

Cherry Crisp, Whole Wheat

Grain Based Dessert

HACCP: Non-Hazardous/Other

Healthier Kansas Recipe 215
USDA C-07, modified

Ingredients	120 Servings		Servings		Directions
	Weight	Measure	Weight	Measure	
Flour, white whole wheat Oats, rolled or quick Sugar, brown Margarine, liquid Cherries, canned, packed in water	1 lb 14 oz 1 lb 3 oz 1 lb 14 oz 2 lb	3 #10 cans			1. For topping: Combine flour, rolled oats, brown sugar and margarine. Mix until crumbly. Set aside for Step 8. 2. For filling: Drain cherries, reserving juice. For 105 servings, reserve 3 cups juice. Set juice aside. 3. Place one #10 can of drained cherries into each steam table pan (12" x 20" x 2½"). Use 3 pans for 100 servings.
Sugar, granulated Orange Juice, frozen, unsweetened Cornstarch	1 lb 4 oz	½ cup 1 cup			4. Combine ½ cup cherry juice with cornstarch. Stir until smooth. 5. Combine remaining cherry juice with sugar and orange juice concentrate. Cook juice mixture on medium heat for 2 minutes. 6. Add cornstarch to juice mixture. Cook over medium heat, stirring constantly until thickened, 3-4 minutes. Remove from heat and stir well.
					7. Divide liquid mixture among pans and mix. 8. Divide topping and spread evenly over top of pans. 9. Bake until the top is browned and crisp. Turn pans half way through the baking time to promote even baking. * Conventional oven: 425°F for 35-45 minutes * Convection oven: 350°F for 25-35 minutes 10. Cool. Cut each pan 5 x 8 (40 pieces per pan).

Serving Size	1 Serving Provides	Yield
1 piece cut 5 x 8	0.5 oz equivalent Grains (Grain Based Dessert) + 0.25 cup fruit	3 steam table pans

Cherry Crisp, Whole Wheat, continued

Nutrients Per Serving

Calories	171	Vitamin A	819.5 IU	Iron	1.64 mg
Protein	2.11 gm	Vitamin C	3.15 mg	Calcium	20.07 mg
Carbohydrate	27.79 gm	Fiber	2.09 gm	Cholesterol	0 mg
Fat	6.43 gm	% Fat	33.75 %	Sodium	67.15 mg
Saturated Fat	1.17 gm	% Saturated Fat	6.14 %		

Blueberry Oat Muffin, Whole Grain

Grains

HACCP: Non-Hazardous/Other

Healthier Kansas Recipe 28
(USD 349 Stafford, modified)

Ingredients	115 Servings		Servings		Directions
	Weight	Measure	Weight	Measure	
Applesauce, canned, unsweetened Egg, whole, raw, large Oil, soybean, salad or cooking Milk, lowfat, fluid, 1% Sugar, granulated	12 oz 1 lb 2 oz 1 lb 5 oz	¾ #10 can 9 each 1½ cups 2¼ cups 3 cups			1. Beat applesauce, eggs, oil, milk, and sugar until smooth.
Oats, rolled, dry Baking Powder Baking Soda Cinnamon, ground Flour, whole wheat	2 lb 5 oz 4 oz 1 oz 2 lb 4 oz	3 Tbsp			2. Combine oats, baking powder, baking soda, cinnamon, and flour. Add to applesauce mixture. Mix on low speed for 20-30 seconds, until all dry ingredients are moistened.
Blueberries, frozen, unsweetened	2 lb 8 oz				3. Add blueberries and mix on low speed (10-15 seconds) or by hand to incorporate into the batter. 4. Portion #20 scoop of batter into each muffin cup sprayed with pan release spray or lined with a paper liner. <i>Note:</i> Could also be baked in a 12" x 20" x 2" pan and cut 6 x 4 (use 1 pan per 24 servings). 5. Bake until lightly browned. Conventional oven: 375°F for 16-20 minutes Convection oven: 350°F for 12-16 minutes

Serving Size	1 Serving Provides	Yield
1 muffin	1 oz equivalent Grains + 0.125 cup fruit	115 Muffins

