

Snacks and Smoothies

Apple Cinnamon Wrap and Roll
Breakfast Pumpkin Cookies
Fruit Smoothies
Green Monster Smoothie
Orange Julius
Peach, Mango or Nectarine Lassi
Popeye Power Smoothie
Soft Granola Bars
Tofu Ceviche
Trail Mix
Veggie Muffins





SNACK



EFNEP 50TH ANNIVERSARY RECIPES

Apple Cinnamon Wrap and Roll

INGREDIENTS

- 3 Tbsp. Sugar
- 1 Tsp. Cinnamon
- 2 Apples (2 c. chopped)
- 1/3 Cup Low-fat Vanilla Yogurt
- 4 Medium (6-inch) Flour Tortillas
- 3 Tsp. Vegetable Oil

INSTRUCTIONS

Mix sugar and cinnamon in a small bowl. Pour 1 tsp. of oil in a saucer.

Wash and chop apples into small pieces. Place in medium bowl.

Add yogurt to apples, stirring to combine.

Lay tortilla flat on plate. Use fingers to lightly coat top side with oil. Sprinkle it with a spoonful of cinnamon sugar mixture.

Turn tortilla over so un-oiled side is up. Put 1/4 c. of the apple mixture, on half of the tortilla, folding the other tortilla half over the mixture.

Heat 2 tsp. oil in frying pan on medium.

Place folded tortilla in pan and cook about 1 minute, or until lightly browned. Flip to cook second side. (if oil starts to smoke, remove pan from burner for a minute and then continue.)

Remove from pan and cut in half.

Repeat with remaining tortillas.

Nutrition Facts

8 servings per container
Serving size 1/2 tortilla (62g)

Amount per serving
Calories 100

	% Daily Value*
Total Fat 3g	4%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 150mg	7%
Total Carbohydrate 17g	6%
Dietary Fiber 1g	4%
Total Sugars 8g	
Includes 3g Added Sugars	6%

Protein 2g	
Vitamin D 0mcg	0%
Calcium 18mg	2%
Iron 0mg	0%
Potassium 35mg	0%

*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 Cinnamon Wrap and Roll has been a favorite of educators and participants since our Get Fresh campaign was launched in NY in the early 2000s. This was an effort to increase traffic at farmers markets, promote consumption of locally produced fruits and vegetables, and promote use of farmers' markets coupons across the state. This recipe was also a perfect vehicle to promote NY state apples. Cornell has developed 65 different apple varieties over the years. The newest - SnapDragon and RubyFrost were released in 2013. NYS is #2 in apple production. The recipe is easy to prepare, requiring minimal kitchen equipment, uses ingredients easily found, and can be eaten warm or held and eaten at room temperature.



State/Territory

NEW YORK

University

CORNELL UNIVERSITY



SNACK



EFNEP 50TH ANNIVERSARY RECIPES

Breakfast Pumpkin Cookies

INGREDIENTS

- 1¾ c. (15-oz. can) cooked, pureed pumpkin
- 1½ c. brown sugar
- 2 eggs
- ½ c. oil
- 1½ c. flour
- 1¼ c. whole wheat flour
- 1 Tbsp. baking powder
- 2 tsp. cinnamon
- 1 tsp. nutmeg
- ½ tsp. salt
- ¼ tsp. ground ginger
- 1 c. raisins
- 1 c. walnuts or hazelnuts, chopped

INSTRUCTIONS

Preheat oven to 400F.

Mix pumpkin, brown sugar, eggs, and oil thoroughly.

Blend dry ingredients and add to pumpkin mixture.

Add raisins and nuts.

Drop by the teaspoonful on greased baking sheet, 1 inch apart.

Gently flatten each cookie (use a spoon, bottom of glass, or palm of your hand).

