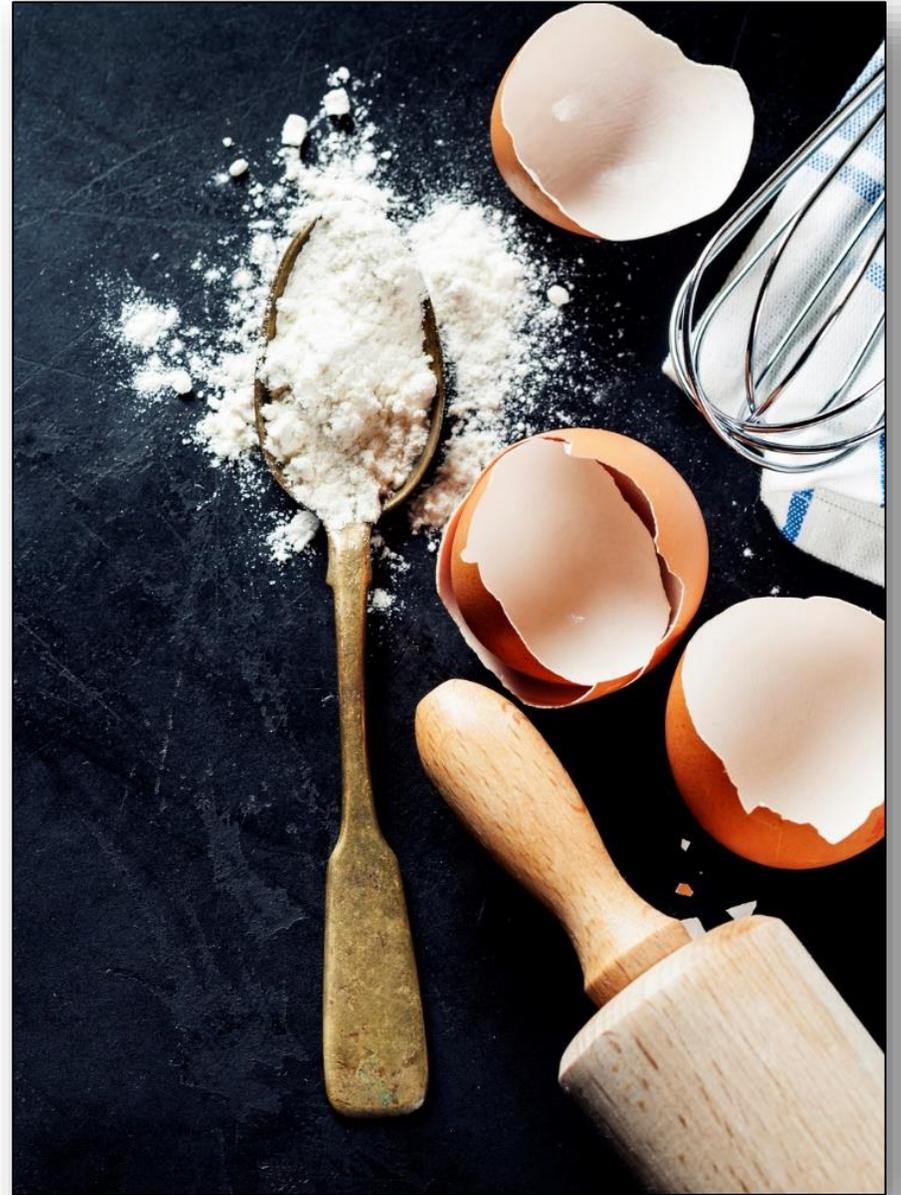


A Baker's Dozen Smart Snack Baking Recipes



**Child Nutrition & Wellness, Kansas State Department of Education
in collaboration with the non-profit Home Baking Association**

A Baker's Dozen Smart Snack Baking Recipes



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Introduction

This resource was developed using KSDE's 2015 Team Nutrition Training Grant Funds in collaboration with the non-profit Home Baking Association. Recipes were adapted and tested by Sharon Davis, Family and Consumer Sciences Education, and Charlene Patton, Executive Director of the Home Baking Association, to be in compliance with the Nutrition Standards for All Foods Sold in Schools (Smart Snacks in School Standards). The nutrient analysis of recipes in this resource was generated using Food Processor Nutrition Analysis Software from ESHA Research.

Why are Smart Snacks important?

1. More than a quarter of kids' daily calories may come from snacks.
2. Kids who have healthy eating patterns are more likely to perform better academically.
3. Kids consume more healthy foods and beverages during the school day. When they are Smart Snacks, the healthy choice is the easy choice.
4. Smart Snacks Standards are a Federal requirement for all foods sold outside the National School Lunch Program and School Breakfast Program.

Summary of Standards for All Foods Sold in Schools:

Any food sold in schools must:

- Be a "whole grain-rich" grain product; OR
- Have as the first ingredient a fruit, a vegetable, a dairy product, or a protein food; OR
- Be a combination food that contains at least ¼ cup of fruit and/or vegetable.

Foods must also meet the following nutrient requirements:

- Calorie limits:
 - o Snack items: ≤ 200 calories
 - o Entrée items: ≤ 350 calories
- Sodium limits:
 - o Snack items: ≤ 200 mg
 - o Entrée items: ≤ 480 mg
- Fat limits:
 - o Total fat: ≤ 35% of calories
 - o Saturated fat: < 10% of calories
 - o *Trans* fat: zero grams
- Sugar limit:
 - o ≤ 35% of weight from total sugars in foods

Additional information about USDA's Smart Snacks in School nutrition standards including resources to assist in implementation can be found at: www.fns.usda.gov/healthierschoolday/tools-schools-focusing-smart-snacks.

The Smart Snacks Product Calculator (<https://foodplanner.healthiergeneration.org/calculator/>), developed by the Alliance for a Healthier Generation, can be used as a tool to determine if products purchased or prepared for sale to students meet the Smart Snacks in School standards.

Baking Tips and Techniques for Smart Snacks in School Standards

Source: Sharon Davis, Family and Consumer Sciences Education, www.HomeBaking.org; hbadavis@gmail.com

General Standards	Tips and Techniques
Be a whole grain rich product (must include 50% or more whole grains by weight or have a whole grain as the first ingredient)	<ul style="list-style-type: none"> • Use whole wheat flour, whole corn, oats, or whole flax meals • When whole wheat flour is used in a recipe, it is recommended that <i>white whole wheat flour</i> be used. The final product will look and taste “lighter” which is generally more well accepted. • Download or view Baking with Whole Wheat Flour 101 at www.HomeBaking.org • Learn more about the Six Classes of Wheat and Wheat Flour 101 at www.wheatfoods.org with whole grain baking test kitchen links in the Baking Glossary at www.HomeBaking.org
Nutrient Standards	
Calories: Snack items - 200 calories or less	<ul style="list-style-type: none"> • Will often be smaller portion sizes than in the past • Utilize attractive packaging, emphasizing locally made
Total fat: 35% or less of calories	<ul style="list-style-type: none"> • Reduce OR substitute ¼ fat with fruit sauce, grated or pureed vegetables • Fat-free dairy; whole egg substitute • Veggies are about 80% water; May need to decrease liquids or increase flour • Expect softer cookies; less fat=less tender
Saturated fat: <u>less than</u> 10% of calories	<ul style="list-style-type: none"> • Substitute ¼ to ½ butter with vegetable oil/margarine • 1 Tbsp fat = 3 Tbsp flax meal • 1 large egg = 1 Tbsp flax meal + 3 Tbsp water OR ¼ cup soft tofu • Method: <i>Cream</i> well any solid fat, sugars, egg – then drizzle in oil
Trans fats: 0 g	<ul style="list-style-type: none"> • Use butter, vegetable oils, <i>trans</i> fat free margarine
Sodium: Snack items - 200 mg or less	<ul style="list-style-type: none"> • Use <i>unsalted</i> butter • Decrease salt when using baking powder or soda; 1 tsp baking powder = 280 mg; soda = 1200 mg • Sub sour milk, Greek yogurt <i>or</i> orange juice for buttermilk and regular yogurts • Yeast breads: Minimum need = 1 tsp (6g) salt per 8 oz water
Total sugars: 35% or less of weight (per serving)	<ul style="list-style-type: none"> • Decrease sweeteners by 25% of original amount • Use drizzles/sprinkles in place of frosting • Bake more whole grain yeast products (pretzels, cinnamon rolls) from scratch
Additional Baking Resources	
<ul style="list-style-type: none"> • Access Baking "how-to" videos on the DIY Baking Channel and Baking Glossary at www.HomeBaking.org • Download <i>Baking Food Safety 101</i> and <i>A Baker's Dozen Lab 13, Baked Goods Storage Guide</i> at www.HomeBaking.org • <i>A Bakers Dozen Smart Snack Baking Recipes, Bake Sale Central; Members Test Kitchens; and Baking Substitutions</i> at www.HomeBaking.org 	

A Baker's Dozen Smart Snacks Baking Charts

Source: Sharon Davis, Family and Consumer Sciences Education, HomeBaking.org; hbadavis@gmail.com

Internal Baking Temperatures—Bakers will bake to their own taste for a pale to golden crust color. **But**, it is essential the center of the product is not raw or doughy.

