

recipe : SWEETS

from the kitchen of
Celina City Schools'
Staff Members

serves

prep time

ingredients

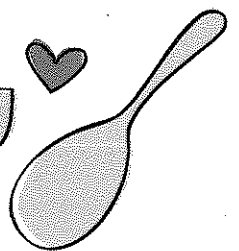
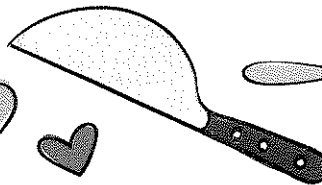
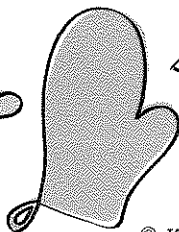
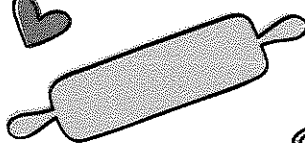
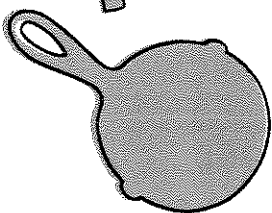
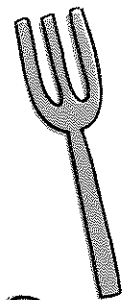
instructions

Lots of healthy foods!

Enjoy these recipes and feel great!

notes

We hope you will try some of the recipes from our Healthy Recipe Day sponsored by the Wellness Committee. Enjoy eating healthy! Don't forget to get moving!



Pineapple Angel Food Cake

Ingredients

1 box (1-step) angel food cake mix

1 large can crushed pineapple in juice (20oz.)

Put dry cake mix in bowl (do not add the water as directed on the box).

Add entire can of pineapple with juice. Mix carefully until all dry mix is

incorporated. Pour into 9x13 pan,. Bake at 350 degrees for time on box for size pan

(around 30-40 minutes-when sides pull away from pan).Can also use low calorie cherry,

blueberry, or lemon canned pie filling instead of pineapple.

Servings Per Recipe: 12 Calories: 147.9 Total Fat: 0.2 g Cholesterol: 0.0 mg

Cindy Buscher

WEIGHT-WATCHERS CAKE

350°
30-34 MIN.

- (1) Box White Cake Mix
 - (1) 12oz. Can Diet Big-Red Pop
- MIX ABOVE & BAKE ACCORDING TO CAKE DIRECTIONS.
SPREAD CAKE IN PAN
- ICING - (1) 8oz Tub Fat-Free Cool Whip &
(1) .30 oz Sugar Free Strawberry Jello - Mix Well
Top w/ SLICED STRAWBERRIES.
- SPRAY 9x12 PAN w/ FAT FREE COOKING SPRAY

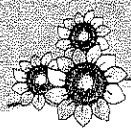


CAN ALSO USE DIET MOUNTAIN DUE & PISTACHIO
(INSTEAD OF RED POP)
PUDDING (INSTEAD OF STRAWBERRY JELLO) TO MAKE
A GREEN CAKE.

C. J. PUTHOFF

Recipe for Frozen Graham

sandwiches

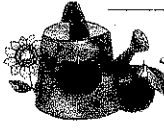


From Jenine Beeth

Prep Time _____ Cooking Time _____ Serves _____

Can be made ahead _____ Can be frozen for _____

1 container light cool whip
1 box cinnamon or chocolate graham



Split graham in half top
with cool whip then another

graham. Continue until all cool whip is used. Store in an air tight container in your freezer. Eat instead of ice cream sandwiches!

Deb Lehman
East

RECIPE FOR: Peanut Butter and Banana Muffins with Carrots
FROM: Deb Lehman
SERVES: 12 muffins

- * mini semi sweet chocolate chips
- 1 cup firmly packed light brown sugar
- 1/2 cup natural peanut butter
- 1/2 cup carrot or cauliflower puree
- 1/2 cup banana puree
- 1 large egg white
- 1 cup whole wheat flour
- 1 tsp. baking powder
- 1 tsp. baking soda
- 1/2 tsp. salt

1. Preheat oven to 350° F. Coat a 12 cup muffin tin with cooking spray or line with paper baking cups.

2. In a large mixing bowl, mix 1/2 cup of the brown sugar,



- with the peanut butter, the vegetable and banana purees, and the egg white, using a wooden spoon.
3. Put the flour, baking powder, baking soda, and salt in a bowl or zipper-lock bag and stir or shake to mix. Add to the bowl with the peanut butter mixture and stir just to combine (the batter will be a little lumpy - do not overmix). Add the remaining 1/2 cup of brown sugar and stir once or twice. Add mini choc. chips if you wish.
4. Divide the batter among the muffin cups and bake until the muffins are lightly browned and a toothpick comes out clean - 15-20 min.
5. Store in an airtight container at room temp. for up to 2 days, or wrap individually and freeze for up to 1 month.