Bake 10 to 12 minutes until golden brown.

foodhero.org/recipe/export/recipeprint/208

Nutrition Facts

24 servings per container
Serving size 2 cookies (65g)

Amount per serving

Calories 200

% Daily Value*

Total Fat 9g	12%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 55mg	2%
Total Carbohydrate 30g	11%
Dietary Fiber 2g	7%
Total Sugars 18g	
Includes 12g Added Sugars	24%

Protein 3g

Vitamin D 0mcg	0%
Calcium 97mg	8%
Iron 1mg	6%
Potassium 112mg	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.

Kids like cookies, and this is a good way to get them thinking about different cookie flavors, and that when they cook for themselves they can make changes like adding/omitting raisins and nuts into recipes like this. This is a great recipe to use to brainstorm with kids flavors or other things that would go well in these cookies.



State/Territory

OREGON

University

OREGON STATE UNIVERSITY



SMOOTHIE



EFNEP 50TH ANNIVERSARY RECIPES

Fruit Smoothies

Yield: 2 servings

INGREDIENTS

Choose ½ c. of a fruit

- Banana
- Strawberries
- Peaches
- Blueberries

Choose 1 c. of a base

- Low-fat plain yogurt
- Low-fat vanilla yogurt
- Low-fat vanilla frozen yogurt
- Frozen fruit
- Ice cubes
- Frozen juice concentrate, such as apple or orange

Choose ½ c. of liquid

- Low-fat or fat-free milk
- Calcium-fortified soy milk
- 100% fruit juice

Nutrition Facts

2 servings per container
Serving size 1 serving (242g)

Amount per serving
Calories 140

	% Daily Value*
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 30mg	1%
Total Carbohydrate 30g	11%
Dietary Fiber 2g	7%
Total Sugars 20g	
Includes 0g Added Sugars	0%

Protein 4g	
Vitamin D 0mcg	0%
Calcium 93mg	8%
Iron 0mg	0%
Potassium 514mg	10%

*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.

INSTRUCTIONS

Put all the ingredients in a blender and mix until smooth. Serve immediately. This will give you enough for two people. If there are more than two of you, you can make twice as much.

Example 1

- ½ c. strawberries
- 1 c. low-fat vanilla yogurt
- ½ c. fat-free milk
- ½ c. banana
- 1 c. frozen orange juice
- ½ c. low-fat milk

Example 2

- ½ c. banana
- 1 c. frozen orange juice
- ½ c. low-fat milk

Example 3

- ½ c. blueberries
- 1 c. low-fat frozen vanilla yogurt
- ½ c. orange juice

"The youth groups that I worked with, always get excited when I do the Fruit Smoothie for the class food demonstration."

Quote from EFNEP Educator

State/Territory

ARKANSAS

University

UNIVERSITY OF ARKANSAS AT PINE BLUFF





SMOOTHIE



EFNEP 50TH ANNIVERSARY RECIPES

Green Monster Smoothie

Yield: 2 servings

INGREDIENTS

- 1½ c. strawberries, hulled
- 2 c. spinach
- ½ banana, peeled
- 1 Tbsp. orange juice concentrate
- ½ single-serving low-fat yogurt, any flavor
- ¼ c. to ½ c. milk, water or juice

INSTRUCTIONS

Place prepared ingredients in freezer-safe bag. Push out air and lay flat in freezer. When ready to prepare, place ingredients in blender with ¼ c. to ½ c. milk, water or juice.

Nutrition Facts

2 servings per container
Serving size 1 serving (311g)

Amount per serving
Calories 140

	% Daily Value*
Total Fat 1.5g	2%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 100mg	4%
Total Carbohydrate 28g	10%
Dietary Fiber 5g	18%
Total Sugars 18g	
Includes 2g Added Sugars	4%

Protein 7g	
Vitamin D 0mcg	0%
Calcium 260mg	20%
Iron 2mg	10%
Potassium 412mg	8%

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With a name like Green Monster Smoothie, kids do not expect it to look pretty. The taste says it all, because this is one of our most popular recipes with youth!