Use a food thermometer to take the temperature at the center of the *product* in the center of the *pan*.

Internal Temperature Guide:

Use a probe food thermometer...temp at center

150° F

Cheese cakes—remove from oven to avoid cracking; temperature will rise

160° F

Quiche, meringue pies, bread pudding, flan, baked custard, molten chocolate cake

165° F

Stuffing & casseroles, leftovers, chocolate cream pie, meat or poultry pot pies

170° to 175° F

Custard pies, flan, crème brulee', fruit pies

190° to 210° F

Yeast breads

- Soft rolls-190° F
- Crusty bread-210° F

200-209° F

Most cakes, cupcakes, quick breads, scones, pecan pie

Credit: Internal Temperatures, www.WhatscookingAmerica.net and www.HomeBaking.org

MORE *Baking Food Safety 101* at www.homebaking.org/PDF/HomeBakingFoodSafety101.pdf



A Baker's Dozen Smart Snack Baking Recipes

Baking Pan Chart

Find pan capacity (volume of batter it can hold) by filling the pan to ¼" to ½" below rim with water; then measure the water quantity in a liquid measuring cup. This will equal the amount of batter the pan will accommodate.

Pan name/size	Pan Substitute
Loaf Pan = 8 ½ X 4 ½"	Three, 5 X 2" loaf pans OR Two, medium muffin tins
Round cake pan = 9 X 2"	One, 8 X 8 X 2" square cake pan
Rectangle Cake Pan = 13 X 9 X 2"	Two, 8 X 8 X 2" OR Two, 9 X 2" round cake pans OR One, 12 X 10 X 2" steam table pan
Jelly roll Pan = 15 X 10 X 1"	Two, brownie pans, 7 X 11 X 1¼" Two, 8 X 1" round pans
Steam table baking pan = 20 X 12 X 2"	Two, 13 X 9 X 2" rectangle pan
Half-sheet Pan = 18 X 13 X 1"	One, 15 X 10 X 1" plus one, 7 X 11 X 1"
Full sheet Pan = 26 X 18 X 1"	Two, 18 X 13 X 1" half sheet pans

OVEN TIPS: If products aren't baking according to the recipe, use an oven thermometer to confirm the temperature of oven matches the control.

- Always heat (preheat) the oven 5 minutes *or more* to bring oven temperature to desired heat.
- Cool pans of product on a wire cooling rack as directed before emptying.
- Cool cookie sheet pans before re-loading with cookie dough to avoid cookies over-spreading.
- When reloading the oven, allow oven to reheat to correct temperature.
- Baking results are best when pans are rotated when two or more racks are used UNLESS the oven rotates.
- Reduce the conventional oven baking temperatures given in the recipes 25° F when...
 - Baking in glass bake ware;
 - Baking in a convection oven
 - Baking pan surface is very dark
- When baking in a convection oven, rotate and/or turn baking pans in the middle of the baking time when two or more pans are racked above each other.

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Apple Cinnamon Rolls

Ingredients	24 Servings		48 Servings		Directions
	Weight	Measure	Weight	Measure	
Milk, 2%	8 oz	1 cup	1 lb 1 oz	2 cups	<ol style="list-style-type: none"> Heat milk until steaming hot. Pour into a large mixing bowl. <i>(Omit this step if using instant yeast)</i> In a separate small bowl, stir together active dry yeast with water and a pinch (1/8 tsp) of the sugar. Let stand 5 minutes to begin foaming. Set aside for step 4. Mix butter and sugar with milk. Be sure the mixture cools to 115° F or less before adding yeast. Add whole wheat flour, potato flakes, eggs, salt, and yeast mixture from step 2 (if using active dry yeast) OR water and instant yeast. Mix on medium speed 3-5 minutes. Cover; let rest 10-15 minutes. Add all-purpose flour to mixing bowl and use the dough hook to mix until dough is smooth and cleans the sides of the mixing bowl (about 10 minutes). <i>NOTE: Flours vary in absorption. After a couple minutes of mixing, stop the mixer and check the dough. It should be soft and moist but not slack and wet (shiny) or hard and dry. If dough is wet and shiny, add ¼ cup flour and continue mixing. If dough is dry and stiff, add 1-2 Tbsp water.</i> Remove dough hook, shape dough into a ball, then put back in bowl. Cover bowl and ferment (let rest) 30-40 minutes in a warm (about 90° F) area.
Yeast, active dry or instant	0.25 oz	2 ¼ tsp	0.5 oz	4 ½ tsp	
Water, warm (105° F)	4 oz	½ cup	8 oz	1 cup	
Butter, unsalted	2 oz	¼ cup	4 oz	½ cup	
Sugar, granulated	2.3 oz	⅓ cup	4.7 oz	⅔ cup	
Flour, whole wheat	12.75 oz	3 cups	1 lb 9 oz	6 cups	
Potato flakes, instant		¼ cup	1 oz	½ cup	
Eggs, whole, large	3.5 oz	2 each	7 oz	4 each	
Salt		1 ¼ tsp	0.5 oz	2 ½ tsp	
Flour, all-purpose, enriched, unbleached	8.5 oz	2 cups	1 lb + 1 oz	4 cups	
Apples, peeled, finely chopped*	8.75 oz	2 cups	1 lb 1.5 oz	4 cups	<ol style="list-style-type: none"> While dough is rising, peel and chop apples. Mix brown sugar and cinnamon in a small bowl. Set aside apples and sugar/cinnamon mixture for step 12. After 30-40 minutes, punch (deflate) dough. Turn dough over, rounding the dough and placing smooth side up. Cover and let rest for 10 minutes. Line baking sheet pan(s) with parchment paper. Use one 13 x 18 x 1" half sheet pan for 24 servings or one 18 x 26 x 1" full sheet pan for 48 servings.
Sugar, brown, lightly packed	5.25 oz	¾ cup	10.5 oz	1 ½ cups	
Cinnamon, ground		1 Tbsp		2 Tbsp	

Apple Cinnamon Rolls, cont.

Ingredients	24 Servings		48 Servings		Directions
	Weight	Measure	Weight	Measure	
					<p>11. Divide dough into 1 lb + 4 oz pieces. Roll each piece of dough into an 8 X 12" horizontal rectangle.</p> <p>12. Leaving a 1" strip at bottom of each rectangle uncovered and dampened with water, sprinkle the dough with $\frac{3}{8}$ cup (75g/2.6 oz) sugar/cinnamon mix followed by 1 cup (125g/4.4oz) finely chopped apples. Roll each dough rectangle loosely from the top to the bottom and pinch to seal.</p> <p>13. Using a finely serrated knife OR unflavored waxed dental floss, slice each roll into twelve 1" wide rolls. Place cut-side up, on sheet pan(s), 4 across/6 down per 13 X 18" half sheet pan OR 6 across/8 down per 18 x 26" full sheet pan.</p> <p>14. Lightly cover rolls with oiled/sprayed plastic wrap or place in humid proof box (105° F). Proof until doubled in width, sides just touching, about 30 minutes.</p> <p>15. Preheat conventional oven to 350° F.</p> <p>16. Place in preheated oven and bake for 20-22 minutes. They should be 190° F at center of a roll in the middle of the pan and lightly browned.</p>
Sugar, powdered Milk, 2% (or fat free cream) Vanilla Extract	4 oz 1 oz	1 cup 2-3 Tbsp 1 tsp	7 oz 3 oz	2 cups 6 Tbsp 2 tsp	<p>17. While rolls bake, prepare the drizzle by mixing powdered sugar, milk, and vanilla.</p> <p>18. Place baked pan of rolls on wire cooling rack. Cool rolls 5-10 minutes and drizzle if serving right away OR allow rolls to cool, cover, and drizzle just before serving.</p> <p><i>Storage notes: Refrigerating baked bread stales (firms) it. Store baked and cooled rolls covered and at room temperature (68-74° F) in a draft free place OR double wrap and freeze. If frozen, thaw at room temperature, wrapped. Never discard the ice crystals that form when bread freezes.</i></p>

*Apples in this recipe add a delicious "just like apple pie" twist, but may be omitted for a soft, plain cinnamon roll. Use any apple except a sauce apple; good use for apples that are no longer crisp enough to serve raw.

Apple Cinnamon Rolls, cont.