Nutrients Per Serving

Calories	134	Vitamin A	34.96 IU	Iron	0.97 mg
Protein	3.42 gm	Vitamin C	0.49 mg	Calcium	76.98 mg
Carbohydrate	21.35 gm	Fiber	2.61 gm	Cholesterol	14.78 mg
Fat	4.2 gm	% Fat	28.12 %	Sodium	180.9 mg
Saturated Fat	0.71 gm	% Saturated Fat	4.79 %		

Honey Apple Crisp, Whole Wheat

Grain Based Dessert

HACCP: Non-Hazardous/Other

Healthier Kansas Recipe 39
USDA C-01, modified

Ingredients	96 Servings		___ Servings		Directions
	Weight	Measure	Weight	Measure	
Flour, white whole wheat Oats, rolled or quick Sugar, brown Cinnamon, ground Margarine, liquid	2 lb 1 lb 1 lb 14 oz 1 lb 8 oz	3 Tbsp			1. For topping: Combine flour, rolled oats, brown sugar, cinnamon, and margarine. Mix until crumbly. Set aside for Step 6.
Apples, sliced, canned in water Water		2 #10 cans As needed			2. For filling: Drain apples, reserving juice. For 96 servings, add enough water to juice to make 3 cups liquid. Set liquid aside for Step 5. 3. Place 5 lb 9 oz (2 qt + 3¾ cups or 1 #10 can) apples into each steam table pan (12" x 20" x 2-1/2"). For 96 servings, use 2 pans.
Honey Cinnamon, ground Lemon Juice	1 lb 4oz 4 oz	1 Tbsp			4. Spread 10 oz honey, ½ Tbsp cinnamon and 1/4-cup lemon juice over apples in each pan. Stir to combine.
					5. Pour 1½ cups liquid over apples in each pan. 6. Divide topping among pans. Sprinkle 3 lb 6 oz, or approximately 2 qt + 1 cup, topping evenly over apples in each steam table pan. 7. Bake until topping is browned and crisp. * Conventional oven: 425° F for 35-45 minutes * Convection oven: 350° F for 25-35 minutes 8. Cool. Cut each pan 6 x 8 (48 pieces)

Honey Apple Crisp, Whole Wheat, continued

Serving Size	1 Serving Provides	Yield
1 piece cut 6 x 8	0.75 oz equivalent Grains (Grain Based Dessert) + 0.25 cup fruit	2 steam table pans

Nutrients Per Serving

Calories	173	Vitamin A	254.5 IU	Iron	1.43 mg
Protein	1.8 gm	Vitamin C	0.9 mg	Calcium	15.1 mg
Carbohydrate	28.24 gm	Fiber	1.37 gm	Cholesterol	0 mg
Fat	5.97 gm	% Fat	31 %	Sodium	61.57 mg
Saturated Fat	1.08 gm	% Saturated Fat	5.62 %		

Rice Crispy Bars, Whole Grain

Grain Based Dessert

HACCP: Non-Hazardous/Other

Healthier Kansas Recipe 82

Ingredients	96 Servings		Servings		Directions
	Weight	Measure	Weight	Measure	
Margarine, liquid Marshmallows Cereal, Crispy Rice, whole grain Pan Release Spray	12 oz 3 lb 12 oz 3 lb	As needed			1. Heat oven to 200°F. 2. Add margarine and 1 lb 4 oz of marshmallows in each full 2" steam table pan (12" x 20" x 2"). Mix. 3. Return to oven. When marshmallows are completely melted remove from oven and gently mix in 3 quarts of cereal per pan. 4. Press mixture evenly and lightly into the pan. Spray utensil or gloved hands with pan release spray to prevent sticking to the mixture. 5. Cool completely before cutting. Cut each pan 4 x 8.

