HEALTHY “SNACKS” COOKBOOK
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Introduction

This is the Fifth Annual Elementary Cooking Celebration! This is the first year of having “Healthy Snacks Recipes” as the theme! We had over 52 recipe submissions for this fun event. Ten finalists were selected to participate in preparing and serving their recipe on March 6, 2015. Thanks to all the students who submitted recipes and congratulations to the finalists!

This event is sponsored by Sodexo.

Mark Jasper
Nutrition Services Director
Washougal School District
## Quick & Healthy Pumpkin Muffins

**Ingredients:**
- 1 Box Spice Cake Mix
- 1 Can of Pumpkin (Plain, not pie mix)
- ½ cup Water
- Do not add oil or eggs as listed on box

**By:** Abby Pearson (4th grade)  
Gause Elementary

**Instructions:**
1. Pre-heat oven to 350 F.
2. In large mixing bowl, pour in cake mix, pumpkin, and water.
3. Line or greased muffin tins. Fill ¾ full.
4. Bake in oven for 20 minutes.
5. Set on counter to cool.
6. Do not put in sealed container as they are so moist they will get gummy.
7. Enjoy!

## Asian Shrimp Salad

**Ingredients:**
- 1 Bag Shredded Cabbage
- 2 Packages Top Ramen Noodles
- 1 ½ cup Bay Shrimp cooked
- 2 tsp Sesame Seeds
- 1 can Water Chestnuts
- 1 Italian Dressing

**By:** Emma Gorham (4rd grade) 
Gause Elementary

**Instructions:**
1. Put shredded cabbage in large bowl.
2. Add shrimp, sesame seeds and mix.
3. Pour Italian dressing and toss lightly.
4. Sprinkle with crumbled ramen noodles and serve
5. Enjoy!
# BETTER BANANA PUDDING

**Ingredients:**
- 1 half Banana
- 3 tbls Chia Seeds
- ¼ cup Hot Coconut Milk
- ½ tsp Cinnamon

**By: Josh McGuiver (4th Grade)**
Gause Elementary

**Instructions:**
1. Mash ½ banana in a small bowl
2. Add Chia seeds and mix
3. Warm coconut milk and add to mixture.
4. Add cinnamon and let set until chia seeds completely expand.
5. Stir and serve warm.
# LGB WRAP

**Ingredients:**
- 1 Romaine Lettuce Leaves Hearts
- ¼ cup Guacamole
- 2 tbsp. Ground Beef

**Instructions:**
1. Place lettuce flat with cupped side up.
2. Fill with guacamole.
3. Then top guacamole with beef.
4. Finally, you feast on your master piece.
# SUNNY STRAWBERRY & CANTALOupe Salad

**Ingredients:**
- 1 cup Strawberries
- 1 cup cubed Cantaloupe
- ½ cup cubed Mozzarella Cheese
- 2 tbsp. Raspberry Vinaigrette
- 2 tsp. Sunflower Seeds
- Mint Leaves

**Instructions:**
1. In a large bowl, combine strawberries, cantaloupe and mozzarella cheese.
2. Drizzle with vinaigrette and toss to coat.
3. Just before service, stir in raspberries.
4. Top with sunflower seeds.
5. Sprinkle with mint.

**By:** Mikala Neyer (4th grade)  
Gause Elementary

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# GAZPACHO SALSA

**Ingredients:**
- 2 Tomatoes
- 1 Yellow Pepper Diced
- 1 Red Pepper Diced
- 1 Cucumber Diced
- ½ Red Onion Diced
- 1 tbsp. Extra-Virgin Olive Oil
- 1 tbsp. Red Wine Vinegar
- Kosher Salt
- Black Pepper
- Assorted Dippers: Crostini, Endive, Pita Chips

**Instructions:**
1. In a medium bowl, combine the tomatoes, bell pepper, cucumber, onion, olive oil, red wine vinegar.
2. Mix or Toss lightly.
3. Add salt and pepper to taste.
4. Serve with dippers.

**By:** Erin Kutchera (4th grade)  
Hathaway Elementary
# REGIS’ FANTASTIC FRUIT SUSHI

**Ingredients:**

- 1 ¼ cup water
- 1 cup short grain rice
- ¼ cup sugar
- ¼ cup light coconut milk
- Cooking spray
- Cutie Orange Slices
- Fresh Raspberries
- Fat Free Vanilla Yogurt

**By:** Regis Vargo (3rd grade)
Hathaway Elementary

**Instructions:**

1. In a large bowl, put cooked rice and add sugar and coconut milk stirring gently until combined.
2. Cover and let stand 20 minutes in cool location.
3. Lightly coat hands with cooking spray.
4. Take about a tablespoon of rice and shape in hand like an oval.
5. Place on baking sheet with waxed paper.
7. Top with orange wedges and raspberries.
8. Let chill for about 10 minutes.
9. Use yogurt as a dip and Eat! Yummy!
# APPLE DELIGHT

**Ingredients:**
- 1 Apple
- 1 tsp. Brown Sugar
- ½ tsp. Honey
- 1 tsp. Cinnamon

**By:** Jacob Wilcox  (3rd grade)  
Hathaway Elementary

**Instructions:**
1. Pre-heat Oven to 350 F.
2. Cut Apple in Half and Core.
4. Place on Skin Side Up on Sheet Pan.
5. Bake for 20 Minutes or Until Tender.
7. Flip Over and Sprinkle with Cinnamon for Service.
# BANANA DELIGHT

**Ingredients:**
- 1 Banana
- 1 6oz Yogurt
- 4 Strawberries
- 1 tsps. Shredded Coconut

**Instructions:**
1. Peel and slice banana down center
2. In serving bowl, place banana halves.
3. Add yogurt in middle.
4. Top with Strawberries and Shredded Coconut.
5. Enjoy!

**By:** Gage Barrow (4th grade)  
Cape Horn-Skye Elementary

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# DARK CHOCOLATE PEANUT BUTTER AND STRAWBERRY CREPES

**Ingredients:**
- 1 Crepe
- 1 cup Strawberries chopped
- Dark Chocolate Dreams Peanut Butter

**Instructions:**
1. Spread crepes with a thin layer of Dark Chocolate Dreams Peanut Butter
2. Sprinkle with Strawberries
3. Roll up Crepe
4. Trim off ends
5. Cut Log into one inch slices and Serve!

**By:** Jillian Conley (4th grade)  
Cape Horn-Skye Elementary