Serving Size – 1 roll (74 grams/2.6 oz)

Credits as 1.5 oz eq Grains in the School Nutrition Programs

Provides 15 grams whole grain per serving

Nutrition Facts

Serving Size (74g)
Servings Per Container

Amount Per Serving

Calories 190 **Calories from Fat** 25

% Daily Value*

Total Fat 2.5g **4%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

Cholesterol 25mg **8%**

Sodium 140mg **6%**

Total Carbohydrate 37g **12%**

Dietary Fiber 3g **12%**

Sugars 16g

Protein 4g

Vitamin A 2% • Vitamin C 2%

Calcium 2% • Iron 8%

*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
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300 mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Ingredients by weight:

Whole wheat flour, milk (2%), enriched all-purpose flour, apples, brown sugar, eggs, powdered sugar, butter, water, granulated sugar, potato flakes, salt, yeast, vanilla, cinnamon



Baker's Notes:

- View how to measure flour: Go to Glossary, Flour at www.HomeBaking.org
- See how to mix yeast bread dough on the DIY Baking Channel at www.HomeBaking.org, and find more about yeast breads at www.breadworld.com, www.kingarthurflour.com, and www.redstaryeast.com

Nutrient analysis generated using Food Processor Nutrition Analysis Software, ESHA Research

Recipe Source: Sharon Davis, Family and Consumer Sciences Education, www.HomeBaking.org



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Breadsticks, Sweet or Savory

Ingredients	16 Servings		32 Servings		Directions
	Weight	Measure	Weight	Measure	
Water, warm (95-105° F)	12 oz	1 ½ cups	1 lb 8 oz	3 cups	<ol style="list-style-type: none"> 1. In a large (4-5 qt mixing bowl) combine water, yeast, cornmeal, and ⅔ of whole wheat flour (2 cups per 32 servings or 1 cup per 16 servings). Mix 3 minutes. Cover loosely and allow to rest 15-30 minutes. 2. Add vegetable oil, sugar** (cinnamon sugar version), salt, remaining whole wheat flour, and all but ¼ cup (16 servings) or ½ cup (32 servings) of the all-purpose flour. NOTE: Flours vary in protein or moisture. If dough is too stiff or dry, add 1 Tbsp water to soften. If dough is too wet or sticky, add additional ¼ cup flour. Repeat only if still too dry or wet. 3. Mix for 5-7 minutes with dough hook to develop dough. When developed, dough should pick up and clean the mixing bowl. Loosely cover bowl and allow dough to rest for 20 minutes. <i>Note: Dough may be refrigerated overnight and shaped next day. Place dough in a large, oiled sealable container or plastic food bag with room allowance for expansion. Refrigerate. Punch dough once after 1 hour. Remove dough from refrigerator 1 hour before shaping.</i> 4. Deflate and round dough, cover dough with bowl, and let dough relax (bench time) about 10-15 minutes before dividing into sticks. Line baking sheet pans with parchment. Use two 13 x 18 x 1" half sheet pans for 16 servings or two 18 X 26 x 1" full sheet pans for 32 servings.
Yeast, instant dry	0.25 oz	2 ¼ tsp	0.5 oz	4 ½ tsp	
Cornmeal, yellow or white*	2.8 oz	½ cup	5.6 oz	1 cup	
Flour, whole wheat	11.6 oz	2 ¾ cups	1 lb 7.25 oz	5 ½ cups	
Flour, enriched, all-purpose, unbleached	4.25 oz	1 cup	8.5 oz	2 cups	
Sugar, granulated**		0-2 Tbsp**	0-1.7 oz	0- ¼ cup**	
Salt		1 ¼ tsp		2 ½ tsp	

* Cornmeal may be whole grain or de-germinated

**Only add sugar to dough for cinnamon sugar option. For plain, seeded, or garlic butter options, omit the sugar from the dough.

Breadsticks, Sweet or Savory, cont.

Ingredients	16 Servings		32 Servings		Directions
	Weight	Measure	Weight	Measure	
					<p>5. Divide rested dough into 1 pound pieces (logs), two for 16 servings and four for 32 servings. Flatten each ball of dough into a 12 X 8" rectangle. Cut each rectangle into eight, 12 X 1" strips (2 oz per strip)^{***}. Leave strips as long sticks and place on pan 1" apart. OR, for twists, fold dough strips in half and twist, pinching end and place on baking sheet 1" apart.</p> <p>6. Lightly cover with pan-sprayed or oiled plastic wrap OR place pans in a humid proof cabinet at 105° F to raise (proof) 20 minutes.</p> <p>7. Preheat conventional oven to 450° F.</p>
<p>Topping Options:</p> <p>a) Plain Egg white, large Water, cold</p> <p>b) Seeded Egg white, large Water, cold Seeds (sesame, chia, or poppy)</p> <p>c) Garlic Butter Butter, unsalted, melted Garlic Powder</p> <p>d) Cinnamon Sugar Sugar, granulated Cinnamon, ground Butter, unsalted, melted</p>	<p>1 oz</p>	<p>1 1 Tbsp</p> <p>1 1 Tbsp 3 Tbsp</p> <p>2 Tbsp 1 tsp</p> <p>½ cup 2 tsp 2 Tbsp</p>	<p>2 oz</p> <p>6.8 oz 2 oz</p>	<p>2 2 Tbsp</p> <p>2 2 Tbsp ⅓ cup</p> <p>¼ cup 2 tsp</p> <p>1 cup 4 tsp ¼ cup</p>	<p>8. Optional: choose a topping below:</p> <p>a. Plain – Prepare egg white wash by whisking egg white and water until well mixed. Brush egg wash over the breadsticks.</p> <p>b. Seeded – Prepare egg white wash by whisking egg white and water until well mixed. Brush egg wash over the breadsticks and sprinkle with seeds.</p> <p>c. Garlic butter – Melt butter and add garlic powder. Bake and brush breadsticks with butter mixture.</p> <p>d. Cinnamon sugar – Start with sweetened dough as described above. Mix together cinnamon and sugar. Bake breadsticks. Melt butter and brush over breadsticks. Sprinkle cinnamon/sugar mixture over the top.</p> <p>9. Bake in pre-heated oven 13-18 minutes, until golden. Cool on wire racks briefly.</p>

^{***}A pizza cutter/wheel or baker's dough (bench) knife works well.

Breadsticks, Sweet or Savory, cont.

Serving Size – 1 breadstick (2.1 oz/60 g for plain/seeded, 2.2 oz/63 g for garlic butter, or 2.4 oz/70 g for cinnamon sugar)
 Credits as 2 oz eq Grains (when prepared with whole grain cornmeal) in the School Nutrition Programs
 Provides 25 grams whole grain (when prepared with whole grain cornmeal)

Plain or Seeded

Nutrition Facts	
Serving Size (60g)	
Servings Per Container	
Amount Per Serving	
Calories 150	Calories from Fat 25
% Daily Value*	
Total Fat 3g	5%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 190mg	8%
Total Carbohydrate 25g	8%
Dietary Fiber 4g	16%
Sugars 0g	
Protein 4g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 8%
*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
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Ingredients by weight:

Water, whole wheat flour, enriched all-purpose flour, cornmeal, egg white, *seeds (sesame, chia, or poppy)**, yeast, salt

Garlic Butter

Nutrition Facts	
Serving Size (63g)	
Servings Per Container	
Amount Per Serving	
Calories 160	Calories from Fat 40
% Daily Value*	
Total Fat 4.5g	7%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 190mg	8%
Total Carbohydrate 25g	8%
Dietary Fiber 4g	16%
Sugars 0g	
Protein 4g	
Vitamin A 2%	Vitamin C 0%
Calcium 0%	Iron 6%
*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
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Ingredients by weight:

water, whole wheat flour, enriched all-purpose flour, cornmeal, egg white, yeast, salt, garlic powder

Cinnamon Sugar

Nutrition Facts	
Serving Size (70g)	
Servings Per Container	
Amount Per Serving	
Calories 180	Calories from Fat 30
% Daily Value*	
Total Fat 3.5g	5%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 190mg	8%
Total Carbohydrate 33g	11%
Dietary Fiber 4g	16%
Sugars 8g	
Protein 4g	
Vitamin A 2%	Vitamin C 0%
Calcium 0%	Iron 8%
*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
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Ingredients by weight:

Water, whole wheat flour, enriched all-purpose flour, granulated sugar, cornmeal, egg white, butter, yeast, salt, cinnamon



Nutrient analysis generated using Food Processor Nutrition Analysis Software, ESHA Research

Recipe Source: *Baking with Friends* by Sharon Davis and Charlene Patton, www.HomeBaking.org

Adapted and tested by Sharon Davis, Family and Consumer Sciences Education, Home Baking Association

Optional recipe ingredients are included in italics



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Buttermilk Chocolate Sheet Cake

Ingredients	24 Servings		48 Servings		Directions
	Weight	Measure	Weight	Measure	
Flour, whole wheat Sugar, granulated Cinnamon, ground	10.5 oz 7 oz	2 ½ cups 1 cup 2 tsp	15.8 oz 10.7 oz	3 ¾ cups 1 ½ cups 1 Tbsp	<ol style="list-style-type: none"> Preheat conventional oven to 350° F; convection oven to 325° F. Line pan(s) with parchment paper or grease and flour pan bottom. For 24 servings, use one 10 x 15" pan; for 48 servings, use one 13 x 18 x 1" half sheet pan. In a large mixing bowl, mix flour, sugar, and cinnamon well with beater or whisk attachment.
Cocoa, unsweetened** Water Oil, vegetable Buttermilk, lowfat Baking soda Salt Eggs, whole, large Vanilla extract	8 oz 2.6 oz 8 oz	¼ cup 1 cup ⅓ cup 1 cup 1 ¼ tsp ⅛ tsp	1.25 oz 12 oz 4 oz 13 oz	⅔ cup 1 ½ cups ½ cup 1 ½ cups 2 tsp ¼ tsp	
Dark Chocolate Drizzle Ingredients: Cocoa, unsweetened** Butter Milk, 1% Sugar, powdered	3.25 oz	2 Tbsp 2 Tbsp 2 Tbsp ¾ cup	1 oz 1 oz 3.25 oz	2 Tbsp 2 Tbsp 2 Tbsp ¾ cup	

*Substitute option for buttermilk: Whisk 1 cup + 3 Tbsp of lowfat (1%) milk with 1 Tbsp white vinegar. Let stand 5 minutes.