Serving Size	1 Serving Provides	Yield
1 each	0.5 oz equivalent Grains (Grain Based Dessert)	3 steam table pans

Nutrients Per Serving

Calories	133	Vitamin A	717.1 IU	Iron	4.25 mg
Protein	1.24 gm	Vitamin C	7.09 mg	Calcium	0 mg
Carbohydrate	25.99 gm	Fiber	0.47 gm	Cholesterol	0 mg
Fat	3.02 gm	% Fat	20.38 %	Sodium	118.8 mg
Saturated Fat	0.51 gm	% Saturated Fat	3.42 %		

Royal Brownies, Whole Wheat

Grain Based Dessert

HACCP: Non-Hazardous/Other

Healthier Kansas Recipe 62
USDA C-21, modified

Ingredients	100 Servings		Servings		Directions
	Weight	Measure	Weight	Measure	
Salad Oil		1½ cup			1. Cream oil, sugar, vanilla and applesauce in mixer with paddle attachment for 5 minutes on medium speed. Scrape down sides of bowl.
Sugar, granulated	3 lb 4 oz				
Vanilla Extract		1 Tbsp			2. Add eggs and mix for 1 minute on medium speed. Scrape down sides of bowl.
Applesauce, unsweetened	2 lb 8 oz	4½ cup			
Egg Whites, raw	1 lb 8 oz	20 large			3. In a separate bowl, combine flour, cocoa and baking soda. Mix for 1 minute on medium speed.
Flour, white whole wheat	1 lb 14 oz				
Cocoa Powder, unsweetened	12 oz				4. Add dry mixture to creamed ingredients and mix for 30 seconds on low speed, then for 1 minute on medium speed. Batter will be very thick.
Baking Soda	2 Tbsp				
Pan Release Spray		As needed			5. Spread batter evenly in a full sheet pan (18" x 26" x 1") which has been lightly coated with pan release spray.
					6. Bake until set but still moist in the center: * Conventional oven: 350°F for 20-30 minutes * Convection oven: 300°F for 18-25 minutes
Powdered Sugar		As needed			7. Cut each pan 10 x 10.
					Optional: Brownies may be lightly dusted with powdered sugar.

Serving Size	1 Serving Provides	Yield
1 each	0.5 oz equivalent Grains (Grain Based Dessert)	1 sheet pan (cut 10x10)

Nutrients Per Serving

Calories	130	Vitamin A	3.29 IU	Iron	0.97 mg
Protein	2.51 gm	Vitamin C	0.14 mg	Calcium	9.45 mg
Carbohydrate	24.26 gm	Fiber	2.25 gm	Cholesterol	0 mg
Fat	3.89 gm	% Fat	26.96 %	Sodium	87.87 mg

Snickerdoodles, Whole Wheat

Grain Based Dessert

HACCP: Non-hazardous/Other

Healthier Kansas Recipe 19
(USD 267 Renwick, modified)

Ingredients	100 Servings		Servings		Directions
	Weight	Measure	Weight	Measure	
Margarine, liquid	1 lb	2 cups			<ol style="list-style-type: none"> 1. Cream margarine and sugar in mixer with paddle attachment on medium speed for 10 minutes. 2. Add eggs, vanilla, and milk. Mix for 1 minute on low speed or until smooth. Scrape down bowl. 3. In a separate bowl, combine flour, baking powder, baking soda, salt, nutmeg, and cinnamon. Gradually add to the creamed mixture and mix for 1 minute on low speed until blended. 4. Place on sheet pan with parchment paper. Portion with a #40 scoop.
Sugar, granulated	2 lb				
Eggs, whole, raw		5 large			
Vanilla Extract		1 Tbsp 1 tsp			
Milk, fluid, 1%	4 oz				
Flour, whole wheat	2 lb 8 oz				
Baking Powder		1 Tbsp 1 tsp			
Baking Soda		2 tsp			
Salt		2 tsp			
Nutmeg		1½ tsp			
Cinnamon, ground		1 Tbsp 1 tsp			
Sugar, granulated	8 oz				<ol style="list-style-type: none"> 5. Combine sugar and cinnamon and sprinkle over cookies. 6. Bake until light brown: Convection oven 350°F for 6 minutes or Conventional oven 375°F for 8 minutes.
Cinnamon, ground		1 Tbsp			

Serving Size	1 Serving Provides	Yield
1 cookie	0.5 oz equivalent Grains (Grain Based Dessert)	100 cookies

