3. In a separate bowl, mix vinegar, egg and water and add flour mixture.
4. Flour surface and roll dough flat and cut to fit cupcake pans.
5. Make filling on the stove mixing all ingredients until warm.
6. Spoon filling into dough in cupcake pans until $\frac{2}{3}$ full.
7. Bake at 350 degrees Fahrenheit for 20 minutes.
8. ENJOY! Best with a little vanilla ice cream.



Sophia Andrews

5th Grade – Kathy Moore/Cindy Foster

Magic Muffins

Ingredients

- 1 ¼ cup all-purpose flour
- ¼ cup vegetable oil
- ¾ cup Malt o' Meal hot wheat cereal, dry
- ½ cup sugar
- ¾ cup milk
- 1 egg
- 1 teaspoon baking powder
- ½ teaspoon salt
- 1 teaspoon vanilla

Directions

1. Preheat oven to 400 degrees Fahrenheit.
2. In a large mixing bowl, combine all ingredients.
3. Stir together until all ingredients are moistened.
4. Pour batter into greased or lined muffin pans, filling ¾ full.
5. Bake 18 – 20 minutes or until center is firm to the touch.

*Makes 12 muffins



Alex Frohning

4th Grade – Julian Ross

Mango Banana Smoothie

Ingredients

- 1 pitted mango
- 1 cup vanilla ice cream
- 1 banana
- 1 teaspoon white sugar
- 1 cup of ice

Directions

1. First you put the mango and banana in a blender.
2. Then put 1 cup of vanilla ice cream into the blender and 1 teaspoon white sugar.
3. Put it on medium for 3 minutes.
4. Pour into a cup.
5. Put your ice into it and there's your banana smoothie.

Teya Thompson

5th Grade – Debbie Edgbert

Mango Fruit Rollers

Ingredients

- 3 or 4 fresh mangos

Directions

1. Slice mangos in half.
2. Peel mangos.
3. Place peeled mangos in a blender.
4. Blend until consistency of applesauce.
5. Line a 13 X 9 inch pan with parchment paper.
6. Bake at 167 degrees Fahrenheit for 3 ½ hours.
7. Cut off edges, roll up and cut into 1 inch slices of roll up.



Jonah Urie

5th Grade – Tracy Wolfington

Maple Brussels Sprouts

Ingredients

- 2 bags Brussels sprouts
- 2 bottles of real maple syrup
- Salt and pepper
- Olive oil
- Tooth picks
- Dipping cups

Directions

1. Cut Brussels sprouts in half.
2. Lay out on cooking sheet.
3. Put some olive oil on Brussels sprouts.
4. Put salt and pepper on Brussels sprouts.
5. Preheat oven to 400 degrees Fahrenheit.
6. Put Brussels sprouts in for 15 minutes to bake.
7. Take Brussels sprouts out.
8. Reduce oven heat to 350 degrees Fahrenheit.
9. Before you put them in the oven put maple syrup on the Brussels sprouts and stir it all up then put them back in for 10 minutes.
10. Put 1 ½ Brussels sprouts on each toothpick.
11. Serve in a dipping cup, put a little syrup on the bottom.

Brandon Simental-Hernandez

5th Grade – Judith Lawless

Mash Potatoes

Ingredients

- Cheddar cheese
- Cream cheese
- 8 potatoes
- Bacon
- Salt
- ½ cup of natural cream
- 3 spoons of butter

Directions

1. Cook the potatoes.
2. Peel the potatoes.
3. Mash the potatoes with all other ingredients.
4. Put the potatoes and bacon in the oven.
5. Add bacon to the potatoes.



Jordyn Gribble

5th Grade – Mickey Wolf

Mini Bagel Pizzas

Ingredients

- 8 mini bagels
- $\frac{1}{4}$ cup pizza sauce
- $\frac{1}{3}$ cup shredded cheese
- 16 pepperoni slices

Directions

1. Preheat oven to 425 degrees Fahrenheit.
2. Line a baking sheet with aluminum foil.
3. Arrange bagel on prepared baking sheet, cut sides up.
4. Spoon a thin layer of pizza sauce over each bagel and sprinkle with cheese. Place pepperoni on each bagel.
5. Bake in oven until cheese is melted and pepperoni is lightly browned, about 6 minutes.

