

# Desserts

---

Apple Nachos  
Apple Spice Cake  
Autumn Apple Cake  
Better Bars  
Blueberry Bean Cake  
Chickpea Chocolate Cake  
Dessert Hummus  
Easy Tin Can Ice Cream  
Fruit and Yogurt Pie  
Fruit Pizza  
Pumpkin Bread  
Spiffy Fruit Pie  
Wild Maine Blueberry Cobbler  
Yogurt Pie





EFNEP 50<sup>TH</sup> ANNIVERSARY RECIPES

# Apple Nachos



DESSERTS

INGREDIENTS

- 1 Apple or Pear cored and sliced
- 2 Tbsp. of yogurt
- 1 Tbsp. of honey
- 1 Tbsp. of raisins
- 1 Tbsp. of coconut
- 1 Tbsp. of granola
- 2 strawberries, cubed

INSTRUCTIONS

Thinly slice apple or pear (arrange on a plate)

Drizzle apple or pear with plain yogurt and honey

Sprinkle apple or pear with cubed strawberries, shredded coconut, granola and raisins

Optional toppings (caramel and dried cranberries) ENJOY!

Nutrition Facts

1 servings per container	
Serving size	1 serving (292g)
Amount per serving	
Calories	300
% Daily Value*	
Total Fat 7g	9%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 50mg	2%
Total Carbohydrate 62g	23%
Dietary Fiber 7g	25%
Total Sugars 49g	
Includes 17g Added Sugars	34%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 75mg	6%
Iron 1mg	6%
Potassium 358mg	8%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Apple Nachos is a unique opportunity for families to create a traditional healthy alternative to tortilla chips. This recipe never fails to keep participants fully engaged and completely satisfied!

Apple Nachos are an exciting and refreshing treat that participants are always eager to try".

- Educators



State/Territory

DELAWARE

University

DELAWARE STATE UNIVERSITY



EFNEP 50<sup>TH</sup> ANNIVERSARY RECIPES

# Apple Spice Cake

**Yield:** 12 servings



DESSERTS

INGREDIENTS

- 1 c. sugar
- 2 tsp. vanilla
- ¼ c. margarine or butter
- 1 egg, beaten
- 1 (15- oz.) can pinto beans, undrained and mashed
- 1 c. flour
- ½ tsp. cloves
- 1 tsp. baking soda
- ½ tsp. allspice
- 1 tsp. cinnamon
- 2 c. raw apples, diced
- 1 c. raisins
- ½ c. chopped nuts, optional

INSTRUCTIONS

Mix together sugar, vanilla and margarine in large mixing bowl.

Add egg and beans to mixture.

Add flour and spices to the bowl and mix well.

Add apples, raisins and nuts, mix well.

Pour mixture into a lightly greased 9- by 13-inch pan.

Bake at 375F for 45 minutes.

Nutrition Facts

12 servings per container	
<b>Serving size</b>	<b>1 serving (107g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>230</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 4.5g	<b>6%</b>
Saturated Fat 2.5g	<b>13%</b>
Trans Fat 0g	
<b>Cholesterol</b> 25mg	<b>8%</b>
<b>Sodium</b> 170mg	<b>7%</b>
<b>Total Carbohydrate</b> 44g	<b>16%</b>
Dietary Fiber 3g	<b>11%</b>
Total Sugars 29g	
Includes 17g Added Sugars	<b>34%</b>
<b>Protein</b> 4g	
Vitamin D 0mcg	<b>0%</b>
Calcium 33mg	<b>2%</b>
Iron 2mg	<b>10%</b>
Potassium 245mg	<b>6%</b>

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Three "seasoned" educators from across the state remembered this one! One said "really good and I still make it." Another said "when I run into past years' participants they always mention the apple cake."



State/Territory

PENNSYLVANIA

University

PENN STATE UNIVERSITY



# Autumn Apple Cake



DESSERTS

INGREDIENTS

- Canola oil for pie plate
- ½ c. flour (whole-wheat flour works well)
- ½ c. sugar
- 1 tsp. baking powder
- 1 tsp. ground cinnamon
- 2 Granny Smith or other tart apples, washed, cored and chopped
- 1 egg, lightly beaten
- 1 tsp. vanilla extract

INSTRUCTIONS

Preheat oven to 350F.

Oil a 9-inch pie plate.

Combine flour, sugar, baking powder and cinnamon in a medium-size bowl; mix well.