Homemade Kettle Corn

(3 servings)

Kim Gause East

1/4 cup unpopped popcorn

1 T maple syrup

1 T chunky or smooth peanut butter

Pop popcorn. In a small bowl in the microwave, heat peanut butter and maple syrup for 30 seconds. Pour over popcorn, add a dash of salt, mix together. 3 g. fat
Per serving: 80 cal. 11.8g carbohydrates 2.3 g. protein

Longaberger®



Recipe For: Weight Watchers' Key Lime
From: Kay Grimes Dessert
Ingredients: (Low Fat) (U)

- 2 sm. pkg. lime jello (sugar free)
- 1/2 cup boiling water - dissolve.
- Stir in 4 (8oz) containers of
"Key Lime Pie" low-fat yogurt.
- Stir in 12-16 oz. Lite Whip topping.
- Pour over crushed graham crackers (two pkgs.)
with 1/2 cup melted butter stirred in w/it.
- Press graham cracker mixture bottom of 9x13.
- May top w/ left over Cool Whip &/or extra crumbs.

Banana Oatmeal Muffins Michelle Houts

- 2 1/2 c. oats
 - 1 c. plain low-fat greek yogurt
 - 2 eggs
 - 1/2 c. honey
 - 2 tsp baking powder
 - 1 tsp baking soda
 - 1 tsp vanilla
 - 2 ripe bananas
 - 2 TBSP ground flax seed
-

Preheat oven to 400°. Line muffin tins w/ foils or papers. Place oats in food processor or blender. Pulse for 10 secs. Add all remaining ingredients.* Process until smooth. Pour into liners. Bake 18-20 mins.

*Can add nuts or choc. chips for the Kiddos. ;)

Strawberry Mist Cake

"Weight Watchers Cake"

- 1 Pillsbury strawberry cake mix
- 1 Can of Diet Sierra Mist

* Mix ingredients until moistened. Beat with a mixer for 2 minutes. Grease + flour a 13" x 9" pan + pour in batter. Bake in oven at 350°F for 30 minutes. Cool + top with Cool Whip + strawberries. (Nutrition over)

1/12 of cake

Calories - 175

Fat Grams - 3.5g

Sugar - 21g

Jean
Luttmers
WEST

SUGAR FREE - OIL FREE - APPLE CAKE

- 1 - Sugar free yellow cake mix
- 5 - egg whites
- 20-28 oz. sugartfree applesauce

CARDL
HONEY

Beat egg-whites til foamy; pour in
applesauce + mix well. Add cake
mix and mix for 1 minute.

Pour in 13x9 pan - greased + floured
Bake 35 min. at 350°. Top w/ cinnamon

Handwritten
signature

Weight Watchers Cake - Lori Mullin

- 1 box White Cake Mix
- 1 can diet Orange Soda (or any diet flavor)
- Mix together dry cake mix & soda only.
- Bake per box directions

Topping

- Fat Free Cool Whip - 1 small tub
- Sugar Free Jello - Dry - mix into tub of Cool Whip
* Flavor to match cake
- can add fruit to top if desired

- FYI --- “original” Fun Dip**

Lik-M-Aid Fun Dip Stick (Willy Wonka)

Serving Size: 1 stick, Calories: 75, Fat: 0g, Carbs: 19g, Protein: 0g

Plus Lik-M-Aid Fun Dip (Cherry Yum) (Wonka)

Serving Size: 1 pack, Calories: 50, Fat: 0g, Carbs: 13g, Protein: 0

Total: 125 Calories – 32g carbs - Nutritional Value – none ☹

HEALTHY VERSION “Sparking-fun-DIP”

