

Pop Tarts

Amount	Ingredient
2 cups	All purpose flour
1 Tablespoon	Sugar
1 teaspoon	Salt
1 cup	Butter, unsalted, cut into cubes
1	Egg
2 Tablespoons	Milk or cold water
As needed	Jam (or other desired fillings)
1 cup	Confectioner sugar
2-3 Tablespoons	Milk or water or citrus juice
As needed	Sprinkles

Method of Preparation

1. Whisk together flour, sugar, and salt.
2. Work in butter with hands until the mixture holds together pea-sized lumps.
3. Mix egg and milk or water and add to dough until dough completely comes together.
4. Divide dough in half and refrigerate for about 30 minutes or overnight.
5. Preheat oven to 350°F.
6. Line sheet pan with parchment paper.
7. Roll and cut into 3" x 4" rectangles (or desired shapes) and fill with jam or other fillings.
8. Bake for 30-35 minutes until golden brown. Cool slightly and serve.
9. For Icing: Whisk confectioner sugar and liquid until smooth. Drizzle on tarts and add sprinkles if desired.

Fruit Pops

Amount	Ingredient
12 ounces	Frozen mixed fruit
1 Tablespoon	Honey
As needed	Water

Method of Preparation:

1. Combine all ingredients in a high-speed blender until smooth.
(Add enough water just to help blend the mixture)
2. Divide amongst small cups, popsicle molds, or ice cube trays and insert a toothpick, or plastic utensil.
3. Freeze overnight or until solid.

*Note: instead of honey and water, a simple syrup (1:1 water: sweetener) can be used and combined with fresh mint in a blender. Strain and then puree with fruit.

Oatmeal

Amount	Ingredient
1 cup	Water, milk, or non-dairy milk
½ cup	Rolled oats
Desired Toppings:	
	Cinnamon
	Maple syrup or honey
	Nuts or seeds (almond, walnuts, sunflower seeds etc.)
	Dried fruit (raisins, cranberries, apricots etc.)
	Nut butters
	Frozen fruit

Method of Preparation:

1. In a medium saucepan, bring liquid to a boil.
2. Add oats and simmer for about 10-15 minutes or until all the liquid is absorbed. (If using frozen fruit add at this point and allow to defrost for about 1 minute)
3. Top as desired and serve immediately.

Turkey Meatballs & Penne

Amount	Ingredient
½ cup	Plain breadcrumbs
¼ cup	Parmesan cheese
¼ cup	Fresh herbs (basil, parsley)
1/8 cup	Whole milk, room temperature (optional)
½ Tablespoon	Tomato paste
½ teaspoon	Salt
½ teaspoon	Pepper
1	Eggs
1 clove	Garlic, minced
½	Onion, chopped (or 1 teaspoon onion powder)
1 pound	Turkey, ground
As needed	Olive oil
1 pound	Penne, cooked

Method of Preparation:

1. Preheat oven to 400°F.
2. Line sheet pan with parchment paper.
3. Combine all ingredients except turkey and penne in a large bowl. Blend with a wooden spoon.
4. Add ground turkey and mix with hand to fully incorporate.
5. Using a 1-ounce ice cream or cookie scoop, portion and form meatballs. Place on prepared sheet pan.
6. Drizzle with olive oil and bake about 15-20 minutes or until internal temperature reaches 165°F.
7. Serve over cooked penne and top with tomato sauce.

Homemade Tomato Sauce

Amount	Ingredient
As needed	Olive oil
3 cloves	Garlic, minced
½	Onion, chopped
1, 28 ounce can	Crushed tomatoes
1 teaspoon	Salt
1 teaspoon	Pepper
As desired	Fresh or dried basil, parsley, oregano

Method of Preparation:

1. Heat olive oil in a medium size saucepan.
2. Add garlic and oil and sauté until fragrant.
3. Add remaining ingredients. Bring to a boil, then simmer for at least 20 minutes. Serve warm.

“Soda”

Amount	Ingredient
1 liter	Seltzer water
2-3 cups	100 % Juice (Orange, Cranberry, Apple)

Method of Preparation:

1. Combine seltzer and desired juice. Chill and serve.

Vegetable Dip

Amount	Ingredient
1 cup	Plain yogurt
1 cup	Sour cream
½ teaspoon	Garlic powder
½ teaspoon	Onion powder
2 Tablespoons	Parsley, fresh, chopped
To taste	Salt
To taste	Pepper

Method of Preparation:

1. Combine all ingredients in a mixing bowl.
2. Season to taste. Chill and serve.

Oatmeal Raisin Cookies

Amount	Ingredient
1 ½ cups	Oats
1 cup	Whole wheat flour
¼ teaspoon	Salt
½ cup	Maple Syrup
1/3 cup	Oil (vegetable, coconut) or butter, melted
1 teaspoon	Vanilla extract
2/3 cup	Raisins

1. Preheat oven to 350°F. Line sheet pan with parchment paper.
2. In medium size bowl combine dry ingredients.
3. In separate bowl combine wet ingredients.
4. Add dry to wet and mix until combined. Mix in raisins.
5. Scoop onto prepared sheet pans and bake about 15 minutes.