Add apple, stirring to coat the apple.

Combine egg and vanilla in a separate bowl.

Stir egg mixture into dry ingredients until moistened. Pour batter into pie plate.

Bake for 25 minutes or until lightly browned.

**Tips to try at home:** Buy apples when they are in season and less expensive. Use whole-wheat flour. The kids won't even notice the difference! Leave the skin on the apples. Apple picking is a fun family activity.

Nutrition Facts

8 servings per container	
Serving size 1/8 slice of round (84g)	
Amount per serving	
Calories	100
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 10mg	0%
Total Carbohydrate 23g	8%
Dietary Fiber 2g	7%
Total Sugars 15g	
Includes 9g Added Sugars	18%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 89mg	6%
Iron 1mg	6%
Potassium 104mg	2%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

The recipe highlights apples, a major crop here in Vermont, and incorporates whole-wheat flour into baking.



State/Territory

VERMONT

University

UNIVERSITY OF VERMONT



EFNEP 50<sup>TH</sup> ANNIVERSARY RECIPES

# Better Bars

**Yield:** Makes 16 bars, one 2- by 3-inch bar each

DESSERTS



INGREDIENTS

- 2 c. cooked beans (kidney, pinto, or navy)
- 1/2 c. vegetable oil
- 1/2 tsp. ground cloves
- 1/3 c. nonfat dry milk
- 1 c. all-purpose flour
- 1/2 tsp. nutmeg
- 1 egg, beaten
- 1/2 c. applesauce
- 1 c. raisins (optional)
- 1/2 c. molasses
- 1 tsp. baking soda
- 1 tsp. cinnamon

INSTRUCTIONS

Mash beans into a paste.

Add the other ingredients and stir until ingredients are well blended.

Pour into a greased 13- by 9-inch pan.

Bake at 350 F for 30 minutes.

Nutrition Facts

16 servings per container	
Serving size	2 x 3" square (60g)
Amount per serving	
Calories	160
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 95mg	4%
Total Carbohydrate 21g	8%
Dietary Fiber 2g	7%
Total Sugars 9g	
Includes 7g Added Sugars	14%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 56mg	4%
Iron 1mg	6%
Potassium 288mg	6%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a

EFNEP assistants used this recipe to help local food bank distribute more than 200 pounds of pinto beans. The food bank would distribute the beans and the participants would bring them back because they did not know what to do with dry beans. EFNEP stepped in to teach how to cook them and how to use them in this recipe. Samples were given and participants wanted the recipe and requested beans so they could make them at home.

Parents requested dry beans from the food bank because their children requested the Better Bars. They had tried for years to get their children to eat beans. They ate them in the Better Bars and loved them. EFNEP taught that making healthful snacks is cheaper than purchasing them. An EFNEP assistant's job is to show people how to use what foods they have to cook and to spend less money and still have tasty foods for their family.



State/Territory

KENTUCKY

University

UNIVERSITY OF KENTUCKY



## DESSERTS



## EFNEP 50<sup>TH</sup> ANNIVERSARY RECIPES

# Blueberry Bean Cake

### INGREDIENTS

- 1 can (15 oz. each) red kidney beans
- 1/3 c. nonfat milk
- 1/2 c. sugar
- 1/4 c. butter
- 3 eggs
- 2 tsp. vanilla
- 1 c. all-purpose flour
- 1/2 c. whole wheat flour
- 1 tsp. baking soda
- 1 1/4 tsp. cinnamon
- 1/2 tsp. salt
- 3/4 teaspoon ground cloves
- pinch ground nutmeg
- 1 c. blueberries, fresh or frozen

### INSTRUCTIONS

Preheat oven to 375 F.

Process beans and milk in food processor or blender until smooth.

Mix sugar and butter in large bowl. Beat in eggs and vanilla.

Mix in bean mixture until well blended.

Stir together dry ingredients (flours, baking soda, and spices) in a separate bowl. Add to bean and egg mixture.

Gently stir in blueberries.

Spoon mixture into 12 greased or paper-lined muffin cups.

Bake muffins in oven until toothpick inserted in centers come out clean, about 20 to 25 minutes.

Cool in pans on wire racks five minutes until removing.

#### Note:

Any canned bean variety can be easily substituted. Nutrition Facts calculated using fresh blueberries. Recipe makes 12 muffins.

