**CKFF 2019 Favorite Foods Show Entries**

*Healthy Snacks Edition*

**Breads**—2 Ingredient Bagels—Jace Latzke

- Nondairy, Eggless Blueberry Turmeric Muffins—Justin Latzke

**Cookies**—Almond Joy Cereal Bars—Connor Rose

- Energy Bites—Wyatt Bathurst
- Healthy Chocolate Chip Banana Bread Scones—Alice Bathurst
- Monster Cookie Protein Balls—Autumn Felbush

**Dips**—Apple Fries with Creamy Peanut Butter Dip—Abigail Zerbe

- Chocolate Hummus—Janessa Latzke
- Hummus—Allison Rose

**Misc.**—Meat and Cheese Rollup—Emmalyn McPherson

- Owl Rice Cakes—Chloe McPherson
- Tea Party Sandwiches—Payton Ballou
- Teddy Bear Toast—Aspen Ballou
- Wade’s Healthy Fruit Smoothie—Wade Bathurst
- Watermelon Shark—Hayden Ballou
- Wild Buggy Snacks—Eyler Holt

Note—3 recipes were not submitted. They are pictured on the first page of this document.

Recipe Booklet Compiled by Justin Latzke
2 Ingredient Bagels

PREP TIME: 5 MINUTES
COOK TIME: 30 MINUTES
TOTAL TIME: 35 MINUTES

These shortcut homemade bagels are just 2 ingredients and take less than an hour to make.

Ingredients:

- 1 cup nonfat plain or vanilla Greek yogurt
- 1 cup self-rising flour or mix 1 cup whole wheat flour + 1 1/2 tsp baking powder + 1/2 tsp table salt

For the Toppings

- 1 egg whisked (for egg wash finish)
- everything bagel seasoning, or chia seeds, flax meal, and sesame seeds

Directions:

1. Preheat oven to 350°F. Line a large baking sheet with parchment paper or silicone baking mat.
2. In a large bowl, add yogurt and flour. When measuring out the yogurt, make sure that you strain out any liquid. Any extra liquid sitting in your yogurt will cause the dough to be too wet.
3. Using a large spoon or spatula, mix together flour and yogurt until it begins to form a crumbly dough. Use your hands to push the dough together into one ball. The dough will be very sticky.
4. Add your dough to a stand mixer with a dough hook attachment. Knead the dough until it comes together in one ball and has pulled away from the sides of the mixing bowl. As soon as it reaches this stage, it is ready and you should stop the mixer immediately. (You can view my video above for reference). If you continue to let it knead, the dough will actually become sticky again. If you do not have a stand mixer, you can knead the dough by hand. You will need to cover your kneading surface with flour and knead the dough by hand until it is tacky and no longer sticky. I prefer using the stand mixer because it is faster and the dough comes together without the extra flour which results in a lighter bagel.
5. Divide dough into four equal balls. Roll out a ball on a lightly floured surface until it becomes a rope about 3/4 inch thick. Try to make the rope as even and smooth as possible. Pinch ends shut to form a round circle. Repeat with remaining dough.
7. Bake bagels for about 23-25 minutes or until bagels are cooked all the way through. Remove bagels from the oven and turn heat up to 500°F. Place bagels back in oven and bake about 2-3 minutes until surface is browned. (If you are making plain bagels without
toppings, you can also set your oven to low broil for 2-3 minutes to brown the bagels but I don't recommend this if you have toppings as the toppings will start to burn before the bagels finish browning.) Let bagels cool a few minutes before eating.

Notes:

Some Tips for Making the Bagels
You can knead the dough by hand or use a stand mixer with a dough hook attachment. I prefer the stand mixer because it's less labor and it doesn't require as much flour coating so the bagel comes out lighter and airier. You do need to watch the mixer carefully. As soon as the dough comes together in one ball and is no longer sticking to the sides of the bowl, it's ready. If you over-knead it, it will actually start becoming too sticky to work with again. Make sure you use a brand that makes a thick Greek strained yogurt. Not all brands offer the same consistency.

Jace Latzke
INGREDIENTS

- 1/2 cup coconut oil
- 1/2 cup maple syrup
- 1/2 cup unsweetened applesauce
- 1 teaspoon vanilla extract
- 1 cup plus 2 tablespoons all-purpose flour, divided
- 3/4 cup whole wheat flour
- 1/2 teaspoon kosher salt
- 2 1/2 teaspoons baking powder
- 2 teaspoons turmeric
- Zest of 1 lemon
- 1/2 cup almond milk
- 6 ounces frozen or fresh blueberries

INSTRUCTIONS

1. Preheat oven to 375F. Prepare muffin tins with liners or non-stick spray.

2. If using frozen blueberries, place them in a bowl and cover them with cold water to defrost while completing the first steps of the recipe.