Mercy Andersen

6th Grade – Sadie Brumley

Mini Corndog Muffins

Ingredients

- ½ cup melted butter
- ½ cup sugar
- 2 eggs
- 1 cup buttermilk
- ½ teaspoon baking soda
- 1 cup cornmeal
- 1 cup all-purpose flour
- ½ teaspoon salt
- 8 – 10 beef hot dogs, cut in to 1" bites

Directions

1. Preheat oven to 375 degrees Fahrenheit.
2. Whisk together butter and sugar.
3. Add eggs and stir well.
4. Add buttermilk and continue whisking.
5. In a separate bowl, combine baking soda, cornmeal flour and salt, stir to combine.
6. Whisk into wet ingredients, in two different batches.
7. Spray a mini muffin tray with nonstick spray, and 1 tablespoon of batter into each muffin cup.
8. Bake for 8 – 12 minutes at 375 degrees Fahrenheit or until cornbread is golden brown.
9. Cool in muffin tin for 5 minutes before serving.

Makes about 30 muffins



Katie Clark

5th Grade – Sheri Sebastian

Mini Pizzas

Ingredients

- Tortillas
- Mozzarella cheese
- Parmesan cheese
- Pizza sauce
- Mini pepperoni
- Optional: parsley

Directions

1. Use a circular cup to cut out the tortillas for pizza “crusts.”
2. For all the crusts cut out, use a muffin tin and tuck in the crusts for the pizza shapes (push in/push up sides).
3. Use a small spoon to get sauce, and spread the sauce like you would for a normal pizza. After all of that, put your mozzarella cheese, a pinch of parmesan, and mini pepperoni on your small crusts with sauce (pizza crusts).
4. Optional: chop tiny bit of parsley for a garnish (and more flavor!).
5. Place in oven at 350 degrees Fahrenheit for 7 – 10 minutes.

Brandon Hillery

4th Grade – Lauren Williamson

Monkey Milkshake

Ingredients

- 3 cups milk
- 3 peeled bananas
- ½ cup Nesquik chocolate powder

Directions

1. Break frozen bananas into smaller parts and put into blender.
2. Then pour milk and chocolate powder into blender.
3. Blend until smooth.
4. Pour into 4 big cups and drink with a straw.





Lucas Bosa

4th Grade – Diane Armstrong

No Bake Energy Bites

Ingredients

- 1 cup oatmeal
- ½ cup chocolate chips
- ½ cup peanut butter
- ½ cup ground flaxseed
- ⅓ cup honey
- 1 teaspoon vanilla
- 1 tablespoon chia seeds
- 1 cup toasted coconut flakes

Directions

1. Stir all ingredients together in a medium bowl until thoroughly mixed.
2. Let chill in the refrigerator for half an hour.
3. Once chilled, roll into balls of whatever size you would like.
4. Store in an airtight container and keep refrigerated up to 1 week.

Jordan Cruze

4th Grade – Tracie Martin

No-Bake Energy Bites

Ingredients

- 1 cup dry oatmeal
- ½ cup peanut butter
- ½ cup ground flaxseed
- ½ cup chocolate chips
- ⅓ cup honey
- 1 tablespoon chia seeds
- 1 teaspoon vanilla extract
- ⅔ cup coconut flakes (optional)

Directions

1. Mix all ingredients together and let sit in the fridge for about ½ an hour.
2. Roll into small balls about 1 inch in size.
3. Store in air tight container in fridge.

*Letting ingredients sit in fridge for ½ hour is ideal but not necessary.



Ian Skrinde

6th Grade – Molly Ahrens

No-Bake Energy Bites

Ingredients

- 1 cup oatmeal
- ½ cup peanut butter
- ⅓ cup honey
- ½ cup ground flaxseed
- ½ cup chocolate chips
- 1 teaspoon vanilla
- 1 cup coconut flakes

Directions

1. Thoroughly mix all ingredients.
2. Chill in refrigerator for half an hour.
3. Roll into balls.
4. Enjoy!

*Store in an air tight contain in refrigerator for up to 1 week.

Marley Macris

4th Grade – Nicole Bourland

No Bake Energy Oatmeal Balls

Ingredients

- 1 teaspoon of vanilla extract
- 1 cup old fashion oatmeal
- ½ cup of peanut butter
- ½ cup flax seed (ground)
- ½ cup mini M and M's
- ½ cup of honey

Directions

1. Stir all ingredients together in a medium bowl until thoroughly mixed. Cover and let chill in the fridge for half an hour.
2. Once chilled, roll into balls of whatever size you would like. Store in an airtight container and keep in fridge for up to 1 week.
3. Makes about 20 – 25 balls.