Recipe: ½ medium apple – sliced & ¼ packet of AdvoCare Spark Energy Drink *Mandarine Orange or *Fruit Punch

	½ apple	¼ Spark serving	Total: DV = Daily Value
Calories:	65	12	77 calories (4% based on 2,000)
Carbs:	17g	3g	20 carbs (8 % DV)
Vitamin A:	1% DV	5 % DV	6 % DV
Vitamin C:	10% DV	75 % DV	85% DV
Vitamin E:	15 % DV	25 % DV	40% DV
Vitamin B-6:	3% DV	187.5 % DV	190.5% DV
Vitamin B-12:	0 % DV	187.5 % DV	187.5% DV
Dietary Fiber:	12% DV (3g)	-	12% of DV
Niacin:	1 % DV	75 % DV	76 % DV
Riboflavin:	2 % DV	50 % DV	52 % DV
Thiamine:	1 % DV	50 % DV	51 % DV

From: Wendy Mitchell-Payne – CHS! 😊

* FRUIT & NUT BARS ↑

1/2 cup of...

— pecans, walnuts, dates (pitted),
dried figs, dried cranberries, &
dried apricots.

— 1 Tbsp o.j. (some orange zest
also)

COMBINE ALL BUT O.J. & ZEST
IN A FOOD PROCESSOR. THEN ADD
O.J. & FORM BALLS. AIR DRY
2 HRS & THEN REFRIGERATE UNTIL
SERVED.

APPROXIMATE

CALORIES: 70 per 2 balls

FAT: 4 grams

CARBS: 25 grams

PROTEIN: 5 grams

FROM:
CHEVY
PEREE

Recipe for: ~~Chocolate~~ Brownies

from: Amy Mescher serves: 12

3oz. semisweet or bittersweet chocolate ^{or wheat flour}
 1/2 cup carrot puree ^{3/4 cup oat flour, or all purpose flour}
 1/2 cup spinach puree ^{1/2 t. baking powder}
 1/2 cup firmly packed light or dark brown sugar ^{1/2 t. salt}
 1/4 cup unsweetened cocoa powder
 2 T. trans-fat-free soft tub margarine
 2 t. pure vanilla extract
 2 large egg whites

- ① Preheat oven 350° F, Coat 8x8 inch pan w/spray
- ② Melt chocolate
- ③ In large bowl, combine melted chocolate, vegetable puree, sugar, cocoa powder, margarine, & vanilla and whisk until smooth about 1-2 minutes.
- ④ Whisk in egg whites. Stir in flour, baking powder, & salt
- ⑤ Pour batter into the pan & bake 35-40 min.

Amount Per Serving:

Cal: 122	Fat: 3.3g	Cholest: 0.0mg	Sodium: 163.5mg	Carbs: 22.0g
Dietary Fiber: 2g		Protein: 2.7g		

Diet Coke Brownies

1 box fudge brownie mix (9 x 13 pan size)

1 (12 oz.) can Diet Coke

Preheat oven to 350 degrees.

Mix coke and brownies.

Bake according to package directions.

Janelle Kaiser



Better for You Brownies
(Barbie German) East

1 box brownies

$\frac{1}{4}$ c. water

$\frac{2}{3}$ c. applesauce

(replaces 2 eggs)

$\frac{1}{2}$ c. applesauce

(replaces $\frac{2}{3}$ c. oil)

Mix ingredients well.

Put in greased pan &
bake according to box
directions. You may
have to bake longer.

count your
blessings



Berry Cobbler

Jaylle
Kaiser

Servings: 16
Serving Size: 1/16th
Calories: 140.4
Fat: 2.9 g
Fiber: 1.3 g
Protein: 1.4 g
Old Points: 3 pt
Points+: 4 pts+

Ingredients

Two 12-oz bags frozen mixed berries/peaches
1 box white cake mix
Approximately 1 can of diet 7-up or other clear soda
(might need more than 1 can of soda to avoid dry spots)

Instructions

Place frozen fruit in a 9x13 baking dish. Add dry cake mix over the top. Pour soda slowly over cake mix. DO NOT stir the cake mix and the soda - this will give you a 'crust'. If you stir the two, you will have a cake like topping.

Bake 350 for 45-50 min or longer until berries are cooked.