3. Melt the coconut oil, then cool it to room temperature. In a large bowl or bowl of a stand mixer, mix together the coconut oil and maple syrup until well combined. Add applesauce and vanilla and mix again until combined. (Note that if the coconut oil is too warm or if you leave the bowl unattended, it may solidify. If so, simply reheat the entire mixture and whisk together again until fully combined.)

4. Sift together 1 cup all-purpose flour, whole wheat flour, salt, baking powder, and turmeric in a bowl. Add the flour mixture in 1/4 increments to the wet mixture alternating with 1/4 of the milk. Stir in the lemon zest.

5. If using fresh blueberries, wash them; if using frozen berries, drain. Dry the berries with paper towels, then add them to a medium bowl and toss with 2 tablespoons all-purpose flour. This will keep blueberries suspended in the batter while baking, instead of sinking to the bottom. Gently fold blueberries and flour into the batter mixture, then spoon it into muffin tins (12 large or 24 mini).
6. Bake for about 30 to 35 minutes (large/standard muffins) or 25 to 30 minutes (mini muffins), until a toothpick comes out clean. Let stand in the tin for 5 minutes, then remove and allow to cool completely on a wire rack.
Recipe for: Almond Joy Cereal Bars
From: Anne Rose  Serves: 15

1 cup pitted dates
2 Tbsp water
1/2 cup peanut butter
3 Tbsp honey
1 cup Quaker LIFE cereal
1 cup Special K Vanilla/Almond Cereal
1/2 cup steel cut oats
1/2 cup semi sweet chocolate chips
1/4 cup shredded coconut
1/4 cup sliced almonds
1/2 tsp almond extract
1/2 tsp vanilla extract

Mix dates + water in a food processor
Blend smooth. Mix cereal, oats, nuts, coconut in a separate bowl. In a microwave safe bowl, combine honey, peanut butter + heat until just warm. Add Almond and Vanilla extracts, dates + stir. Add chocolate chips + stir until melted.

Add peanut butter mixture to cereal/nut mixture + stir until combined. Pour out into a 8x8 pan. Chill. Cut while cold into 1" x 3" size bars.
Store in fridge or freezer.
Energy Bites

2/3 cup creamy peanut butter
1/2 cup semi-sweet chocolate chips
1 cup old fashioned oats
1/2 cup ground flax seeds
2 tablespoons honey

INSTRUCTIONS:
1. Combine all 5 ingredients in a medium bowl. Stir to combine. Place in the refrigerator for 15-30 minutes so they are easier to roll.
2. Roll into 12 bites and store in the fridge for up to a week.
Healthy Chocolate Chip Banana Bread Scones

1 1/2 cups whole wheat flour
1 1/2 tsp baking powder
1 tsp ground cinnamon
1/2 tsp salt
2 tbsp unsalted butter, cold and cubed
1/4 cup plain nonfat Greek yogurt
1/4 cup mashed banana (about 1 small)
1/2 shredded zucchini
3 tbsp pure maple syrup
2 tbsp + 2 tsp (55mL) nonfat milk, divided
1 tsp vanilla extract
2 tbsp mini chocolate chips, divided

1. Preheat the oven to 425°F, and line a baking sheet with parchment paper.
2. In a large bowl, whisk together the flour, baking powder, cinnamon, and salt. Cut in the butter using a pastry cutter or the back of a fork until the mixture resembles fine crumbs. Make a well in the center. Add the Greek yogurt, mashed banana, shredded zucchini, maple syrup, 2 tablespoons of milk, and vanilla extract. Stir until all of the flour is just incorporated. Fold in 1 1/2 tablespoons of chocolate chips.
3. Transfer the dough to the prepared baking sheet, and shape into a 3/4”-tall circle using a spatula. Using a sharp knife, slice the dough circle into 8 wedges. Press the remaining chocolate chips into the tops, and brush the tops and sides with the remaining milk. Bake at 425°F for 17-20 minutes or until light golden around the edges and the center feels firm. Cool on the pan for 5 minutes before transferring to a wire rack.
Monster Cookie Protein Balls by Autumn Felbush