Olivia Monsaas

4th Grade – Diane Armstrong

No Bakes

Ingredients

- ½ cup butter
- 2 cups sugar
- ½ cup milk
- 4 tablespoons cocoa
- ½ cup peanut butter
- 2 teaspoons vanilla
- 3 – 3 ½ cups dry cooking oats

Directions

1. Boil first 4 ingredients for 1 minute.
2. Remove from heat and add peanut butter.
3. Add vanilla and stir well.
4. Mix in oats.
5. Use an ice cream scoop and scoop it up.
6. Place on cookie sheet to cool for 10 – 15 minutes.
7. EAT.

Ella Fleming-Byrne

5th Grade – Julie Winter

The No-Ice-Ice Baby Fruit Smoothie

Ingredients

- 1 frozen banana
- 1 cup orange juice
- 1 cup frozen berries
- ½ tablespoon honey

Directions

1. Put all ingredients in a blender and cover it tightly.
2. Blend it until all the ingredients are mixed together.



Toby Fletcher

6th Grade – Zan Peterson-Moens

Nutella Cookies

Ingredients

- 1 cup Nutella
- 1 cup flour
- 1 egg

Directions

1. Preheat oven to 350 degrees Fahrenheit.
2. Mix all ingredients with a large spoon until dough batter forms.
Batter may be slightly crumbly, but should come together for the most part.
3. Form into 1 inch balls.
4. Place on a cookie sheet.
5. Press the balls down with the palm of your hand until they are round and flat.
6. Smooth out the edges of the cookies.
7. Space the cookies 1 inch apart.
8. Bake for 7 – 8 minutes for the cookies to set.

Briana Maybin and Sophia Estrada Gomez

5th Grade – Debbie Edgbert

Open-Faced Sandwiches

Ingredients

- 1 tomato
- 1 stick of fresh mozzarella cheese
- Basil
- Bacon
- Garlic toast/bread

Directions

1. Cook the bacon until crispy.
2. Toast Bread.
3. Cut tomatoes, mozzarella cheese.
4. Cut 2 pieces fresh basil.
5. Slice tomatoes and place 2 slices on the bread side to side.
6. Put bacon on top of tomatoes.
7. Put cheese on top of bacon.
8. Place basil on top.



Sierra Novy

6th Grade – Cathy Hayes

P.B. & J. Bites

Ingredients

- 1 cup chunky natural peanut butter
- $\frac{1}{3}$ cup pure maple syrup
- 4 cups old fashioned oats
- $\frac{1}{2}$ cup unsalted sunflower seeds
- $\frac{1}{2}$ cup quinoa
- 1 – 12 ounces jar strawberry preserves (such as Smuckers, Orchards Finest, or Pacific Mountain Strawberry)

Directions

1. Mix peanut butter, maple syrup and $\frac{1}{3}$ cup water in a saucepan over medium low heat. Stir until peanut butter is melted and ingredients are combined.
2. In a large bowl, mix oats, sunflower seeds and quinoa. Stir in peanut butter mixture until well combined.
3. Line two 12-cup muffin tins with paper wrappers. Scoop 2 tablespoons of the peanut butter and oats mixture in each cup. Add 2 more tablespoons peanut butter and oats mixture to cover preserves, pressing down well with a spatula.
4. Bake at 350 degrees Fahrenheit for 25 – 30 minutes, until bites begin to brown. Cool in muffin tins 10 minutes; remove from tins to a wire rack and cool to room temperature. Store in an airtight container.

Eva Chambers

4th Grade – Sherry Loth

PBCC

Ingredients

- 2 eggs
- 2 cups peanut butter
- 1 ½ cup white sugar
- 1 teaspoon sugar
- 1 teaspoon baking soda
- 1 cup white chocolate chips
- 3 Hershey chocolate bars

Directions

1. Mix first 4 ingredients.
2. Mix in white chocolate chips.
3. Place on greased cookie sheet.
4. Add 1 square of Hershey chocolate bars.
5. Bake for 11 – 12 minutes at 350 degrees Fahrenheit.





Emily Carlson

4th Grade – Tracie Martin

The Paradise Smoothie

Ingredients

- 6 strawberries
- 10 small pineapple pieces
- 5 mango pieces
- ½ banana
- 1 cup milk
- ¾ cup of ice
- 1 teaspoon honey

Directions

1. First add 6 strawberries, then ½ banana.
2. Next put in mango and pineapple.
3. After that put the milk in, then top it off with ice and honey.
4. Last shake it and blend for 30 seconds.
5. Then enjoy your 28-ounce paradise smoothie.