Molly
Moorman
East

LOW FAT Pumpkin Pie

Ingredients

- 1 (15-ounce) can pumpkin (about 2 cups)
- 1 (14-ounce) can fat free Sweetened Condensed Milk
- 8 egg whites
- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground ginger
- 1/2 teaspoon ground nutmeg
- 1/2 teaspoon salt
- 1 (9-inch) unbaked pie crust

Directions

Preheat oven to 425°F.

Whisk pumpkin, condensed milk, egg whites, spices and salt in medium bowl until smooth.

Pour into crust. Bake 15 minutes.

Reduce oven temperature to 350°F and continue baking 35 to 40 minutes or until knife inserted 1 inch from crust comes out clean. Cool. Garnish as desired. Store leftovers covered in refrigerator.

Kelly Keck

Heavenly Pumpkin Spice Cake

THIS ULTRA-EASY, REDUCED-FAT PUMPKIN CAKE is lightly textured like a chiffon cake and perfectly scented with pie spices. Baked as a sheet cake, it's perfect for a potluck or last-minute dinner guests. Finish it off with light whipped topping and a sprinkle of cinnamon to keep it extra light or top with whipped cream cheese frosting for a little bite of heaven.

MAKES 15 SERVINGS

1 box angel food cake mix
¾ cup canned pumpkin
1¼ teaspoons cinnamon
½ teaspoon nutmeg
¼ teaspoon ginger
⅛ teaspoon cloves
(optional)

1. In a large bowl, with an electric mixer, make angel food cake according to package directions. In a small bowl, mix spices into pumpkin and then carefully fold pumpkin by spoonfuls into angel food cake batter, taking care not to deflate batter.
2. Spoon batter into an ungreased 9 x 13-inch pan and smooth. Bake for 35 minutes or until cake looks dry and springs back when touched. Remove from oven and cool cake upside down. When cool, frost, or serve the cake with whipped topping, if desired.

Marlene Says: Frosting the cake with 1 (8-ounce) tub light whipped topping adds 30 calories and 3 grams of carbohydrate per piece. Be sure your bowl and beaters are clean and free of any grease or oil before making this cake.

NUTRITION INFORMATION PER SERVING (1 piece): Calories 115 | Carbohydrate 26g (Sugars 23g) | Total Fat 0g (Sat Fat 0g) | Protein 3g | Fiber 0g | Cholesterol 0mg | Sodium 30mg | Food Exchanges: 2 Carbohydrate | Carbohydrate Choices: 1½ | Weight Watcher Plus Point Comparison: 2

LOW CAL OATMEAL BLUEBERRY MUFFINS

1/2 cup flour
1 3/4 cup uncooked oatmeal
5 tablespoons Splenda brown sugar blend
1 tablespoons baking powder
1/2 teaspoon salt
1 cup skim milk
1/4 cup Egg Beaters or 1 egg equivalent
1/2 cup unsweetened apple sauce
2 tablespoons vanilla extract
1 to 1 1/2 cup blueberries (if using frozen, thaw first)
1 tablespoon Splenda
1 tablespoon ground cinnamon

Preheat oven to 375°F.

Line 12 2-1/2 inch muffin pan cups with paper baking cups

In a medium mixing bowl, combine flour, oatmeal, brown sugar blend, baking powder, and salt. Mix well with a spoon.

In a small bowl, using a spoon or fork, combine vanilla extract, skim milk, Egg Beaters, and apple sauce. Mix well.

Add this mixture to flour mixture and beat until ingredients are well blended. Fold in the blueberries.

Pour an equal amount of batter into each cup until cups are about 2/3 to 3/4 full.

Combine Splenda and cinnamon; sprinkle evenly over muffins.

Bake for 20-25 minutes or until lightly browned and a toothpick inserted in center comes out dry.

Each muffin provides approximately 115 calories, .9 g fat, 0mg Cholesterol, 120 mg Sodium, 21.9 g Carbohydrates including 2.1 g of Dietary Fiber and 8.3 g Sugar, and 3.8 g Protein.