Serves 10

2 Cups quick oats

1 cup peanut butter

½ cup honey

M&M to taste

Mix the ingredients together. Roll into balls and eat! (Store in the refrigerator. We like them best cold.) Enjoy!
Apple "Fries" with Creamy Peanut Butter

Single Serving
1 tsp of Honey
1 TBSP Powdered Peanut Butter
1 TBSP of Water
1/4 cup Fat Free Yogurt, Oikos

Apples Honey Crisp make apple fries

1. Add Powdered Peanut Butter to water and mix until blended.

2. Add yogurt and honey, stir until blended and smooth.

3. Put Apples on plate and dust with cinnamon

Abigail Zerbe
DARK CHOCOLATE HUMMUS
JANESSA LATZKE

DESCRIPTION

As dip for fruit and pretzels, this dark chocolate hummus is a surprising hit at parties and showers. It’s perfect for entertaining!

INGREDIENTS

- 15-ounce can chickpeas (1 1/2 cups cooked)
- 1/4 cup tahini*
- 1/3 cup maple syrup or agave syrup, to taste
- 1/2 cup cocoa powder (Dutch process or dark chocolate, if desired)
- 1 teaspoon vanilla extract
- 1/8 teaspoon kosher salt

INSTRUCTIONS

1. Drain the chickpeas into a glass measuring cup and reserve.

2. To the bowl of a food processor, add the chickpeas, tahini, maple or agave syrup, cocoa powder, vanilla, kosher salt, and 2 tablespoons water or the water from the chickpea can (aquafaba). Puree for 30 seconds, then scrape down the bowl. Taste; if necessary, add a bit more syrup to your liking. Add additional 1 to 2 tablespoons water and puree again to come to a creamy consistency. Store refrigerated for 7 to 10 days.

3. Serve with pretzels (gluten-free if desired), green apple slices, and strawberries.

*Use peanut butter for a fun variation
Hummus by Allison Rose

Serves 20

2 cups of cooked chickpeas
4 cloves of garlic
6 T of lemon juice
¾ t of kosher salt
¾ t of cumin
1/2-3/4 cup of tahini
2 drops of black pepper essential oils
4 drops of lime essential
1/3 cup of water

Blend all ingredients together in a food processor. Adjust seasoning to taste. Can be topped with smoked paprika.
Meat and Cheese Rollup by Emmalyn McPherson

Makes 12

Ingredients

12 slices of turkey lunch meat
3 Colby jack cheese sticks
12 toothpicks

Instructions

1. Unwrap cheese sticks.
2. Cut cheese in fourths.
3. Wrap each cheese in turkey.
4. Put in toothpick to hold together.
5. Keep Cold.
Owl Rice Cakes by Chloe McPherson

Makes 14

Ingredients--
Rice cakes
Apples
Bananas
Blueberries
Corn flakes
Peanut butter

Instructions—Spread peanut butter on rice cakes. Slice and add apple wings.
Slice and add banana eyes. Add blueberries on top on bananas to finish eyes. Cut and add apple beak. Add corn flakes to middle to look like feathers.

Enjoy this fun snack!
Tea Party sandwiches by Payton Ballou

Ingredients—

1 loaf of wheat bread
1 stick of cream cheese
Ham, thinly sliced
Spring lettuce mix
3 T honey Dijon mustard with 2 T honey mixed in

Directions—

Mix mustard and honey spread on top of 1 slice of bread. Put on a ham slice. Add Lettuce mix. Spread cream cheese on 1 slice of bread and place on top of lettuce.
Teddy Bear Toast by Aspen Ballou

Ingredients—
2 slices of wheat bread
Peanut butter
Banana
blueberries

Directions—
Toast 2 slices of wheat bread. Spread 1 T of peanut butter on each slice. Add banana slices for a nose and ears. Add 2 blueberries for eyes and 1 to top of nose.
Wade’s Healthy Fruit Smoothie

1 banana
1/2 cup greek yogurt
1/2 cup frozen blackberries
1/2 cup frozen blueberries
3 cups fresh strawberries
1 cup milk
3T. frozen lemonade concentrate
Optional: 1/2 cup Ice

Blend all ingredients together.
Watermelon Shark by Hayden Ballou

Slice off the bottom of the melon at an angle to create the mouth. Use a melon baller to scoop out inside. Use a paring knife to create teeth. Add honey dew melon and cantaloupe balls to add color. Use the mouth cut out to create a fin and add 2 blueberries for eyes.
Wild Buggy Snacks—Eyler Holt