Alex Schwieger

4th Grade – Tracie Martin

Peanut Butter and Banana

Ingredients

- Peanut butter
- 1 banana

Directions

1. You cut the banana in half.
2. First you cut them on both sides.
3. Then you put peanut butter in them.



Nick LaFleur

6th Grade – Matt Lawson

Peanut Butter Oatmeal

Ingredients

- 1 teaspoon peanut butter
- 1 cup oats
- 1 $\frac{3}{4}$ cups milk
- 1 teaspoon butter
- 2 tablespoons brown sugar

Directions

1. Pour oats into a bowl.
2. Add 1 $\frac{3}{4}$ cups milk, and add to bowl.
3. Add brown sugar.
4. Microwave ingredients for 1:30 minutes.
5. Combine peanut butter and 2 tablespoons butter.
6. Stir ingredients together and enjoy.

Emma Fontenot

4th Grade – Zan Peterson-Moens

Peanut Butterflies

Ingredients

- 2 stalks of celery
- 4 tablespoons peanut butter
- 8 mini pretzel twists
- 8 raisins

Directions

1. Wash your hands!
2. Wash and pat dry the celery stalks.
3. Use a safe knife to cut the celery in half. Now you have 4 pieces.
4. Spread 1 tablespoon of peanut butter on each piece of celery.
5. Poke the pretzels into the peanut butter so they are sticking out like wings.
6. Put the raisins on the peanut butter covered celery towards one end so they look like eyes or antennae.
7. Enjoy!



Faith Nance

4th Grade – Tanya Hastings

Peanutty Rice Cake Rounds

Ingredients

- ½ cup creamy peanut butter
- 1 teaspoon honey
- 3 fresh whole strawberries
- 24 miniature rice cakes

Directions

1. Measure peanut butter, put in a bowl.
2. Add 1 teaspoon honey, mix with peanut butter.
3. Rinse strawberries, pat dry, cut each into 4 pieces.
4. Spread peanut butter on 12 rice cakes, place a strawberry on each.
5. Take all the remaining rice cakes and stack them peanut butter side down on top of strawberries.

Kaitlyn Ipsen

6th Grade – Sadie Brumley

Pita Pocket Surprise

Ingredients

- 1 can chunk chicken breast (12.5 ounce)
- 1 large spoonful of mayonnaise
- Lemon juice to taste
- 1 large stick of celery
- Ground pepper to taste
- 1 quarter of an apple – diced

Directions

1. Open a can of chunk chicken breast with a can opener and drain out liquid.
2. Place in bowl and use fork to break up the chicken.
3. Add the mayonnaise and stir to moisten the chicken.
4. Dice 1 large stick of celery and a quarter of an apple.
5. Add to bowl and mix.
6. Mix in some lemon juice and ground pepper to taste.
7. Cut pita pockets in half and stuff with the chicken mixture.



Cale Rumpf

5th Grade – Lisa Mahendran

Pizza Dogs

Ingredients

- Hot dog bun
- Hot dogs
- ½ cup marinara
- ½ cup mozzarella
- Italian seasoning

Directions

1. Toast bun.
2. Cook hot dog.
3. Cut/slice dog in half.
4. Put on bun.
5. Pour on sauce, and cheese.
6. Microwave until cheese melts.
7. Sprinkle seasoning.
8. EAT.



Kari Schroeder

6th Grade – Melinda Bonner

Pizza Pinwheels

Ingredients

- Pizza dough, refrigerated
- Pizza sauce
- Mozzarella cheese
- Pepperoni
- Olives
- Whatever your favorite pizza toppings are

Directions

1. Preheat oven to 425 degrees Fahrenheit.
2. Open pizza dough and stretch it out on parchment paper.
3. Spread pizza sauce on the dough.
4. Sprinkle with mozzarella.
5. Add pepperoni, olives and other toppings.
6. Roll into a large roll or log.
7. Cut into roll in 1 ½ inch thick slices.
8. Put the pinwheels on a sheet pan.
9. Cook pizzas in oven for 15 – 18 minutes.
10. ENJOY!



Emily Walker

5th Grade – Tanya Hastings

Potato Squares

Ingredients

- 2 – 3 potatoes
- $\frac{1}{4}$ cup Johnny's seasoning salt/seasoning salt
- No stick spray

Directions

1. Preheat oven to 450 degrees Fahrenheit.
2. Cut potatoes into squares.
3. Place potatoes on a cookie sheet.
4. Sprinkle with seasoning salt.
5. Put in the oven and bake for 2 minutes, if not ready bake for 5 – 10 minutes more.

Sydney Pemble

6th Grade – Matt Lawson

Pretzel Cheese Cubes

Ingredients

- 1 bag of pretzel sticks
- 1 bottle honey mustard
- 1 cube

Directions

1. Cut cheese into small cubes.
2. Put 1 pretzel stick into each cube of cheese.
3. Put bowl and cheese cubes with pretzels on a plate.