**Natural baking cocoa was used in recipe testing. Dutch-process (alkaline-treated) baking cocoa will produce a darker, deeper flavored result.

Carrot Cake/Cupcakes

Ingredients	24 Servings		48 Servings		Directions
	Weight	Measure	Weight	Measure	
Carrots, grated*	11.6 oz	3 cups	1 lb 7 oz	6 cups	<ol style="list-style-type: none"> 1. Preheat conventional oven to 350° F. 2. Grease and flour bottom of cake pan (use one 9 X 13 X 2" pan for 24 servings or one 12 X 20 X 2" steam table pan for 48 servings) OR line medium muffin cups (24 or 48 each). 3. Grate carrots. 4. In a medium mixing bowl, use whisk to thoroughly blend flour, soda, baking powder, spices, and salt. Set aside. 5. Using a mixer and large mixing bowl, beat eggs until light and smooth. Continue mixing on medium-high speed while drizzling in oil and butter. Add sugars and mix well. 6. Add grated carrots and raisins (if using). Mix just until blended well. 7. Add flour mixture in thirds, alternating with applesauce, beginning and ending with flour mixture, mixing just until blended. 8. Spread batter in prepared pan OR fill medium muffin cups half full (a scant ¼ cup/#16 scoop). 9. Bake cake 25-30 minutes; cupcakes 16-18 minutes until top springs back or toothpick inserted in center of cake comes out clean. Place pans on wire cooling rack. 10. Prepare drizzle by mixing powdered sugar, evaporated milk, and maple syrup (if using) and drizzle cake or cupcakes when cooled. 11. Serve fresh or store in an airtight container.
Flour, whole wheat	9 oz	2 ⅛ cups	1 lb 2 oz	4 ¼ cups	
Baking Soda		1 tsp		2 tsp	
Baking Powder		1 tsp		2 tsp	
Cinnamon, ground		2 tsp		1 Tbsp + 1 tsp	
Ginger, ground		½ tsp		1 tsp	
Salt		¼ tsp		½ tsp	
Eggs, whole, large	5.25 oz	3 each	10.5 oz	6 each	
Oil, vegetable	2.5 oz	⅓ cup	5 oz	⅔ cup	
Butter, unsalted, melted	1 oz	2 Tbsp	2 oz	¼ cup	
Sugar, brown, lightly packed	5.1 oz	⅔ cup	10.3 oz	1 ⅓ cup	
Sugar, granulated	2.3 oz	⅓ cup	4.7 oz	⅔ cup	
Applesauce, unsweetened	5.75 oz	⅔ cup	11.5 oz	1 ⅓ cup	
Raisins, moistened (optional)	5.6 oz	1 cup	11.3 oz	2 cups	
Sugar, powdered	3.1 oz	¾ cup	6.3 oz	1 ½ cups	
Maple syrup, warm (optional)		1 ½ tsp		1 Tbsp	
Milk, evaporated, nonfat	1 oz	1-2 Tbsp	2 oz	2-3Tbsp	

*Carrots may be scrubbed and grated unpeeled if very smooth and used immediately.

Carrot Cake/Cupcakes, cont.

Serving Size – 1 piece/1 cupcake (2 oz/56 grams without raisins or 2.2 oz/63 grams with raisins)

Credits as 0.5 oz eq Grains in the School Nutrition Programs

Provides 10 grams whole grain per serving

Without raisins

Nutrition Facts

Serving Size (56g)	
Servings Per Container	
Amount Per Serving	
Calories 150	Calories from Fat 45
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 120mg	5%
Total Carbohydrate 24g	8%
Dietary Fiber 2g	8%
Sugars 14g	
Protein 2g	
Vitamin A 50%	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
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

With raisins

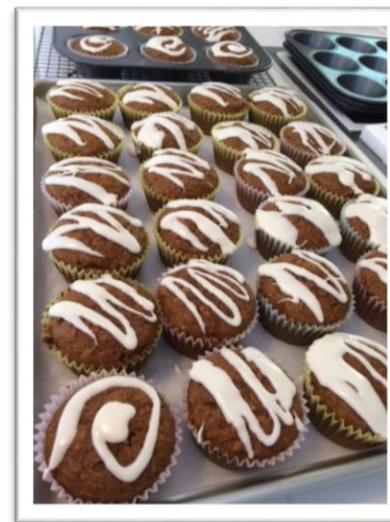
Nutrition Facts

Serving Size (63g)	
Servings Per Container	
Amount Per Serving	
Calories 170	Calories from Fat 45
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 125mg	5%
Total Carbohydrate 29g	10%
Dietary Fiber 2g	8%
Sugars 19g	
Protein 3g	
Vitamin A 50%	Vitamin C 2%
Calcium 2%	Iron 6%
*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
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Ingredients by weight:

Carrots, whole wheat flour, applesauce, *raisins*, eggs, brown sugar, powdered sugar, vegetable oil, granulated sugar, butter, evaporated milk, *maple syrup*, baking powder, cinnamon, baking soda, salt, ginger

Optional recipe ingredients are included in italics



Nutrient analysis generated using Food Processor Nutrition Analysis Software, ESHA Research

Recipe Source: Sharon Davis, Family and Consumer Sciences Education, www.HomeBaking.org



Carrot Streusel Coffee Cake

Ingredients	24 Servings		48 Servings		Directions
	Weight	Measure	Weight	Measure	
Carrots, grated	11.5 oz	3 cups	1 lb 7 oz	6 cups	<ol style="list-style-type: none"> 1. Preheat conventional oven to 350° F. 2. Grease and lightly flour bottom of cake pan. (Use one 9 X 13 X 2" OR one 15 X 10 X 1" pan for 24 servings or one 12 X 20 X 2" steam table pan for 48 servings). 3. Grate carrots. 4. In a medium mixing bowl, use a whisk to thoroughly blend flour, soda, baking powder, spices, and salt. Set aside. 5. Using a mixer and large mixing bowl, beat eggs until light and smooth. Continue mixing on medium-high speed while drizzling in oil and butter. Add sugars and mix well. 6. Mix in grated carrots until blended well. 7. Add flour mixture in thirds, alternating with applesauce and ending with flour, just until blended. 8. Mix flour, melted butter, brown sugar, cinnamon, and coconut flakes (if using) until crumbly in a small bowl. 9. Spread half of the batter into pan; sprinkle with about half of the streusel. Spread or "dot" with remaining batter. 10. Sprinkle remaining streusel over the top of the cake batter. 11. Bake cake 25-30 minutes (or 22 minutes if using 1" deep pan), until top springs back or toothpick inserted in center of cake comes out clean. Cool on a wire rack. 12. Serve fresh or store overnight in an airtight container. Product is great next day and stays moist.
Flour, whole wheat	9 oz	2 ⅓ cups	1 lb 2 oz	4 ¼ cups	
Baking Soda		1 tsp		2 tsp	
Baking Powder		1 tsp		2 tsp	
Cinnamon, ground		2 tsp		1 Tbsp + 1 tsp	
Ginger, ground		½ tsp		1 tsp	
Salt		¼ tsp		½ tsp	
Eggs, whole, large	5.25 oz	3 each	10.5 oz	6 each	
Oil, vegetable	2.5 oz	⅓ cup	5 oz	⅔ cup	
Sugar, brown, packed	5.2 oz	⅔ cup	10.4 oz	1 ⅓ cup	
Sugar, granulated	2.4 oz	⅓ cup	4.75 oz	⅔ cup	
Applesauce, unsweetened	5.75 oz	⅔ cup	11.5 oz	1 ⅓ cup	
Flour, enriched, all-purpose		2 Tbsp	1 oz	¼ cup	
Butter, unsalted, melted	1 oz	2 Tbsp	2 oz	¼ cup	
Sugar, brown, lightly packed	4 oz	½ cup	8 oz	1 cup	
Cinnamon, ground		2 tsp		1 Tbsp + 1 tsp	
Coconut flakes, sweetened (optional)		¼ cup	1.25 oz	½ cup	

Carrot Streusel Coffee Cake, cont.