State/Territory

NORTH DAKOTA

University

NORTH DAKOTA STATE UNIVERSITY



SMOOTHIE



EFNEP 50TH ANNIVERSARY RECIPES

Orange Julius

Yield: 5 servings, about 6 oz. each

INGREDIENTS

- ¼ c. sugar
- 1 (6 oz.) can frozen, concentrated orange juice
- 2 c. milk
- 1 tsp. vanilla
- 10 ice cubes

INSTRUCTIONS

In a blender, combine all ingredients. Blend for ½ minute or until ice cubes are crushed.

Makes 30 oz.

Nutrition Facts

5 servings per container
Serving size 6 oz. (132g)

Amount per serving
Calories 110

	% Daily Value*
Total Fat 2g	3%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 65mg	3%
Total Carbohydrate 17g	6%
Dietary Fiber 0g	0%
Total Sugars 16g	
Includes 10g Added Sugars	20%

Protein 5g	
Vitamin D 0mcg	0%
Calcium 341mg	25%
Iron 0mg	0%
Potassium 215mg	4%

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"Orange Julius" was a quick and easy recipe used in the Today's Mom Curriculum of Auburn University EFNEP. Moms-to-be welcomed this refreshing, nutritious beverage that was easy to digest as a morning meal. Orange Julius was a calcium-rich recipe that proved to be a healthful treat for mom and baby alike.



State/Territory

ALABAMA

University

AUBURN UNIVERSITY

EFNEP 50TH ANNIVERSARY RECIPES

Peach, Mango or Nectarine Lassi



SMOOTHIE



Yield: 2 servings

INGREDIENTS

- 2 ripe peaches, mangoes or fresh seasonal fruit
- 1 c. ice cubes or ½ c. cold water
- 1 c. plain yogurt (low fat)
- 1 Tbsp. honey

INSTRUCTIONS

Cut the fruit in half, remove and discard the seed (pits), and chop them (you should have about 1½ c.).

Put the fruit and the rest of the ingredients in the blender and cap tightly.

Turn the blender to medium to start chopping the fruit and ice. Adjust the blender to high speed and blend until the mixture is really smooth and moves easily in the blender, about one minute.

Serve right away, or cover and refrigerate up to 24 hours (if you do this, stir it well or blend again before serving).

Garnish with a few cubes of fruit and mint leaves

Notes: No fresh peaches? No problem! When fresh fruit isn't available, you can use 2 c. of frozen fruit slices and skip the ice.

Nutrition Facts

2 servings per container
Serving size 1 serving (342g)

Amount per serving

Calories 160

% Daily Value*

Total Fat 2g	3%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 80mg	3%
Total Carbohydrate 31g	11%
Dietary Fiber 2g	7%
Total Sugars 29g	
Includes 9g Added Sugars	18%

Protein 7g

Vitamin D 0mcg	0%
Calcium 212mg	15%
Iron 0mg	0%
Potassium 299mg	6%

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'It's cool and yummy- just what I needed on a hot day.'

Yogurt and fermented milk products have been consumed in India, Pakistan, Bangladesh, Iran, Turkey and Egypt from time immemorial. Fresh milk spoils in the heat of these hot, dry countries very rapidly. So milk is fermented to yogurt, which then is churned or blended with fruit, and a little honey or sugar is added to produce a refreshing light drink that protects from heat and dehydration. Lassi is pronounced "lussie," not "lassie," and is the name used in India/Pakistan. A salted version also is consumed in many countries.



State/Territory

MARYLAND

University

**UNIVERSITY OF MARYLAND,
COLLEGE PARK**



SMOOTHIE



EFNEP 50TH ANNIVERSARY RECIPES

Popeye Power Smoothie

INGREDIENTS

- 1 c. orange juice
- ½ c. pineapple juice
- ½ c. low-fat plain or vanilla yogurt
- 1 banana, peeled and sliced
- 2 c. fresh spinach leaves
- crushed ice

INSTRUCTIONS

Combine all ingredients in a blender.

Puree until completely smooth.

Serve immediately.

Refrigerate leftovers within two hours.

Notes: For a thicker smoothie, use frozen fruit instead of fresh fruit.