Avery Brumley

5th Grade – Sadie Brumley

Pretzel Melts

Ingredients

- Mini pretzels
- Small slices of cheddar cheese
- Mustard

Directions

1. Sandwich small slices of cheddar between mini pretzels.
2. Put on a parchment-lined baking sheet and bake about 10 minutes at 425 degrees Fahrenheit.
3. Serve with mustard.

Dylan Noll

5th Grade – Christina Ibarra

Pumpkin Muffins

Ingredients

- 1 can pumpkin puree
- 2 eggs
- 1 $\frac{3}{4}$ cup flour
- $\frac{1}{2}$ teaspoon baking powder
- 1 teaspoon baking soda
- $\frac{1}{2}$ cup brown sugar
- 1 $\frac{1}{2}$ teaspoon pumpkin spice
- $\frac{3}{4}$ cup sugar
- $\frac{1}{2}$ teaspoon salt
- 1 teaspoon vanilla extract
- $\frac{1}{2}$ cup coconut oil
- 1 tablespoon milk

Directions

1. Melt coconut oil.
2. Combine in mixer with pumpkin, vanilla, milk, eggs and sugar.
3. In another bowl combine flour, baking powder, baking soda, pumpkin pie spice and salt and stir.
4. With mixer on low combine flour mixture with pumpkin mixture until combined.
5. Use a cookie scoop to put mixture in muffin pan.
6. Bake at 350 degrees Fahrenheit for 25 – 30 minutes.



Emily Skinner

5th Grade – Amy Fox-Bailey

Raspberry Cinnamon Parfait

Ingredients

- Raspberries
- Cinnamon
- Vanilla yogurt
- Whipping cream
- Sugar
- Vanilla extract

Directions

1. Take a little bit of vanilla yogurt and put in a cup.
2. Smash some raspberries and put in the cup.
3. Do this again until layered.
4. Put the whipping cream, sugar and vanilla extract in a blender and mix until creamy.
5. Put the whipped cream on top of the parfait, sprinkle with cinnamon and put one raspberry on each one.
6. ENJOY!

Thomas Cooley

5th Grade – Janice Craig

Restaurant Style Salsa

Ingredients

- 1 can (28 ounce) whole tomatoes with juice
- 2 cans (10 ounce) Rotel (diced tomatoes and green chiles)
- $\frac{1}{4}$ cup chopped onion
- 1 clove garlic, minced
- 1 whole jalapeno, quartered, and sliced thin
- $\frac{1}{4}$ teaspoon sugar
- $\frac{1}{4}$ teaspoon ground cumin
- $\frac{1}{2}$ cup cilantro (more to taste!)
- $\frac{1}{2}$ whole lime juice

Directions

Note this is a very large batch, recommend using a 12 cup processor or process in batches, mix everything together in a large mixing bowl.

1. Combine whole tomatoes, Rotel, onion, jalapeno, garlic, sugar, salt, cumin, lime juice and cilantro in a blender or food processor.
2. Pulse until you get the salsa to the consistency you like, I like to do 10 – 15 pulses. Test seasonings with a tortilla chip and adjust as needed.
3. Refrigerate salsa for at least an hour.
4. Serve with tortilla chips and cheese.



Adolfo Garcia

5th Grade – Judy Lawless

Ritz Sandwich

Ingredients

- Ritz cookie packet
- Tiny packet of ham
- Packet of cheddar cheese
- Packet of spinach

Directions

1. Remove Ritz from package.
2. Cut out ham and cheese circle.
3. Put cheese and ham in the middle.
4. Put tiny piece of spinach on top.
5. Put top Ritz on.
6. Put toothpick in the middle.
7. Eat it!

Libby Anne Schneider

6th Grade – Larisa Hurtado

Salsa de Frijoles Refritos

Ingredients (for 1 serving)

- A bowl
- 1 sauce pot
- 1 can opener
- 1 can refried beans
- 5 drops Tabasco
- 1 teaspoon garlic salt
- 2 ounces softened cream cheese
- ½ cup shredded Mexican cheese
- ¼ cup water
- 1 bag tortilla chips

Directions

1. Turn oven between low and high.
2. Open refrito beans can and place in saucepan on oven.
3. While cooking slowly add in the tabasco, garlic salt, cream cheese, water and cheese.
4. Place in bowl.
5. Eat with chips and enjoy!