### Nutrition Facts

servings per container	
<b>Serving size</b>	<b>(96g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>190</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 5g	<b>6%</b>
Saturated Fat 3g	<b>15%</b>
Trans Fat 0g	
<b>Cholesterol</b> 55mg	<b>18%</b>
<b>Sodium</b> 220mg	<b>10%</b>
<b>Total Carbohydrate</b> 29g	<b>11%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 11g	
Includes 8g Added Sugars	<b>15%</b>
<b>Protein</b> 6g	
Vitamin D 0mcg	<b>0%</b>
Calcium 22mg	<b>2%</b>
Iron 1mg	<b>6%</b>
Potassium 73mg	<b>2%</b>
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	
<small>Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4</small>	

State/Territory

ILLINOIS

University

UNIVERSITY OF ILLINOIS







EFNEP 50<sup>TH</sup> ANNIVERSARY RECIPES

# Chickpea Chocolate Cake



**Yield:** 9 servings

DESSERTS

INGREDIENTS

- 1½ c. semi-sweet chocolate chips
- 1 (15-oz.) can chickpeas, rinsed and drained
- 4 eggs
- ¾ c. white sugar
- ½ tsp. baking powder
- Optional toppings: powdered sugar, frosting or fresh berries

INSTRUCTIONS

Preheat oven to 350 F. Grease 9-inch round cake pan. Melt chocolate chips in a microwave-safe bowl, stirring occasionally until chocolate is smooth. Combine chickpeas and eggs in a food processor or blender and process until smooth. Add sugar and baking powder; blend. Pour in melted chocolate, then blend until smooth. Transfer batter to prepared cake pan. Bake for 40 minutes or until toothpick inserted in center of cake comes out clean. Cool on wire rack.

Nutrition Facts

9 servings per container	
<b>Serving size</b>	<b>1 serving (114g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>290</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 11g	<b>14%</b>
Saturated Fat 6g	<b>30%</b>
Trans Fat 0g	
<b>Cholesterol</b> 90mg	<b>30%</b>
<b>Sodium</b> 190mg	<b>8%</b>
<b>Total Carbohydrate</b> 40g	<b>15%</b>
Dietary Fiber 3g	<b>11%</b>
Total Sugars 31g	
Includes 30g Added Sugars	<b>60%</b>
<b>Protein</b> 7g	
Vitamin D 0mcg	<b>0%</b>
Calcium 115mg	<b>8%</b>
Iron 2mg	<b>10%</b>
Potassium 204mg	<b>4%</b>
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

State/Territory

NORTH DAKOTA

University

NORTH DAKOTA STATE UNIVERSITY





EFNEP 50<sup>TH</sup> ANNIVERSARY RECIPES

# Dessert Hummus

**Yield:** 6 servings



DESSERTS

INGREDIENTS

- 1 (14.5-oz.) can great northern beans, drained and rinsed
- ¼ c. maple syrup
- ¼ c. creamy peanut butter
- ¼ Tbsp. vanilla extract
- ¼ c. mini semisweet chocolate chips

INSTRUCTIONS

Blend together the beans, peanut butter, maple syrup and vanilla extract by hand or in a blender. Stir chocolate chips into mixture. Serve with fruit or graham crackers.

Nutrition Facts

6 servings per container	
<b>Serving size</b>	<b>1 serving (103g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>220</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 2.5g	<b>13%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 310mg	<b>13%</b>
<b>Total Carbohydrate</b> 31g	<b>11%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 14g	
Includes 13g Added Sugars	<b>26%</b>
<b>Protein</b> 8g	
Vitamin D 0mcg	<b>0%</b>
Calcium 59mg	<b>4%</b>
Iron 2mg	<b>10%</b>
Potassium 364mg	<b>8%</b>

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



State/Territory

NORTH DAKOTA

University

NORTH DAKOTA STATE UNIVERSITY



# Easy Tin Can Ice Cream



## DESSERTS



**Yield:** 3 c., ½ c. per serving

### INGREDIENTS

- 2 c. evaporated milk
- 1 1-pound coffee can
- Salt (ice cream salt)
- ½ c. sugar
- 1 3-pound coffee can or #10 institutional pack can
- Rubber spatula or spoon
- ½ tsp. vanilla
- Crushed ice
- Clean, damp cloth
- Chopped fruit or nuts

### INSTRUCTIONS

Mix all ingredients well. Put them in a clean 1-pound coffee can. Place a tight-fitting plastic lid on the can. Place the 1-pound can inside a 3-pound coffee can or #10 institutional pack can. Pack crushed ice inside the larger can around the ice cream can. Pour ¾ c. of salt evenly over ice. Place a tight-fitting plastic lid on larger can. Roll the can back and forth on a table or cement slab for 10 minutes. Open the larger can and remove the ice cream can. Wipe well around the lid and remove it. Use a rubber spatula or a spoon to stir mixture and scrape the sides of the can. Replace the lid. Empty the larger can. Save the ice. Place the ice cream can back in the larger can and pack in more ice and salt. Roll the can back and forth for five minutes more. Remove lid and take out can with ice cream. Wipe well around the lid and remove it. The ice cream is ready to serve.