Mandarin Orange Oatmeal Cookies

Serving Size: 2 cookies

Calories: 60

Fat: 1 g

Carbs: 12 g

Dietary Fiber: 1 g

Protein: 2 g

Good source of **Vitamin A, C, E, B-6, B-12, Thiamine, Riboflavin, Niacin, Folic Acid, Iron**

Recipe:

One 17.5 ounce package of Oatmeal Cookie Mix

2 Packets of Advocare Mandarin Orange Spark Energy Drink Mix

1 egg

6 tablespoons water

1/3 cup vegetable oil

Mix dry ingredients thoroughly. Add egg, water and oil and mix well. Follow directions on cookie mix for oven temp and cook-time.

Made by WENDY MITCHELL-PAYNE ☺

Linda WHITE

LOW CAL OATMEAL BLUEBERRY MUFFINS

1/2 cup flour
1 3/4 cup uncooked oatmeal
5 tablespoons Splenda brown sugar blend
1 tablespoons baking powder
1/2 teaspoon salt
1 cup skim milk
1/4 cup Egg Beaters or 1 egg equivalent
1/2 cup unsweetened apple sauce
2 tablespoons vanilla extract
1 to 1 1/2 cup blueberries (if using frozen, thaw first)
1 tablespoon Splenda
1 tablespoon ground cinnamon

Preheat oven to 375°F.

Line 12 2-1/2 inch muffin pan cups with paper baking cups

In a medium mixing bowl, combine flour, oatmeal, brown sugar blend, baking powder, and salt. Mix well with a spoon.

In a small bowl, using a spoon or fork, combine vanilla extract, skim milk, Egg Beaters, and apple sauce. Mix well.

Add this mixture to flour mixture and beat until ingredients are well blended. Fold in the blueberries.

Pour an equal amount of batter into each cup until cups are about 2/3 to 3/4 full.

Combine Splenda and cinnamon; sprinkle evenly over muffins.

Bake for 20-25 minutes or until lightly browned and a toothpick inserted in center comes out dry.

Each muffin provides approximately 115 calories, .9 g fat, 0mg Cholesterol, 120 mg Sodium, 21.9 g Carbohydrates including 2.1 g of Dietary Fiber and 8.3 g Sugar, and 3.8 g Protein.

Black Bean Brownies 350° 15 min

1 can black beans rinsed & drained

2 +bsp COCOA

1/2 c quick oats

touch of salt

1/3 c honey

2 +bsp sugar

1/4 c oil

2 tsp vanilla

1/2 tsp baking powder

put all in blender, blend till liquified
put in 8x8 pan let stand 10 min, bake
15 min, can add choc chips.

Patricia Harrod

CIS

Snack Cake Recipe:

1 sm. box chocolate sugar free
instant pudding

2 c. skim milk

1 box chocolate cake mix

2 c. chocolate chips (use mini
& not as much)

Whisk together pudding & milk
as directed on pkg. Add dry
cake mix & whisk until well
blended. Stir in chocolate chips.

Pour into greased 9x13 pan. Bake @
350° for 35-40 min.

You can use vanilla pudding
w/ yellow cake mix or any
other flavors you prefer

Enjoy!!

Tami Hatye

Teresa Hoyng EAST

Granola

1 cup honey
1 cup peanut butter
4 cups oats

Brown!!

~ Add chocolate chips
if you want!

RECIPE FOR: No-Bake Energy Bites

FROM: Kim Beckstedt

SERVES: 20 balls

1 cup dry oatmeal
2/3 cup Rice Krispies
1/2 cup natural pt. butter
1/2 cup ground wheat germ
1/2 cup mini choc. chips
1/3 cup honey
1 tsp vanilla

Stir all ingredients / Chill
for 1/2 hr. Once chilled roll
into 1" balls. Store in airtight
container in refrigerator up to
1 week



Kit's Breakfast Trail Mix

Kit Wiechart
CIS

1 Bag of Malt & Meal Frosted Mini Spooners

1 Bag of Craisins (Cranberrys)

1 Bag of Craisins (Blueberry)

$\frac{3}{4}$ Box of Multigrain Cheerios

$\frac{3}{4}$ Box of Honey Bunches of Oats - Honey Roasted

$\frac{3}{4}$ Box of Special K Cheddar Crackers

Makes 50 small plastic cup servings

75 Cal.

1 fat

53g Sodium

19 carbs

1 Protein

7g Sugar

Easy Granola

4 cups oats

1 cup peanut butter

1 cup honey

Combine and heat peanut butter and honey in an electric skillet or over the stove. Add oats and brown. Enjoy!!!