Cassidy O'Neill

5th Grade – Zan Peterson-Moens

Shrimp Avocado Treat

Ingredients

- 2 avocados
- ½ pound of cocktail shrimp
- ⅛ teaspoon of salt
- ⅓ ounce of cocktail sauce

Directions

1. In a small bowl, mix shrimp and cocktail sauce.
2. Slice avocado in half, remove pit.
3. Sprinkle salt on top of each avocado half.
4. Scoop shrimp into the avocado.
5. Serve immediately.
6. ENJOY!

Emma Jackson

5th Grade – Janice Craig

Smokin' Granny Sandwich

Ingredients

- Sour dough bread
- 2 tablespoons of mayonnaise
- Turkey deli meat
- Smoked gouda cheese
- Thinly sliced granny smith apples

Directions

1. Lay out two pieces of sourdough bread.
2. Spread 2 tablespoons of mayonnaise on the bread.
3. Place turkey deli meat on bread.
4. Place 2 slices of smoked gouda cheese on bread.
5. Place 4 thinly sliced granny smith apples on bread.
6. Add the two slices of sourdough bread to complete this sandwich.
7. Toast completed sandwich in a toaster oven or sandwich press.
8. Cut in half and ENJOY!



River Orleck

5th Grade – Tanya Hastings

Spicy Oven-Roasted Chick Peas

Ingredients

- 2 cans of chickpeas drained and rinsed
- 2 tablespoons olive oil
- 1 teaspoon ground cumin
- 1 teaspoon chili powder
- ½ teaspoon sea salt

Directions

1. Preheat oven to 400 degrees Fahrenheit.
2. Place chickpeas in a bowl and toss with the other ingredients until evenly coated.
3. Spread chickpeas in an even layer on a baking sheet.
4. Bake until crisp about 45 minutes.



Athena Munguia

6th Grade – Tanya Hastings

Strawberry Cheesecake Dip

Ingredients

- 2 cups strawberries, chopped
- ½ cup heavy whipping cream
- 1 cup + 1 teaspoon powdered sugar
- 8 ounces cream cheese, softened
- Graham cracker

Directions

1. In a blender puree 1 cup strawberries, strain to remove seeds.
2. In a medium bowl, beat the cream until soft peaks form.
3. Add in 1 teaspoon powdered sugar and then beat until stiff peaks form.
4. In a large bowl, beat the cream cheese and 1 cup powdered sugar until light and smooth, about 2 – 3 minutes.
5. Fold in pureed strawberries until mixed thoroughly.
6. Fold in the whipped cream and then fold in the remaining strawberries.
7. Chill for at least 1 hours before serving.



Avery Brumley

5th Grade – Sadie Brumley

Strawberry Yogurt Tarts

Ingredients

- 2 cups light Cool Whip
- 1 8-ounce container light strawberry yogurt
- ½ cup pineapple tidbits, drained
- ½ cup canned mandarin oranges, drained
- 6 ready-made mini graham cracker tart crusts

Directions

1. Mix Cool Whip and yogurt together.
2. Fold in fruit.
3. Spoon into tart crusts and let chill for one hour or until set, if desired.
4. The filling can also be made the night before, just spoon it into crusts when ready to serve.

Avery Brumley

5th Grade – Sadie Brumley

Stuffed PB and J French Toast Kabobs

Ingredients

- $\frac{1}{3}$ cup seedless strawberry jam
- 8 slices challah or egg bread ($\frac{1}{2}$ -inch thick)
- 1 cup fresh sliced strawberries
- 1 teaspoon ground cinnamon
- $\frac{1}{2}$ cup creamy peanut butter
- 5 large eggs
- $\frac{3}{4}$ cup 2% milk
- 5 tablespoons maple syrup, divided
- $\frac{3}{4}$ teaspoon vanilla extract
- 8 fresh strawberries, halved
- Additional maple syrup and fresh sliced strawberries

Directions

1. Spread jam over four slices of bread.
2. Top with sliced strawberries; sprinkle with cinnamon.
3. Spread peanut butter over remaining bread; place over top.
4. Lightly grease a griddle; heat over medium heat.
5. In a shallow bowl, whisk eggs, milk, 3 tablespoon syrup and vanilla until blended.
6. Dip both sides of sandwiches in egg mixture, allowing each side to soak 10 seconds.
7. Place sandwiches on griddle; toast 3 – 4 minutes on each side or until golden brown.
8. Transfer sandwiches to a cutting board; brush sandwiches with remaining syrup.
9. Cut sandwiches into quarters.
10. On four metal or wooden skewers, alternately thread French toast and halved strawberries.
11. If desired, serve with additional syrup and strawberries.