Serving Size – 1 piece (2 oz/58 grams)

Credits as 0.5 oz eq Grains in the School Nutrition Programs

Provides 10 grams whole grain per serving

Nutrition Facts

Serving Size (58g)
Servings Per Container

Amount Per Serving

Calories 150 **Calories from Fat** 45

% Daily Value*

Total Fat 5g **8%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

Cholesterol 30mg **10%**

Sodium 125mg **5%**

Total Carbohydrate 25g **8%**

Dietary Fiber 2g **8%**

Sugars 15g

Protein 2g

Vitamin A 50% • Vitamin C 2%

Calcium 2% • Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

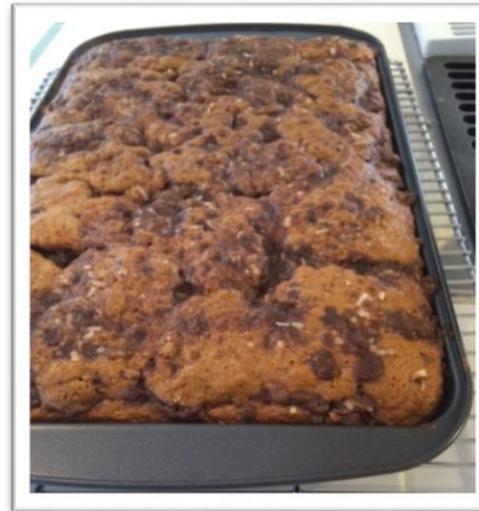
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300 mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Ingredients by weight:

Carrots, whole wheat flour, brown sugar, applesauce, eggs, vegetable oil, granulated sugar, butter, *coconut*, enriched flour, cinnamon, baking powder, baking soda, salt, ginger

Optional recipe ingredients are included in italics



Nutrient analysis generated using Food Processor Nutrition Analysis Software, ESHA Research

Recipe Source: Sharon Davis, Family and Consumer Sciences Education, www.HomeBaking.org



Cinnamon Crunch Cookies

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Oil, vegetable	2.5 oz	5 Tbsp	4.9 oz	$\frac{5}{8}$ cup	<ol style="list-style-type: none"> 1. In a large mixing bowl, beat oil, butter, and sugar until smooth. Scrape bowl a couple of times. 2. Add egg whites and beat until light. Add milk and vanilla, mixing to combine. 3. In a separate bowl, whisk together flours, baking powder, baking soda, cinnamon, nutmeg, and salt. 4. Gradually stir in the dry ingredients until well mixed. 5. Cover dough with plastic wrap and chill 30 minutes or up to overnight for easier scooping. 6. Preheat conventional oven to 375° F.
Butter, unsalted	1 oz	2 Tbsp	2 oz	$\frac{1}{4}$ cup	
Sugar, granulated	6.1 oz	$\frac{7}{8}$ cup	12.25 oz	1 $\frac{3}{4}$ cups	
Egg, whites, large	1.75 oz	1 $\frac{1}{2}$ each	3.5 oz	3 each	
Milk, 1%	1.1 oz	2 Tbsp	2.25 oz	$\frac{1}{4}$ cup	
Vanilla Extract		1 $\frac{1}{2}$ tsp		1 Tbsp	
Flour, whole wheat	7.5 oz	1 $\frac{3}{4}$ cups	14.75 oz	3 $\frac{1}{2}$ cups	
Flour, enriched, all-purpose		2 Tbsp	1 oz	$\frac{1}{4}$ cup	
Baking Powder		1 tsp		2 tsp	
Baking Soda		$\frac{1}{2}$ tsp		1 tsp	
Cinnamon, ground		1 tsp		2 tsp	
Nutmeg, ground		$\frac{1}{2}$ tsp		1 tsp	
Salt		$\frac{1}{4}$ tsp		$\frac{1}{2}$ tsp	
Sugar, granulated		2 Tbsp	1.75 oz	$\frac{1}{4}$ cup	
Cinnamon, ground		$\frac{1}{2}$ tsp		1 tsp	

Cinnamon Crunch Cookies, cont.

Serving Size – 1 cookie (0.9 oz/26 grams)

Credits as 0.5 oz eq Grains in the School Nutrition Programs

Provides 8 grams whole grain per serving

Nutrition Facts

Serving Size (26g)		Servings Per Container	
Amount Per Serving			
Calories 100	Calories from Fat 35		
% Daily Value*			
Total Fat 4g	6%		
Saturated Fat 1g	5%		
Trans Fat 0g			
Cholesterol 0mg	0%		
Sodium 75mg	3%		
Total Carbohydrate 15g	5%		
Dietary Fiber 1g	4%		
Sugars 9g			
Protein 1g			
Vitamin A 0%	• Vitamin C 0%		
Calcium 0%	• Iron 2%		
*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
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300 mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

Ingredients by weight:

Whole wheat flour, granulated sugar, vegetable oil, egg whites, milk (1%), butter, enriched all-purpose flour, vanilla, baking powder, cinnamon, baking soda, salt, nutmeg



Nutrient analysis generated using Food Processor Nutrition Analysis Software, ESHA Research

Recipe Source: www.okwheat.org, 100% Whole Wheat Cinnamon Sugar Cookies

Adapted and tested by Sharon Davis, Family and Consumer Sciences Education, Home Baking Association



Country Fruit Cobbler

Ingredients	10 Servings		40 Servings		Directions	
	Weight	Measure	Weight	Measure		
Cobbler Fruit Base: Peaches, sliced, unsweetened, fresh or frozen Blueberries, unsweetened, fresh or frozen Sugar, granulated Cinnamon, ground	1 lb 8 oz 5.25 oz 1.75 oz	1 qt 1 cup ¼ cup ¼ tsp	6 lb 1 lb 5 oz 7.25 oz	1 gal 1 qt 1 cup 1 tsp	1. Preheat conventional oven to 350° F. 2. Grease pan (use one 9 X 13 x 2” pan per 10 servings or two 12 X 20 x 2” steam table pans per 40 servings). Wash and prepare peaches and blueberries if using fresh, or thaw if using frozen. Place in large bowl. 3. In a separate bowl whisk together first amount of sugar and cinnamon. Stir sugar mixture into the fruit and pour into greased pan(s).	
Cobbler Crust: Flour, whole wheat Cornmeal, wholegrain* Flour, all-purpose enriched Sugar, granulated Baking powder Salt Milk, 1% Butter, unsalted Oil, vegetable	2.1 oz 1 oz 1 oz 3.5 oz 8 oz 1 oz 1 oz	½ cup ¼ cup ¼ cup ½ cup 2 tsp ¼ tsp 1 cup 2 Tbsp 2 Tbsp	8.5 oz 4.25 oz 4.25 oz 14.5 oz 1.5 oz 2 lb 4 oz 4 oz	2 cups 1 cup 1 cup 2 cups 2 Tbsp + 2tsp 1 tsp 1 qt 1 cup 1 cup		4. In a mixing bowl, whisk to blend the flours, cornmeal, sugar, baking powder, and salt. 5. Melt butter and combine with milk and vegetable oil. Stir liquids into flour mixture until just combined. Do not over mix. 6. Pour/spoon batter over fruit. 7. Bake in preheated oven for 50-55 minutes, or until fruit is bubbling and cobbler crust is golden brown. 8. Cut 9 x 13” pan into 10 pieces (2X5) or 12 x 20” pan into 20 pieces (4x5). Serve warm.
<i>Optional:</i> Half and Half, fat-free, chilled Vanilla Extract	4 oz	½ cup ½ tsp	1 lb	2 cups 2 tsp		

*If wholegrain cornmeal is not available, substitute whole wheat flour for the all-purpose flour and enriched, de-germinated cornmeal for the wholegrain cornmeal. Either yellow or white cornmeal is delicious.

Country Fruit Cobbler, cont.

Serving Size – 1 piece (5 oz/142 grams)

Credits as 0.5 oz eq Grains + ½ cup Fruit in the School Nutrition Programs

Provides 9 grams whole grain per serving

Without Drizzle

Nutrition Facts	
Serving Size (142g)	
Servings Per Container	
Amount Per Serving	
Calories 200	Calories from Fat 50
<hr/>	
	% Daily Value*
Total Fat 6g	9%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 180mg	8%
Total Carbohydrate 35g	12%
Dietary Fiber 3g	12%
Sugars 23g	
Protein 3g	
<hr/>	
Vitamin A 8%	• Vitamin C 10%
Calcium 6%	• Iron 4%
<hr/>	
*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
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
<hr/>	
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

With Drizzle

Nutrition Facts	
Serving Size (153g)	
Servings Per Container	
Amount Per Serving	
Calories 200	Calories from Fat 50
<hr/>	
	% Daily Value*
Total Fat 6g	9%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 190mg	8%
Total Carbohydrate 36g	12%
Dietary Fiber 3g	12%
Sugars 24g	
Protein 3g	
<hr/>	
Vitamin A 8%	• Vitamin C 10%
Calcium 8%	• Iron 4%
<hr/>	
*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
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
<hr/>	
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Ingredients by weight:
 Peaches, milk (1%), granulated sugar, blueberries, *half and half (fat-free)*, whole wheat flour, wholegrain cornmeal, enriched all-purpose flour, butter, vegetable oil, baking powder, *vanilla*, salt, cinnamon

Optional recipe ingredients are included in italics



Nutrient analysis generated using Food Processor Nutrition Analysis Software, ESHA Research

Recipe Source: *Baking with Friends* by Sharon Davis and Charlene Patton, www.HomeBaking.org

Adapted and tested by Sharon Davis, Family and Consumer Sciences Education, Home Baking Association



