



Workshop by
 Connie Evers,
 2014 Annual Meeting

Butternut Softies (makes approx. 38 cookies)

Ingredients:

- 1 ½ cups firmly packed brown sugar
- ½ cup butter, softened
- 1 ½ cups cooked, mashed butternut squash
- 2 eggs
- 2 ½ cups whole wheat pastry or whole wheat flour
- 1 tsp. baking powder
- ½ tsp. baking soda
- 1 tsp cinnamon
- ½ tsp salt
- ¼ tsp. nutmeg
- Toppings: a variety of dried fruit pieces and sliced, chopped or slivered nuts

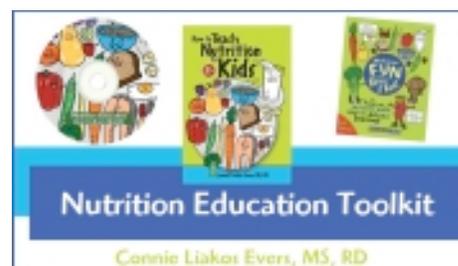
Directions:

1. Preheat oven to 350° F.
2. Cream sugar and butter at medium speed until light and fluffy.
3. Add mashed squash and egg; beat well.
4. In a medium bowl, combine flour, baking powder, baking soda, cinnamon, salt and nutmeg. Then add dry ingredients to the squash mixture, mixing well.
5. Using a #40 cookie scoop (approx. 1.5 tbsp), drop dough 2 inches apart onto cookie sheets lined with baking parchment paper.
6. Smooth tops of dough with back of spoon and decorate with dried fruits and nuts to make flowers, faces or other fun patterns.
7. Bake at 350° for 15-18 minutes. Makes approximately 38 cake-like cookies.

| Nutrition Facts | | | |
|--|--------------|---------------|-----------|
| Serving size: 1 softie (31g) | | | |
| Servings Per Recipe 38 | | | |
| Amount Per Serving | | | |
| Calories | 90 | Cal. from Fat | 25 |
| % Daily Value* | | | |
| Total Fat | 3g | | 4% |
| Saturated Fat | 1.5g | | 8% |
| Trans Fats | 0g | | |
| Cholesterol | 15mg | | 4% |
| Sodium | 90mg | | 4% |
| Total Carbohydrate | 15g | | 4% |
| Dietary Fiber | less than 1g | | 4% |
| Sugars | 9g | | |
| Protein | 2g | | |
| Vitamin A | 10% | Vitamin C | 0% |
| Calcium | 2% | Iron | 4% |
| * Percent Daily Values is 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 | 2400mg | 2400mg |
| Total Carbohydrate | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |
| Calories per gram: | | | |
| Fat | 9 | Carbohydrate | 4 |
| | | Protein | 4 |

Note: The nutrition fact label reflects the analysis of the cookies before adding the toppings.

Source: Connie Evers, MS, RDN, CSSD, LD
 Find out more about Connie and her books and resources at <http://nutritionforkids.com>





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Hearty Breakfast Bars

(makes 12 bars)

Ingredients:

- 2 large eggs
- 1/2 cup honey*
- 2 Tbsp canola oil
- 1/2 cup pistachios, chopped
- 1/2 cup cashews, chopped
- 1/2 cup mashed banana
- 1/2 cup apples, peeled, cored, diced small
- 2 cups rolled oats
- 1 cup whole wheat pastry or whole wheat flour
- 1/2 tsp cinnamon

Directions:

1. Preheat oven to 350°F.
2. Combine egg, honey, oil, cashews, pistachios, bananas and apples.
3. In a separate bowl, combine oats, flour and cinnamon.
4. Combine wet and dry mixture until dry ingredients are well moistened.
5. Portion mixture with 1/3 cup measure onto greased/parchment-lined cookie sheets about 1/2 inch apart, Shape into bar shapes if desired.
6. Bake 15 minutes or until firm. _____

*Ingredient substitutes for honey may include 1/2 cup light or amber agave nectar; 1/2 cup golden cane sugar syrup; 1/2 cup light or dark corn syrup.
 In a pinch, substitute 1/2 cup + 2 Tablespoons granulated sugar plus 2 T. water for 1/2 cup honey.
 Sweetness intensity and flavors will vary with each sweetener.

| Nutrition Facts | |
|--|--------------------------|
| Serving size: 1 bar (73g) | |
| Servings Per Recipe 12 | |
| Amount Per Serving | |
| Calories 230 | Cal. from Fat 80 |
| % Daily Value* | |
| Total Fat 9g | 15% |
| Saturated Fat 1.5g | 8% |
| Trans Fats 0g | |
| Cholesterol 30mg | 10% |
| Sodium 15mg | 1% |
| Total Carbohydrate 34g | 10% |
| Dietary Fiber 4g | 15% |
| Sugars 14g | |
| Protein 6g | |
| Vitamin A 0% | Vitamin C 2% |
| Calcium 4% | Iron 10% |
| * Percent Daily Values is 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 2400mg 2400mg |
| Total Carbohydrate | 300g 375g |
| Dietary Fiber | 25g 30g |
| Calories per gram: | |
| Fat 9 | Carbohydrate 4 Protein 4 |

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