Yield: 4 servings





Maddy Wixom

4th Grade – Michelle Habib

Summer Caprese Salad

Ingredients

- 2 heirloom tomatoes (any variety)
- 6 slices fresh mozzarella
- Fresh sweet basil (chiffonade)
- Balsamic reduction (see recipe)
- Sea salt/kosher salt

Directions

1. Slice each tomato into 3 thick slices.
2. Slice mozzarella thick.
3. Lay two slices of tomato on a plate and lightly season with salt.
4. Stack 2 mozzarella slices on top of the tomatoes.
5. Repeat this process until you have two even stacks each with 3 tomato slices and 3 mozzarella slices.
6. Next drizzle chilled balsamic reduction over entire dish to taste.
7. Cut basil into chiffonade strips and sprinkle over the dish.

Balsamic Reduction

1. Using a quality balsamic vinegar, gently simmer until reduced by half.
2. Add honey when vinegar is coming to a simmer.
3. Use a 6 to 1 ratio, vinegar to honey.
4. Refrigerate for 2 hours to cool off and thicken.

Caiden Bird

5th Grade – Janice Craig

Supreme Quesadilla

Ingredients

- Tortilla
- Shredded cheese
- Tangerine and pineapple salsa
- Sour cream
- Tooth pick

Directions

1. Put shredded cheese on to tortilla.
2. Microwave for 30 seconds.
3. Roll quesadilla taco style.
4. Spread sour cream on top.
5. Spread tangerine, and pineapple.
6. Salsa on top of sour cream.
7. Stick tooth pick in middle to hold it together.
8. Enjoy



Konner Meyer

5th Grade – Lisa Mahendran

Taco Surprise

Ingredients

- Tortillas
- Ground beef
- Ground sausage
- Taco seasoning
- Green onions
- Tomatoes
- Cilantro
- Shredded cheese
- Spray Pam

Directions

1. Cut tortillas into $\frac{1}{4}$ pieces.
2. Spray small cupcake tin with Pam.
3. Fold tortilla in to basket.
4. Brown sausage and hamburger.
5. Add taco seasoning.
6. Chill.
7. Add green onions and shredded cheese.
8. Mix ingredients.
9. Preheat oven to 400 degrees Fahrenheit.
10. Add mixture to tortilla baskets.
11. Spray Pam on top.
12. Cook for 8 minutes.
13. Remove from oven.
14. Add cilantro and cotija cheese.

Victor Bachour

6th Grade – Matt Lawson

The Toaster

Ingredients

- 1 bagel
- Cream cheese
- Cucumbers

Directions

1. Cut the bagel in half.
2. Spread cream cheese on bagel.
3. Cut up some cucumbers and place on the bagels.



Trevor Butler

4th Grade– Michelle Habib

Trevor's Greek Chicken Burgers

Ingredients

- 2 pounds ground chicken
- 1 tablespoon Greek seasoning
- 1 tablespoon lemon juice
- ½ teaspoon salt
- ¼ teaspoon pepper
- ½ cup bread crumbs

Directions

1. Mix ingredients.
2. Make in to thin patties.
3. Place on a George Forman grill.
4. Makes 6 – 8 patties.

Kaylie Baxter

4th Grade – Zan Peterson-Moens

Twisted Ants on a Log

Ingredients

- 4 – 6 sticks of 3" – 4" cut celery
- 4 – 6 “swishes” of peanut butter (crunchy or creamy)
- 16 – 24 almonds, 4 on each stick

Directions

1. Cut celery (butter knife).
2. Spread peanut butter.
3. Place almonds on celery.
4. Enjoy!





Daniel-Lee Quozoc-Lazaro Pham

4th Grade – Lynda Jackson

Veggie and Fruit Platter

Ingredients

- Carrots
- Celery
- Grape tomatoes
- Apple slices
- Orange slices
- Ranch firecracker sauce (ranch and barbecue)

Directions

1. Grab a platter plate.
2. Cut up celery, apples, oranges.
3. Put on the platter along with grape tomatoes.
4. Mix ranch and barbecue.
5. Put ranch firecracker on platter.
6. ENJOY HEALTHY SNACKS.

Ada Banken

4th Grade – Corie Reed

Veggie Crunch Cups

Ingredients

- ½ cup cucumber diced
- ½ cup horseradish, diced
- ½ cup corn, canned sweet corn
- 2 teaspoon avocado oil
- ⅛ – ¼ teaspoon kosher salt
- Tortilla chip cups (I use tortilla scoops)
- Cilantro, chopped for garnish

Directions

1. Clean and cut radishes.
2. Dice up radishes and cucumber and put in a mixing bowl.
3. Put corn in mixing bowl.
4. Add avocado oil and salt and mix all together.
5. Fill tortilla chip cups with veggie mix.
6. Garnish tops with cilantro.
7. Serve!