Double Chocolate Chip Cookies

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Oil, vegetable	2.5 oz	5 Tbsp	5 oz	$\frac{5}{8}$ cup	<ol style="list-style-type: none"> 1. Preheat conventional oven to 350° F. 2. Lightly grease (or line with parchment paper) baking sheets. Use two 13 x 18 x 1" half sheet pans for 25 cookies or two 18 x 26 x 1" full sheet pans for 50 cookies. 3. In a large mixing bowl, beat vegetable oil, butter, sugars, and honey until smooth. 4. Add egg whites, vanilla, and salt and beat until light. 5. Add vinegar, baking soda, and baking powder. 6. Stir/blend in cocoa until smooth. 7. Add flour and chocolate chips, mixing just until combined. 8. Drop by #50 scoop (about 1 Tbsp) onto prepared baking sheet pans, about 1" apart. Flatten slightly. 9. Bake 8-9 minutes. Cookies should be slightly moist in cracks. 10. Remove baking sheet(s) from oven and place on a wire cooling rack. Cool on pan for about 5 minutes, then place cookies directly on the wire cooling rack to cool completely.
Butter, unsalted		1 Tbsp	1 oz	2 Tbsp	
Sugar, brown, lightly packed	3.5 oz	$\frac{1}{2}$ cup	7.25 oz	1 cup	
Sugar, granulated	2.3 oz	$\frac{1}{3}$ cup	4.7 oz	$\frac{2}{3}$ cup	
Honey (or agave nectar)	2.2 oz	3 Tbsp	4.4 oz	6 Tbsp	
Egg, whites, large		2 each	3.5 oz	3 each	
Vanilla Extract		2 tsp		1 Tbsp + 1 tsp	
Salt		$\frac{1}{2}$ tsp		1 tsp	
Vinegar, cider		1 Tbsp		2 Tbsp	
Baking soda		$\frac{1}{2}$ tsp		1 tsp	
Baking powder		$\frac{1}{2}$ tsp		1 tsp	
Cocoa powder, unsweetened		$\frac{1}{4}$ cup	1.5 oz	$\frac{1}{2}$ cup	
Flour, whole wheat	8 oz	1 $\frac{7}{8}$ cups	1 lb	3 $\frac{3}{4}$ cups	
Chocolate Chips, mini, semi-sweet	3 oz	$\frac{3}{8}$ cup + 1 Tbsp	6 oz	$\frac{7}{8}$ cup	

*Either natural or Dutch-processed baking cocoa may be used. Dutch-processed will provide a richer flavor and deeper color.

Double Chocolate Chip Cookies, cont.

Serving Size – 1 cookie (1 oz/29 grams)

Credits as 0.5 oz eq Grains in the School Nutrition Programs

Provides 9 grams whole grain per serving

Nutrition Facts

Serving Size (29g)
Servings Per Container

Amount Per Serving

Calories 120 **Calories from Fat** 40

% Daily Value*

Total Fat 4.5g **7%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 90mg **4%**

Total Carbohydrate 18g **6%**

Dietary Fiber 2g **8%**

Sugars 10g

Protein 2g

Vitamin A 0% • Vitamin C 0%

Calcium 0% • Iron 2%

*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
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300 mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Ingredients by weight:

Whole wheat flour, brown sugar, chocolate chips, vegetable oil, granulated sugar, honey, egg whites, cocoa, enriched all-purpose flour, butter, vanilla, vinegar, salt, baking powder, baking soda



Nutrient analysis generated using Food Processor Nutrition Analysis Software, ESHA Research

Recipe Source: King Arthur Flour, www.kingarthurfLOUR.com, Soft Chocolate Chip Cookies

Adapted and tested by Sharon Davis, Family and Consumer Sciences Education, Home Baking Association



Homemade Oatmeal Cookies

Ingredients	50 Servings		Weight	Measure	Directions
	Weight	Measure			
Margarine (80% fat)	7 oz	$\frac{7}{8}$ cup			<ol style="list-style-type: none"> 1. Preheat conventional oven to 350° F. Line four, 13 x 18 x 1" half sheet pans or two 18 x 26 x 1" full sheet pans with parchment paper. 2. <i>Optional:</i> Raisins - measure, chop, and moisten (see Baker's Note below). Set aside. 3. In large mixing bowl, beat margarine and sugars until creamy. 4. Add egg, ground flax meal, and water and beat until fluffy. Mix in vanilla and salt.
Sugar, brown, packed	7.8 oz	1 cup			
Sugar, granulated	5.25 oz	$\frac{3}{4}$ cup			
Egg, whole, large	1.75	1 each			
Flax meal, ground*		1 Tbsp			
Water*	1.5 oz	3 Tbsp			
Vanilla extract		2 tsp			
Salt		$\frac{1}{2}$ tsp			
Flour, whole wheat	8.5 oz	2 cups			<ol style="list-style-type: none"> 5. In separate bowl, whisk flour, baking soda, baking powder, and cinnamon (optional). Add rolled oats and stir well. 6. Combine wet and dry mixtures, mixing briefly. Add milk and raisins (optional) mixing just to blend. 7. Drop by scant #50 cookie scoop onto parchment-lined cookie sheets, spacing about 1 or 1 $\frac{1}{2}$ -inches apart. Bake on center oven rack, 10-12 minutes. 8. Remove sheet pan from oven and cool briefly on wire cooling racks. Place cookies on rack to completely cool. 9. Store in sealed containers or food storage bags. 10. Serve within 24 hours or freeze until ready to serve, for best quality.
Baking soda		1 tsp			
Baking powder		1 tsp			
Cinnamon (optional)		1 tsp			
Rolled oats, old-fashioned	7.3 oz	2 $\frac{1}{2}$ cups			
Milk (1%)	1 oz	2 Tbsp			
Raisins** or other dried fruit of choice, chopped (optional)	4.25 oz	$\frac{3}{4}$ cup			

*Flax meal and water are substitutes for one large whole egg.

**Baker's Tip: If using raisins, hydrate (moisten) raisins before adding to the cookie dough. To hydrate, measure and chop raisins then cover with tap water. Drain well. Let stand 5 minutes or longer before adding. Cover and refrigerate hydrated raisins if prepared ahead.

Homemade Oatmeal Cookies, cont.

Serving Size – 1 cookie (0.8 oz/23 grams without raisins or 0.9 oz/26 grams with raisins)
Credits as 0.5 oz eq Grains in the School Nutrition Programs
Provides 8 grams whole grain per serving

Without Raisins

Nutrition Facts	
Serving Size (23g)	
Amount Per Serving	
Calories 90	Calories from Fat 30
%Daily Value*	
Total Fat 3.5g	5%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 90mg	4%
Total Carbohydrate 14g	5%
Dietary Fiber 1g	4%
Sugars 7g	
Protein 2g	
Vitamin A 2%	Vitamin C 0%
Calcium 0%	Iron 2%
* 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 Carb	300g 375g
Dietary Fiber	25g 30g

With Raisins

Nutrition Facts	
Serving Size (26g)	
Amount Per Serving	
Calories 100	Calories from Fat 30
%Daily Value*	
Total Fat 3.5g	5%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 90mg	4%
Total Carbohydrate 16g	5%
Dietary Fiber 1g	4%
Sugars 9g	
Protein 2g	
Vitamin A 2%	Vitamin C 0%
Calcium 0%	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 Carb	300g 375g
Dietary Fiber	25g 30g

Ingredients by weight:

Whole wheat flour, brown sugar, rolled oats, margarine (*trans* fat free), granulated sugar, *raisins*, egg, water, milk (1%), vanilla, baking powder, baking soda, salt, *cinnamon*

Optional recipe ingredients are included in italics



Nutrient analysis generated using Food Processor Nutrition Analysis Software, ESHA Research

Recipe Source: www.clabbergirl.com, Homemade Oatmeal Cookies

Adapted and tested by Sharon Davis, Family and Consumer Sciences Education, Home Baking Association



Oatmeal Whole Wheat Fruit Bars

Ingredients	12 Servings		48 Servings		Directions
	Weight	Measure	Weight	Measure	
Flour, whole wheat	4.25 oz	1 cup	14.8 oz	3 ½ cups	<ol style="list-style-type: none"> 1. Preheat conventional oven to 350° F or convection oven to 325° F. 2. Line pan(s) with parchment (or spray/grease pan). Use one 8 X 8" square pan for 12 servings or one 13 X 18 X 1" half sheet pan for 48 servings. 3. In large bowl, thoroughly combine flour, oats, brown sugar, baking soda, and salt. 4. Stir in vegetable oil, melted butter, and milk. Mix to form a crumbly mixture. 5. Press about ⅔ of the crumb mixture (about 1 ½ cups for 12 servings or about 6 cups for 48 servings) evenly and firmly into the bottom of the prepared pan(s). 6. Spread fruit spread on top of the crumb base in pan(s). (<i>*IF using substitute option of a pureed fruit mixture instead of fruit spread, bake the base 5 minutes before spreading fruit on top.</i>) 7. Sprinkle remaining crumb mixture evenly over fruit spread. Lightly press the crumbs into the spread. 8. Bake for 35-40 minutes or until lightly browned. 9. Allow to cool on wire rack before cutting into bars or squares. 10. Cut 8 x 8" pan into 12 pieces (3x4) or 13 x 18" pan into 48 pieces (6x8)
Rolled oats	3 oz	1 cup	10.5 oz	3 ½ cups	
Sugar, brown, packed	3.8 oz	½ cup	13.3 oz	1 ¾ cups	
Baking soda		¼ tsp		1 tsp	
Salt		⅛ tsp		½ tsp	
Oil, vegetable	1.9 oz	¼ cup	6.25 oz	⅞ cup	
Butter, unsalted, melted	1 oz	2 Tbsp	3.5 oz	7 Tbsp	
Milk, 1%		1 Tbsp	2 oz	¼ cup	
100% Fruit Spread*	7.5 oz	Scant ⅔ cup	1 lb 8 oz	2 ¼ cup	

*Substitute options – Dried fruit simmered in minimal water until soft enough to puree; cool or refrigerate until used.