Nutrients Per Serving

Calories	120	Vitamin A	177.6 IU	Iron	0.5 mg
Protein	1.86 gm	Vitamin C	0.01 mg	Calcium	19.55 mg
Carbohydrate	19.81 gm	Fiber	1.31 gm	Cholesterol	9.36 mg
Fat	4.11 gm	% Fat	30.8 %	Sodium	131.86 mg
Saturated Fat	0.79 gm	% Saturated Fat	5.93 %	Trans Fat	0.00 gm

Whole Wheat Cinnamon Puff, 51%

Grain Based Dessert

HACCP: Non-Hazardous/Other

Healthier Kansas Recipe 46

Ingredients	100 Servings		Servings		Directions
	Weight	Measure	Weight	Measure	
Dough from Whole Wheat Roll, 51%,(HKM Recipe 877)	6 lb 4 oz (1 recipe for 100 rolls)				1. Form 1 oz rolls from dough. Place in rows of 7 across and 10 down on sheet pans (18" x 26" x 2") lined with pan liners. 2. Place in a warm area (about 90°F) until double in size (about 30-50 minutes).
Sugar, granulated Cinnamon, ground	3 oz	6 Tbsp 1½ Tbsp			
Butter-Flavored Spray	As Needed				3. Mix sugar and cinnamon in a separate bowl. 4. When rolls have risen, spray evenly with butter-flavored spray so that roll tops are covered. 5. Sprinkle cinnamon sugar over the tops of the rolls, 2 oz per pan. 6. Bake until lightly browned. Turn pans half-way through the baking time to promote even baking. * Conventional oven: 400°F for 18-20 minutes * Convection oven: 350°F for 12-14 minutes Recommended internal temperature for baked rolls is 196-198°F.
Powdered Sugar Vanilla Extract Water	10 oz 2 oz	2 cups 1 Tbsp ¼ cup			

Serving Size	1 Serving Provides	Yield
1 each	1.0 oz equivalent Grains (Grain Based Dessert)	100 rolls

Nutrients Per Serving

Calories	101	Vitamin A	27.16 IU	Iron	0.86 mg
Protein	2.33 gm	Vitamin C	2.34 mg	Calcium	20.97 mg
Carbohydrate	18.42 gm	Fiber	1.26 gm	Cholesterol	0.20 mg
Fat	2.22 gm	% Fat	19.73 %	Sodium	117 mg
Saturated Fat	0.33 gm	% Saturated Fat	2.95 %		

Blueberry Bread Pudding

HACCP Process: _____ 1 – No Cook **X** 2 – Cook & Same Day Serve _____ 3 – Cook, Cool, Reheat, Serve _____ 4 – SOP Controlled

Ingredients * Indicates a commodity item (Local) Indicates a local item	Servings		Directions: Include <i>step-by-step instructions</i> , the <i>critical control points (CCP)</i> (specific points at which a hazard can be reduced, eliminated or prevented) and <i>critical limit</i> (time and/or temperature that must be achieved to control a hazard).
	50	100	
Blueberries*	1 lb	2 lbs	In a large bowl, combine blueberries and day old cubed bread; spoon into spray coated steam table pan; set aside. Combine sugar, cornstarch, and salt; add eggs and vanilla. Mix until blended, do not whip. Gradually stir in milk. Pour egg mixture evenly over blueberry bread mixture in pans. Bake at 325° degrees for 1 hour or until custard tests done. Store in refrigerator.
Whole wheat bread (Local)	2 lbs + 4 oz	4 ½ lbs	
Sugar	1 lb	2 lbs	
Cornstarch	1/3 cup	2/3 cup	
Salt	½ tsp	1 tsp	
Eggs, fresh or frozen*	8 large	16 large	
Vanilla extract	1 ½ Tbsp	3 Tbsp	
Milk (Local)	2 quarts	1 gal	

Serving Size ¼ cup

Pan Size 2" deep steam table pan

Yield _____

Number of Pans 1

Oven Temperature & Baking Time:

	Temperature	Minutes
Conventional	<u>325</u>	<u>60</u>
Convection	<u>275</u>	<u>60</u>