### Nutrition Facts

6 servings per container  
**Serving size** 0.5 cup (101g)

**Amount per serving**  
**Calories** **180**

	% Daily Value*
<b>Total Fat</b> 6g	<b>8%</b>
Saturated Fat 4g	<b>20%</b>
Trans Fat 0g	
<b>Cholesterol</b> 25mg	<b>8%</b>
<b>Sodium</b> 90mg	<b>4%</b>
<b>Total Carbohydrate</b> 25g	<b>9%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 25g	
Includes 17g Added Sugars	<b>34%</b>
<b>Protein</b> 6g	
Vitamin D 0mcg	<b>0%</b>
Calcium 219mg	<b>15%</b>
Iron 0mg	<b>0%</b>
Potassium 255mg	<b>6%</b>

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

"Easy Tin Can Ice Cream" was an exciting summer recipe and activity in the 4-H D.O.T. (Diet's Our Thing) curriculum of Auburn University EFNEP. Youth felt a sense of pride when they saw they could make their own ice cream. AU EFNEP youth had lots of fun with this recipe also. Due to its popularity, this recipe became a part of the "Katie Comes Calling" low-literacy publication series, with pictures, developed by an Extension specialist for the EFNEP audience. This recipe became so popular that it eventually was used in the traditional 4-H program in Alabama.



State/Territory

**ALABAMA**

University

**AUBURN UNIVERSITY**



## DESSERTS



## EFNEP 50<sup>TH</sup> ANNIVERSARY RECIPES

# Fruit and Yogurt Pie

**Yield:** Makes 1 pie, 1/8 of a pie per serving

### INGREDIENTS

- 8 oz. low-fat fruit yogurt
- 1 graham cracker crust
- 8 oz. light whipped topping
- 1/2 c. nonfat milk powder
- 1 c. chopped fruit

### INSTRUCTIONS

Mix yogurt, fruit and half of the whipped topping.

Pour mixture into pie shell.

Cover with the remaining whipped topping or mix all ingredients together and pour into the pie shell.

Garnish the top with some chopped fruit.

Chill in the refrigerator for two to three hours.

May be frozen. Thaw overnight in the refrigerator.

**Note:** Any canned fresh or frozen fruit can be used. Drain off any liquid before using.

### Nutrition Facts

8 servings per container  
**Serving size** 1 piece (103g)

Amount per serving  
**Calories** 220

	% Daily Value*
<b>Total Fat</b> 9g	<b>12%</b>
Saturated Fat 6g	<b>30%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 130mg	<b>6%</b>
<b>Total Carbohydrate</b> 33g	<b>12%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 18g	
Includes 0g Added Sugars	<b>0%</b>

<b>Protein</b> 4g	
Vitamin D 0mcg	<b>0%</b>
Calcium 99mg	<b>8%</b>
Iron 0mg	<b>0%</b>
Potassium 175mg	<b>4%</b>

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



State/Territory

NEVADA

University

UNIVERSITY OF NEVADA RENO

## EFNEP 50<sup>TH</sup> ANNIVERSARY RECIPES

# Fruit Pizza

**Yield:** 8 servings

### DESSERTS



### INGREDIENTS

- 1 large egg white
- ¼ c. oil (canola or vegetable)
- ¼ c. brown sugar (firmly packed)
- ⅓ c. all purpose flour
- ¼ tsp. ground cinnamon
- ¼ tsp. baking soda
- 1 c. quick cooking oatmeal, uncooked
- Nonstick cooking spray
- 3 oz. fat free cream cheese, softened
- ½ container (6 oz.) nonfat vanilla yogurt
- Fruit for topping the pizza

### INSTRUCTIONS

Preheat the oven to 375 F.

Use a medium mixing bowl to beat egg white until foamy. Add oil and sugar. Beat until smooth.