Soft and Chewy Chocolate Chip Cookies

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Oil, vegetable	2.5 oz	5 Tbsp	5.2 oz	$\frac{5}{8}$ cup	<ol style="list-style-type: none"> 1. Preheat conventional oven to 350° F. 2. Lightly grease (or line with parchment paper) baking sheets. Use two 13 x 18 x 1" half sheet pans for 25 cookies or two 18 x 26 x 1" full sheet pans for 50 cookies. 3. In a large mixing bowl, beat vegetable oil, butter, sugars, honey, and vanilla until smooth. 4. Add salt, vinegar, egg whites, baking soda, and baking powder. 5. Stir in the flours and mini chocolate chips, just until combined. 6. Drop by #50 scoop (about 1 Tbsp) onto prepared baking sheet pans. 7. Bake cookies 10-11 minutes, until bottoms are just beginning to brown. They may appear slightly under-baked. 8. Remove baking sheet(s) from oven and place on a wire cooling rack. Cool on pan for about 5 minutes, then place cookies directly on the wire cooling rack to cool completely.
Butter, unsalted		1 Tbsp	1 oz	2 Tbsp	
Sugar, brown, lightly packed	3.5 oz	$\frac{1}{2}$ cup	7 oz	1 cup	
Sugar, granulated	2.3 oz	$\frac{1}{3}$ cup	4.6 oz	$\frac{2}{3}$ cup	
Honey (or agave nectar)	2.2 oz	3 Tbsp	4.4 oz	6 Tbsp	
Vanilla Extract		2 tsp		1 Tbsp + 1 tsp	
Salt		$\frac{1}{2}$ tsp		1 tsp	
Vinegar, cider		1 Tbsp	1 oz	2 Tbsp	
Egg, whites, large		2 each	3.5 oz	3 each	
Baking soda		$\frac{1}{2}$ tsp		1 tsp	
Baking powder		$\frac{1}{2}$ tsp		1 tsp	
Flour, whole wheat*	8 oz	2 cups	1 lb	4 cups	
Flour, enriched, all-purpose*		2 Tbsp	1 oz	$\frac{1}{4}$ cup	
Chocolate Chips, mini, semi-sweet	3 oz	$\frac{3}{8}$ cup + 1 Tbsp	6 oz	$\frac{7}{8}$ cup	

*Measure flour by scaling OR stir flour to fluff and lightly spoon into cups, then level.

Soft and Chewy Chocolate Chip Cookies, cont.

Serving Size – 1 cookie (1 oz/29 grams)

Credits as 0.5 oz eq Grains in the School Nutrition Programs

Provides 9 grams whole grain per serving

Nutrition Facts

Serving Size (29g)
Servings Per Container

Amount Per Serving

Calories 120 **Calories from Fat** 40

% Daily Value*

Total Fat 4.5g **7%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 90mg **4%**

Total Carbohydrate 19g **6%**

Dietary Fiber 1g **4%**

Sugars 10g

Protein 2g

Vitamin A 0% • Vitamin C 0%

Calcium 0% • Iron 2%

*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
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300 mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Ingredients by weight:

Whole wheat flour, brown sugar, chocolate chips, vegetable oil, granulated sugar, honey, egg whites, enriched all-purpose flour, vinegar, butter, vanilla, salt, baking powder, baking soda



Nutrient analysis generated using Food Processor Nutrition Analysis Software, ESHA Research

Recipe Source: King Arthur Flour, www.kingarthurflour.com, Soft Chocolate Chip Cookies

Adapted and tested by Sharon Davis, Family and Consumer Sciences Education, Home Baking Association



Soft Pretzels

Ingredients	12 Servings		48 Servings		Directions
	Weight	Measure	Weight	Measure	
Flour, whole wheat	7.5 oz	1 $\frac{3}{4}$ cups	1 lb 14 oz	7 cups	<ol style="list-style-type: none"> In a large mixing bowl, combine whole wheat flour, yeast, and sugar. Add water, mix 3 minutes. Cover bowl and allow to rest 10 minutes. Add all-purpose flour, vegetable oil, and salt. Mix with dough hook to develop dough or knead, 5-8 minutes. Dough should “pick up” and clean the sides of the bowl. If dough is too dry/stiff, mix in 1 Tbsp water; repeat until pliable but not wet or slack. Remove dough hook. Turn dough over, rounding the dough and placing smooth side up. Cover bowl loosely with parchment sheet or food wrap (don’t seal) and allow to ferment 10-15 minutes. Deflate dough and divide into 12 oblong pieces (about 1.75 oz/50 grams each). Cover dough pieces to rest 5 minutes. Shape each dough piece into 24” or longer rope. Twist ends and lay over onto curved middle of dough rope to form pretzel*. Evenly space pretzels about 2” apart on parchment-lined or oiled sheet pans (six per 18 X 13” pan or cookie sheet). Cover loosely with sprayed plastic wrap or proof in humid 105° F proof box for 10 minutes. Preheat conventional oven to 425° F. <p>Optional steps (8-11) for a chewier pretzel OR proceed to step 12:</p> <ol style="list-style-type: none"> Prepare soda bath by mixing water and baking soda. Bring to a boil (an electric skillet works well) and then reduce heat to simmering. Stir to dissolve soda while simmering.
Yeast, instant or fast-rising	0.25 oz	2 $\frac{1}{4}$ tsp	0.75 oz	2 Tbsp	
Sugar, granulated		1 Tbsp	1.75 oz	$\frac{1}{4}$ cup	
Water, warm (115-120° F)	8 oz	1 cup	2 lb	1 qt	
Flour, enriched, all-purpose, unbleached	4.25 oz	1 cup	1 lb 1 oz	4 cups	
Oil, vegetable	1 oz	2 Tbsp	3.5 oz	$\frac{1}{2}$ cup	
Salt		$\frac{7}{8}$ tsp		3 $\frac{1}{2}$ tsp	

*View how to shape pretzels in the lessons *Bread with a Twist* and *Dough Sculpting 101*, www.HomeBaking.org

Soft Pretzels, cont.

Ingredients	12 Servings		48 Servings		Directions
	Weight	Measure	Weight	Measure	
Optional - Hot Water Dipping Bath: Water Baking Soda	3 lb 2 oz 3 oz	6 cups 6 Tbsp	3 lb 2 oz 3 oz	6 cups 6 Tbsp	9. Gently lower each pretzel into the hot, but not simmering, soda water bath for 10 seconds. 10. Remove with tongs and drain briefly on wire cooling racks. 11. Transfer to parchment-lined baking sheet pans.
Egg, whole, large Water, cold Topping Options: a) Seeded Seeds (sesame, chia, or poppy) b) Cinnamon Sugar Butter, unsalted, melted Oil, vegetable Sugar, granulated Cinnamon, ground	 1 oz	1 each 1 Tbsp 2 Tbsp 1 Tbsp 1 Tbsp 3 Tbsp 1 tsp	3.75 oz 1 oz 2.5 oz 2 oz 2 oz 5 oz	2 each 2 Tbsp ½ cup ¼ cup ¼ cup ¾ cup 1 Tbsp + 1 tsp	12. Prepare egg wash by whisking egg and water until well mixed. Brush egg wash over the pretzels. 13. Choose a topping below or skip to step 14 for plain pretzels: a. Seeded – After egg wash, sprinkle with seeds. b. Cinnamon Sugar – Mix together cinnamon and sugar and set aside. <i>Baker's Note: Cinnamon Sugar pretzels are left plain until after baking.</i> 14. Bake 12-15 minutes, until golden brown. Cool on wire cooling racks. 15. <i>For cinnamon sugar pretzels:</i> Cool briefly. Melt butter and mix with vegetable oil. Brush butter/oil mix over pretzels. Lightly dip pretzel top into shallow pan containing the cinnamon and sugar mixture. Shake off excess. Other Variations: Multi-grain: • Substitute half the all-purpose flour with equal parts cornmeal and rye flour. Cinnamon Raisin: • In step 3, add additional sugar (1 Tbsp per 12 servings or ¼ cup per 48 servings) and chopped, moist raisins (½ cup per 12 servings or 2 cups per 48 servings).