1 Serving Provides:

_____ Meat/Meat Alternative
 _____ Fruit
0.5 oz. Grains/Breads (0.5 oz. whole grain)
 _____ Vegetable

If available, **Nutrition Analysis:** **Serving Size:** _____

<u>125</u> Calories	<u>0.90</u> Saturated Fat (g)	<u>0.3</u> Vitamin C (mg)
<u>4.98</u> Protein (g)	<u>150</u> Sodium (mg)	<u>118</u> Vitamin A (IU)
<u>2.31</u> Total Fat (g)	<u>1.64</u> Fiber (g)	<u>73.8</u> Calcium (mg)
<u>17</u> % Calories from Total Fat		<u>0.68</u> Iron (mg)

This recipe is from Brenda Hess at Canyon Creek School, Billings, Montana.

Carrot Muffin

HACCP Process: _____ 1 – No Cook X 2 – Cook & Same Day Serve _____ 3 – Cook, Cool, Reheat, Serve _____ 4 – SOP Controlled

Ingredients * Indicates a commodity item (Local) Indicates a local item	Servings		Directions: Include <i>step-by-step instructions</i> , the <i>critical control points (CCP)</i> (specific points at which a hazard can be reduced, eliminated or prevented) and <i>critical limit</i> (time and/or temperature that must be achieved to control a hazard).
	50	100	
Egg Vegetable oil* Vanilla extract Carrots, pureed (Local) All-purpose flour* Whole wheat flour* Brown sugar Cinnamon Nutmeg Baking soda Baking Powder Salt Carrots, shredded (Local)	8 1/3 large 1 1/3 cup + 1/2 Tbsp 1/4 cup + 1/2 tsp 1 qt + 1/8 cup 1 qt + 1/8 cup 1 qt + 1 1/4 cups 3 1/8 cups 2 Tbsp + 2 3/8 tsp 2 1/8 tsp 2 1/8 tsp 1 Tbsp + 1 1/8 tsp 2 1/8 tsp 2 qt + 1/4 cup	16 2/3 large 2 3/4 cup + 1 tsp 1/2 cup + 1 tsp 2 qts + 1/4 cup 2 qt + 1/4 cup 2 qt + 2 1/2 cup 1 qt + 2 1/4 cup 1/3 cup + 5/8 tsp 1 Tbsp + 1 1/8 tsp 1 Tbsp + 1 1/8 tsp 2 Tbsp + 2 3/8 tsp 1 Tbsp + 1 1/8 tsp 1 gal + 3/4 cup	Whisk eggs, add oil and vanilla and whisk again. Add pureed carrots and mix well. Add flours, sugar, spices, baking soda, baking powder, and salt to wet ingredients and mix with rubber spatula. Batter will seem thick but will loosen up as you gently mix more. Fold in shredded carrots. Use ice cream scoop to fill 1/2 cup muffin tins with liners. Bake at 300 degrees (convection) until toothpick comes out clean. 22-25 minutes. A dollop of whipped cream on top really sells these to the students. Bonus: each muffin has 1/4 cup of fresh carrot so it can be used as a veg.

Serving Size 1 muffin

Pan Size _____

Yield _____

Number of Pans _____

Oven Temperature & Baking Time:

	Temperature	Minutes
Conventional	<u>335</u>	<u>22-25</u>
Convection	<u>300</u>	<u>22-25</u>

1 Serving Provides:

	Meat/Meat Alternative
	Fruit
<u>0.75 oz.</u>	Grains/Breads (0.25 oz. whole grain)
<u>1/4 cup</u>	Vegetable (1/4 cup red/orange)

If available, **Nutrition Analysis:** **Serving Size:** _____

<u>213</u> Calories	<u>1.16</u> Saturated Fat (g)	<u>1.6</u> Vitamin C (mg)
<u>4.17</u> Protein (g)	<u>266</u> Sodium (mg)	<u>5251</u> Vitamin A (IU)
<u>7.30</u> Total Fat (g)	<u>2.85</u> Fiber (g)	<u>59.8</u> Calcium (mg)
<u>30</u> % Calories from Total Fat		<u>1.47</u> Iron (mg)

This recipe is from Jay Stagg at Muldown Elementary School in Whitefish, Montana.