Stir together the flour, cinnamon, and baking soda in a small bowl. Add to sugar mixture. Stir in oatmeal.

Line a baking sheet with aluminum foil and spray with cooking spray. Spread the dough in a 9-inch circle.

Bake about 12 minutes. Crust will begin to puff but does not look done. Remove from oven and let cool about 20 minutes. The crust continues to cook while cooling.

Stir together the cream cheese and yogurt in a small bowl until smooth. Cover with plastic wrap and refrigerate until cool.

Transfer the crust to a serving plate. Spread the cream cheese mixture over the crust. Arrange fruit on top.

Cut into wedges and serve or refrigerate up to two hours (covered and uncut).

*Fruit Pizza is our favorite dessert recipe. We use it to celebrate program graduations, to share something tasty with our partners and extension councils, and when we simply want to enjoy a delicious dessert.*

*Recipe courtesy of Iowa State University Extension and Outreach's Spend Smart. Eat Smart website. For more information, recipes, and videos, visit [spendsmart.extension.iastate.edu](http://spendsmart.extension.iastate.edu).*

### Nutrition Facts

8 Servings Per Recipe  
**Serving Size: 1 wedge**

**Amount Per Serving**

**Calories 180**

**% Daily Value\***

**Total Fat** 8g **12%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

**Cholesterol** 0mg **0%**

**Sodium** 130mg **5%**

**Total Carbohydrates** 25g **8%**

Dietary Fiber 1g **4%**

Total Sugars 12g

Added Sugars **NA\***

**Protein** 5g

Vitamin D 0mcg **0%**

Calcium 66mg **6%**

Iron 1mg **6%**

Potassium 180mg **4%**

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**NA\*** - We are currently in the process of integrating the new FDA Nutrition Standards. Added Sugar information is not currently available for the recipe. We will be updating the information shortly.

State/Territory

**IOWA**

University

**IOWA STATE UNIVERSITY**





BREADS



## EFNEP 50<sup>TH</sup> ANNIVERSARY RECIPES

# Pumpkin Bread

**Yield:** 16 servings

### INGREDIENTS

- 1 cup pumpkin (half of 15-oz. can or fresh, cooked and mashed)
- 1 tsp. baking powder
- ½ c. sugar
- 1 tsp. baking soda
- 2 Tbsp. vegetable oil
- 1 tsp. ground cinnamon
- ½ c. plain low-fat yogurt
- ¼ tsp. salt
- ¾ c. all-purpose flour
- ½ c. raisins
- ¾ c. whole-wheat flour

### INSTRUCTIONS

Wash hands and surfaces.

Preheat oven to 350 F.

In large mixing bowl, beat together pumpkin, sugar, oil and yogurt.

In a medium bowl, combine the flours, baking powder, soda, cinnamon and salt. Add to pumpkin mixture, stirring until moistened.

Stir in raisins and pour into greased 9-by-5-by-3-inch loaf pan.

Bake for about one hour or until toothpick inserted near the center comes out clean.

Cool 10 minutes and then remove from pan. Refrigerate leftovers immediately.

### Nutrition Facts

16 servings per container  
**Serving size** 1 slice (48g)

**Amount per serving**  
**Calories** 110

	% Daily Value*
<b>Total Fat</b> 2g	<b>3%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 120mg	<b>5%</b>
<b>Total Carbohydrate</b> 21g	<b>8%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 11g	
Includes 6g Added Sugars	<b>12%</b>

<b>Protein</b> 2g	
Vitamin D 0mcg	<b>0%</b>
Calcium 62mg	<b>4%</b>
Iron 1mg	<b>6%</b>
Potassium 67mg	<b>2%</b>

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

*This recipe is always a success in my classes, participants make often a comment that they enjoy making this recipe at home and is very affordable, a great alternative to piece of cake.*



State/Territory

MISSOURI

University

UNIVERSITY OF MISSOURI



## EFNEP 50<sup>TH</sup> ANNIVERSARY RECIPES

# Spiffy Fruit Pie

**Yield:** 4 pies, 1 pie per serving

### DESSERTS



### INGREDIENTS

- 1 c. applesauce
- 8 slices bread
- Fat for frying the pies
- ½ c. sugar

### INSTRUCTIONS

Put about 2 Tbsp. of applesauce on a slice of bread. Spread it. Do not spread it all the way to the edges

Place a slice of bread on top of it.