Soft Pretzels, cont.

Serving Size – 1 pretzel (2 oz/59 gm for plain/seeded, 2.2 oz/63 gm for cinnamon sugar)
 Credits as 1.5 oz eq Grains in the School Nutrition Programs
 Provides 17 grams whole grain per serving

Plain or Seeded

Nutrition Facts

Serving Size (59g)	
Servings Per Container	
Amount Per Serving	
Calories 140	Calories from Fat 35
% Daily Value*	
Total Fat 4g	6%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 180mg	8%
Total Carbohydrate 23g	8%
Dietary Fiber 3g	12%
Sugars 1g	
Protein 4g	
Vitamin A 0%	• Vitamin C 0%
Calcium 0%	• Iron 8%

*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
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300 mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
 Fat 9 • Carbohydrate 4 • Protein 4

Ingredients by weight:

Water, whole wheat flour, enriched all-purpose flour, vegetable oil, egg, seeds (sesame, chia, or poppy)*, granulated sugar, yeast, salt

Cinnamon Sugar

Nutrition Facts

Serving Size (63g)	
Servings Per Container	
Amount Per Serving	
Calories 170	Calories from Fat 45
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 180mg	8%
Total Carbohydrate 26g	9%
Dietary Fiber 3g	12%
Sugars 5g	
Protein 4g	
Vitamin A 2%	• Vitamin C 0%
Calcium 0%	• Iron 8%

*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
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300 mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
 Fat 9 • Carbohydrate 4 • Protein 4

Ingredients by weight:

Water, whole wheat flour, enriched all-purpose flour, granulated sugar, vegetable oil, egg, butter, yeast, salt, cinnamon



Nutrient analysis generated using Food Processor Nutrition Analysis Software, ESHA Research

Recipe Source: *A Baker's Dozen Labs* and *Bread with a Twist* lesson, www.HomeBaking.org, Soft Pretzels

Adapted and tested by Sharon Davis, Family and Consumer Sciences Education, Home Baking Association



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Soft Sugar Cookies

Ingredients	24 Servings		48 Servings		Directions
	Weight	Measure	Weight	Measure	
Spread margarine, 60% vegetable oil*	8 oz	1 cup	1 lb	2 cups	<ol style="list-style-type: none"> 1. Preheat conventional oven to 375° F or convection oven to 350° F. 2. Line pans with parchment paper OR leave baking sheets ungreased. 3. In mixing bowl, beat margarine and granulated sugar until light and fluffy, about 3 minutes. 4. Beat in egg and vanilla, scraping sides of bowl occasionally, until blended. 5. In a separate bowl, whisk flours, baking powder, and salt to blend thoroughly. 6. Combine dry ingredients with wet mixture just until blended (Do not over beat). 7. Scoop and shape 1½ Tablespoons of dough into balls. Space 3” apart on ungreased baking sheets. Gently press into 2 ½-inch circles. <i>For heart-shaped cookies:</i> pinch bottom of circle to form point of heart; gently indent dough in center on top of circle to finish the heart shape. 8. Bake in preheated oven for 12-14 minutes or until edges are lightly golden. 9. Cool baking sheet 2 minutes on wire cooling rack. Remove cookies from baking sheet and cool completely.
Sugar, granulated	7.5 oz	1 cup	15 oz	2 cups	
Egg, whole, large	1.75 oz	1 each	3.5 oz	2 each	
Vanilla extract		2 tsp		1 Tbsp + 1 tsp	
Flour, whole wheat**	8.5 oz	2 cups	1 lb 1 oz	4 cups	
Flour, enriched, all-purpose, unbleached	3 oz	⅔ cup	5.75 oz	1 ⅓ cups	
Baking powder		1 ½ tsp		1 Tbsp	
Table salt		¼ tsp		½ tsp	
<i>Optional:</i> Sugar, powdered	3 oz	¾ cup	6 oz	1 ½ cups	
Lemonade, prepared, pink		3-4 tsp	1 oz	2-3 Tbsp	
Food Coloring of choice		Several drops (to desired color)		Several drops (to desired color)	
					<ol style="list-style-type: none"> 10. Mix powdered sugar with pink lemonade (could also use hot water, coffee, milk, or maple syrup) and tint with food coloring, if desired. 11. Once cool, drizzle across cookies and let set before serving.

*May use spread margarine stick or tub, but must be 60% vegetable oil

**Recipe is best prepared with fine, whole white wheat flour

Spice Snack Cake

Ingredients	16 Servings		48 Servings		Directions
	Weight	Measure	Weight	Measure	
Flour, whole wheat	4.25 oz	1 cup	1 lb 1 oz	4 cups	<ol style="list-style-type: none"> Preheat conventional oven to 350° F or convection oven to 325° F. Line pan(s) with parchment paper. For 16 servings, use one 9 X 9" cake pan; for 48 servings, use one 13 X 18 x 1" half sheet pan. In medium mixing bowl, combine flour, cornstarch, baking powder, baking soda, salt, cinnamon, ginger, and nutmeg until blended well. (May prepare dry mix ahead). In large mixing bowl, whisk or beat together buttermilk, sugar, dark corn syrup, melted butter, eggs, vegetable oil, and vanilla until smooth. <i>Optional: If adding raisins, toss raisins with flour mixture.</i> Add flour mixture in 4-6 scoops to liquid mixture, beating until smooth, about 3 minutes. Pour into prepared half sheet pan and bake in center of oven 25-30 minutes. If baking in a convection oven, turn pan once. If including raisins, add 5 minutes to total baking time, if needed. Cool on wire cooling racks. Mix powdered sugar, vanilla, and smallest quantity of milk. If too thick, thin with remaining quantity of milk. Use pointed spoon or fork to drizzle over cake. Allow drizzle to set. Cut 13 x 18" pan into 48 squares or bars (6X8 or 4X12).
Cornstarch	1 oz	¼ cup	3 oz	¾ cup	
Baking Powder		1 tsp		1 Tbsp	
Baking Soda		¼ tsp		¾ tsp	
Salt		½ tsp		1 ½ tsp	
Cinnamon, ground		½ tsp		1 ½ tsp	
Ginger, ground		¼ tsp		¾ tsp	
Nutmeg, ground		⅛ tsp		¼ tsp	
Buttermilk, lowfat*	4 oz	½ cup	1 lb 2 oz	2 ¼ cups	
Sugar, granulated	4.5 oz	⅔ cup	14.1 oz	2 cups	
Corn syrup, dark	2.9 oz	¼ cup	8.8 oz	¾ cup	
Eggs, whole, large	3.5 oz	2 each	7 oz	4 each	
Butter, unsalted, melted	1 oz	2 Tbsp	4 oz	½ cup	
Oil, vegetable		2 Tbsp	1.5 oz	¼ cup	
Vanilla Extract		1 tsp		1 Tbsp	
<i>Optional: Raisins, seedless, conditioned**</i>	3 oz	⅔ cup	10 oz	2 cups	
Powdered sugar	2 oz	½ cup	4 oz	1 cup	
Vanilla Extract		½ tsp		1 tsp	
Milk, 1%		1-2 Tbsp	1 oz	2-3 Tbsp	

*Substitute option for buttermilk: Whisk 2 cups + 2 Tbsp of lowfat (1%) milk with 2 Tbsp white vinegar. Let stand 5 minutes.

**Condition raisins by covering with water and draining; allow to stand 5 minutes or overnight, covered, in refrigerator before adding.

Spice Snack Cake, cont.

Serving Size – 1 piece (1.7 oz/49 grams without raisins or 1.9 oz/55 grams with raisins)
 Credits as 0.5 oz eq Grains in the School Nutrition Programs
 Provides 10 grams whole grain per serving

Without Raisins

Nutrition Facts	
Serving Size (49g) Servings Per Container	
Amount Per Serving	
Calories 140	Calories from Fat 35
% Daily Value*	
Total Fat 3.5g	5%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 160mg	7%
Total Carbohydrate 26g	9%
Dietary Fiber 1g	4%
Sugars 13g	
Protein 2g	
Vitamin A 2%	Vitamin C 0%
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
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

With Raisins

Nutrition Facts	
Serving Size (55g) Servings Per Container	
Amount Per Serving	
Calories 160	Calories from Fat 35
% Daily Value*	
Total Fat 4g	6%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 160mg	7%
Total Carbohydrate 30g	10%
Dietary Fiber 2g	8%
Sugars 16g	
Protein 2g	
Vitamin A 2%	Vitamin C 0%
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
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

Ingredients by weight:

Buttermilk (1%), whole wheat flour, granulated sugar, *raisins*, corn syrup, eggs, butter, *powdered sugar*, cornstarch, *milk (1%)*, vegetable oil, vanilla, baking powder, salt, baking soda, cinnamon, ginger, nutmeg

Optional recipe ingredients are included in italics



Nutrient analysis generated using Food Processor Nutrition Analysis Software, ESHA Research

Recipe Source: www.karosyrup.com and www.argostarch.com, Low-fat Spice Cake

Adapted and tested by Sharon Davis, Family and Consumer Sciences Education, Home Baking Association