Spartan
trail mix
 nut & berry

with almonds, dried cranberries, raisins, cashews and dried cherries

Nutrition Facts	
Serving Size 1 oz (28g) about 3 Tbsp	
Servings Per Container 12	
Amount Per Serving	
Calories 130	Calories from Fat 60
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carb. 16g	5%
Dietary Fiber 2g	8%
Sugars 11g	
Protein 3g	

INGREDIENTS: ALMONDS; ROASTED IN PEANUT AND/OR COTTONSEED OIL; CRANBERRIES; CRANBERRIES, SUGAR, SUNFLOWER OIL; RAISINS; CASHEWS ROASTED IN PEANUT AND/OR COTTONSEED OIL; CHERRIES; CHERRIES, SUGAR, SUNFLOWER OIL.

CONTAINS: TREE NUTS

MANUFACTURED ON EQUIPMENT THAT ALSO PROCESSES MILK, PEANUTS, SOY, AND WHEAT.

DISTRIBUTED BY: SPARTAN STORES DISTRIBUTION, LLC.
 GRAND RAPIDS, MI 49518

- Almonds** help promote a healthy heart and lower cholesterol.
- Dried Cranberries** help promote gastrointestinal health.
- Raisins** rich in antioxidants that offer a healthy dose of vitamins.
- Cashews** provide heart healthy mono-unsaturated fats.
- Dried Cherries** have high levels of antioxidants.



Karen
 Stucke

Directions:

Go to Chiefs
 isle #12
 + pick up

Vitamin A 4%	•	Vitamin C 2%
Calcium 2%	•	Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:		
	Calories:	2,000 2,500
Total Fat	Less than	65g 80g
Sat Fat	Less than	20g 25g
Cholesterol	Less than	300mg 300mg
Sodium	Less than	2,400mg 2,400mg
Total Carbohydrate		300g 375g
Dietary Fiber		25g 30g
Calories per gram:		
Fat 9 • Carbohydrate 4 • Protein 4		

1-2 BAGS ALMONDS - ACCORDING TO HOW MUCH YOU WANT.
1-2 BAGS - DARK CHOCOLATE CHIPS - ACCORDING TO HOW
MUCH YOU WANT.

GENTLY MIX TOGETHER
ENJOY!

Pam Young

Almonds & Dark Chocolate Chips

Recipe - Mix together 16 oz bag of natural almonds with a 10 oz bag of dark chocolate morsels. Keep serving sizes small to lower calorie count.

Submitted by Barb Faller & Betsy Crites

Weight Watchers' Candy

By The Giggle Box on March 02, 2004

★★★★★ 18 Reviews

 Prep Time: 5 mins Total Time: 5 mins Yield: 8 pieces

About This Recipe

"I got this from my WW meeting leader. I have not made this yet, but each piece = 1 pt."

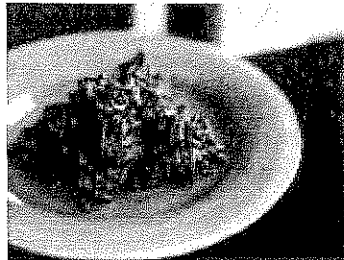


Photo by Jesse and Eliza's Mom

Ingredients

- 1 Hershey Bar
- 1/4 cup reduced-fat peanut butter
- 1 cup Fiber One cereal

Directions

1. Melt chocolate and peanut butter in the microwave together.
2. Stir until smooth.
3. Add Fiber One cereal.
4. Using a spoon, put a spoonful on a baking sheet lined with Wax paper.
5. Candy can be refrigerated or frozen.

Nutrition Facts		Amount Per Serving	% Daily Value
Serving Size: 1 (104 g)		Total Fat 1.8g	2%
Servings Per Recipe: 1		Saturated Fat 1.0g	5%
Amount Per Serving	% Daily Value	Cholesterol 1.2mg	0%
Calories 44.4		Sugars 2.8 g	
Calories from Fat 16	38%	Sodium 30.7mg	1%
		Total Carbohydrate 9.5g	3%
		Dietary Fiber 3.7g	14%
		Sugars 2.8 g	11%
		Protein 0.9g	1%