*Makes approximately 20 servings



Vivian Traina

4th Grade – Michelle Habib

Viv's Special Ramen

Ingredients

- 1 package Top Ramen noodles
- $\frac{2}{3}$ cup frozen peas
- 2 pieces of ham or bacon
- $\frac{1}{4}$ cup chopped carrots

Directions

1. Cook ramen noodles according to package directions.
2. Add flavor pack from ramen.
3. Chop carrots and ham.
4. Add carrots, ham and peas in a bowl.
5. Pour noodles over veggies and meat.
6. ENJOY!

Mikala Milburn

6th Grade – Cathy Hayes

Whipped Fruit Sandwiches

Ingredients

- 12 large washed cut in half strawberries
- ½ cup of blended up peaches
- ½ cup of heavy whipping cream
- ¼ cup of sugar
- ½ teaspoon of vanilla

Directions

1. Cut the 12 large strawberries in half.
2. Blend peaches and coconut shaves in a blender.
3. Whip the heavy whipping cream.
4. Fold the peaches and coconut with the whipped cream.
5. Take the whipped cream, put it in a piping bag.
6. Put in the center of the 2 halves of strawberries.
7. Enjoy.



Steph Nilsen

5th Grade – Nicholas Movius

Wholly Guacamole

Ingredients

- ½ avocado
- ½ teaspoon garlic powder
- 1 teaspoon of
- 1 ⅓ tablespoons of apple cider or pickle juice
- 1 teaspoon of Johnny's steak seasoning salt
- 1 teaspoon sour cream

Directions

1. Mash avocado with fork until creamy.
2. Add vinegar and all other liquids, not including sour cream.
3. Add garlic powder and Johnny's seasoning.
4. Add sour cream and mix.
5. Enjoy.

Kamilla Karabut

5th Grade – Andrea Hackler

Winter Forest Cookies

Ingredients

- 2 sticks of butter at room temperature
- 1 ½ cups of flour
- ½ cup of sugar
- 1 egg
- 1 egg white
- Vanilla extract
- Jam (any kind)

Directions

1. Preheat your oven 370 degrees Fahrenheit.
2. Mix butter and flour in a large bowl.
3. Add sugar, egg and egg white, vanilla to your butter and flour mixture.
4. Mix until it turns into dough.
5. Then split the dough in half.
6. Roll the dough flat the size of your pan.
7. Spread jam on the dough.
8. Get the remainder of dough and shred it on a cheese shredder and spread the shredded dough on your dough and jam.
9. When you are done put it into the oven.
Wait until they are golden brown.
10. When they are ready cut into squares and enjoy!



Natalie Earp and Cloe Rivers

5th Grade – Tracy Wolfington

Yogurt Parfait

Ingredients

- 16 ounces honey yogurt – Greek
- 4 tablespoons honey granola
- 5 strawberries
- 10 blueberries

Directions

1. Put two strawberries on the bottom.
2. Two tablespoons honey granola.
3. 16 ounces of honey yogurt.
4. 3 strawberries and 10 blueberries on the top.
5. Add the remaining granola.

Makenzie Nordness

4th Grade – Colleen DeLorenzo

Yummy Granola Bars

Ingredients**Dry Ingredients**

- ½ cup almonds (whole)
- ¼ cup almonds (slivered)
- ¼ cup flax seeds
- ¼ cup sunflower seeds
- 2 cup Craisins
- 2 cups oats
- 2 cups cheerios

Wet Ingredients

- ¾ cup peanut butter (creamy)
- ¾ cup honey
- 1 teaspoon vanilla
- 3 drops orange essential oil (optional)
- Cooking oil
- Wax paper

Directions

1. Mix dry ingredients in a large bowl and set aside.
2. In a small pan, heat wet ingredients on medium until the honey bubbles and is mixed well in the pan.
3. Pour about ½ of the hot mix into the dry mix and stir until everything is evenly coated.
4. Oil the bottom of a 9 x 13 inch pan. Use wax paper to press the mix firmly and evenly into the pan.
5. put the pan in freezer for 1 – 4 hours. Place in refrigerator, cut and serve once the bars have thawed.



Special Thanks

Event Judges

Shaunna Ballas
Snohomish School District School Board

Jay Hagen
Snohomish School District School Board President

Leah Hughes-Anderson
Snohomish School District School Board Vice President

Tom Laufmann
Executive Director of Business Services

David Johnston
Snohomish School District School Board

Josh Seek
Snohomish School District School Board

Chartwells Food Service Department Event Staff

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