Mash the edges of the bread together. Use a fork.

Put 1 Tbsp. of fat in a frying pan. Melt it.

Put the fruit pie in the hot fat. Brown it on one side. Turn it over. Brown it on the other side. Brown all the pies like this. Add more cooking fat if you need it.

Take the fruit pie out of the frying pan.

Sprinkle sugar on the outside of the bread. Now the pie is ready to eat.

### Nutrition Facts

4 servings per container	
<b>Serving size</b>	<b>1 pie (151g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>330</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 4g	<b>20%</b>
Trans Fat 0g	
<b>Cholesterol</b> 15mg	<b>5%</b>
<b>Sodium</b> 320mg	<b>14%</b>
<b>Total Carbohydrate</b> 60g	<b>22%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 34g	
Includes 25g Added Sugars	<b>50%</b>
<b>Protein</b> 6g	
Vitamin D 0mcg	<b>0%</b>
Calcium 77mg	<b>6%</b>
Iron 2mg	<b>10%</b>
Potassium 129mg	<b>2%</b>

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

*"Spiffy Fruit Pie" was a recipe used in the youth phase of Auburn University EFNEP called 4-H D.O.T. (Diet's Our Thing) curriculum lessons. Youth could make this economical recipe easily for themselves and their families, and they all thought it was so delicious.*



State/Territory

**ALABAMA**

University

**AUBURN UNIVERSITY**



EFNEP 50<sup>TH</sup> ANNIVERSARY RECIPES

# Wild Maine Blueberry Cobbler

**Yield:** 6 servings

DESSERTS



INGREDIENTS

- 1/3 c. flour
- 1/4 c. sugar
- 1 1/2 tsp. baking powder
- 1/4 tsp. salt
- 2/3 c. nonfat milk
- 2 tsp. butter, melted
- 2 c. wild Maine blueberries, frozen or fresh

INSTRUCTIONS

Preheat oven to 350F.

In a medium bowl, combine the flour, sugar, baking powder and salt. Stir in the milk and mix the batter until it is smooth.

Using the melted margarine, grease the inside of a 1-quart casserole dish. Pour in the batter and add the blueberries over the top.

Bake the cobbler at 350F for 35 minutes, or until lightly browned.

Nutrition Facts

6 servings per container	
<b>Serving size</b>	<b>1 serving (98g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>110</b>
% Daily Value*	
<b>Total Fat</b> 1.5g	<b>2%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 5mg	<b>2%</b>
<b>Sodium</b> 115mg	<b>5%</b>
<b>Total Carbohydrate</b> 23g	<b>8%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 15g	
Includes 8g Added Sugars	<b>16%</b>
<b>Protein</b> 2g	
Vitamin D 0mcg	<b>0%</b>
Calcium 192mg	<b>15%</b>
Iron 1mg	<b>6%</b>
Potassium 48mg	<b>2%</b>

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



State/Territory

MAINE

University

UNIVERSITY OF MAINE





## DESSERTS



## EFNEP 50<sup>TH</sup> ANNIVERSARY RECIPES

# Yogurt Pie

### INGREDIENTS

- 8 oz. whipped topping, lite
- Graham cracker pie crust
- 8 oz. fruit flavored yogurt, low-fat

### INSTRUCTIONS

Mix the whipped topping and yogurt together for about two minutes, until well blended and fluffy.

Pour into the pie crust and let it chill in the refrigerator for about two hours.

Serve.

### Nutrition Facts

servings per container  
**Serving size** (78g)

Amount per serving  
**Calories** **200**

	% Daily Value*
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 6g	<b>30%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 110mg	<b>5%</b>
<b>Total Carbohydrate</b> 21g	<b>8%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 13g	
Includes --g Added Sugars	--%

<b>Protein</b> 2g	
Vitamin D --mcg	--%
Calcium 44mg	<b>4%</b>
Iron 0mg	<b>0%</b>
Potassium 15mg	<b>0%</b>

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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

*Clients really enjoy this recipe. It's been around for a long time and enjoyed by many. Clients like the fact they can use any low-fat, flavored yogurt and top it with fresh fruits and/or pecan or other nuts.*

*At the end of my lesson, we completed this recipe. One of the ladies wasn't a big fan of yogurt, several of us encourage her to try it. She did and really enjoyed it. She's been making yogurt pie ever since.*



State/Territory

**SOUTH CAROLINA**

University

**CLEMSON UNIVERSITY**