<https://foodhero.org/recipe/export/recipeprint/226>

Nutrition Facts

4 servings per container
Serving size 1 cup (179g)

Amount per serving
Calories 100

	% Daily Value*
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 45mg	2%
Total Carbohydrate 21g	8%
Dietary Fiber 2g	7%
Total Sugars 15g	
Includes 0g Added Sugars	0%

Protein 3g	
Vitamin D 0mcg	0%
Calcium 90mg	6%
Iron 1mg	6%
Potassium 258mg	6%

*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.

It's really fun and simple to prepare, is surprising and tastes delicious. The kids are always amazed they taste so good with spinach. Easy to prepare, transport, and store. Everyone loves it and it is such a cool color. People are thrilled to be able to get greens in a tasty way. It is very flexible as chard, kale, or lettuce greens could be subbed for the spinach. And the other ingredients many will have on hand. The bright green color makes people very curious (and skeptical) but when they taste it, they love it. So fun!



State/Territory

OREGON

University

OREGON STATE UNIVERSITY



SNACK



EFNEP 50TH ANNIVERSARY RECIPES

Soft Granola Bars

Yield: 21 servings

INGREDIENTS

- 1 c. brown sugar
- 1 c. vegetable oil
- 2 eggs
- 2 c. regular oatmeal
- 1½ c. whole-wheat flour
- 1 tsp. baking powder
- 1 c. raisins or chopped dates
- 1½ tsp. ground cloves
- 1½ tsp. ground cinnamon
- ¼ tsp. salt
- ¼ c. honey
- 1 c. nuts

INSTRUCTIONS

Preheat oven to 350F. Spray a 15½- by 10½-inch jelly roll pan with nonstick cooking spray. Set aside.

In a large bowl, combine brown sugar, vegetable oil and eggs, stirring until smooth.

Stir in remaining ingredients, except honey.

Spread into the prepared pan.

Bake 17 to 22 minutes or until done. Cool.

In a small saucepan over medium heat, cook honey until heated through, stirring constantly. Drizzle honey on top of granola bars.

Nutrition Facts

21 servings per container
Serving size 1 bar (60g)

Amount per serving
Calories 270

	% Daily Value*
Total Fat 16g	21%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 40mg	2%
Total Carbohydrate 32g	12%
Dietary Fiber 2g	7%
Total Sugars 19g	
Includes 13g Added Sugars	26%

Protein 4g	
Vitamin D 0mcg	0%
Calcium 59mg	4%
Iron 1mg	6%
Potassium 167mg	4%

*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

NEBRASKA

University

UNIVERSITY OF NEBRASKA



Tofu Ceviche


SNACK

Yield: 6 servings, about ¾ c. each

INGREDIENTS

- 1 block of extra firm tofu, cut into small cubes, pressed in a colander so that much of the water drains out
- 1 bunch cilantro, finely chopped
- 1 medium red onion, finely chopped
- 2 large Roma tomatoes, diced
- 2 avocados, cut into small cubes
- Juice of 3 to 4 limes
- Salt and pepper to taste*

For Latino flavors, add

- 2 diced jalapeños
- Hot sauce
- Serve with corn tortilla chips
-

For Asian flavors, add

- 2 Thai chilies finely chopped
- 1 bunch Thai basil, chopped
- 1 Tbsp. sesame oil
- Serve with Romaine lettuce leaves, rolled in rice paper sheets

Nutrition Facts

servings per container	
Serving size	(174g)
Amount per serving	
Calories	150
	% Daily Value*
Total Fat 10g	13%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 410mg	18%
Total Carbohydrate 9g	3%
Dietary Fiber 4g	14%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 8g	
Vitamin D 0mcg	0%
Calcium 136mg	10%
Iron 2mg	10%
Potassium 352mg	8%

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INSTRUCTIONS

Combine all ingredients. Mix well.

Nelly Camacho created this recipe 15 years ago as a way to introduce new foods (tofu) in a culturally relevant way, working with a Latino population. WIC and other food assistance programs often provide foods like tofu and many recipients do not know how to prepare it.

Participants say: I love it! It is the first time I've had tofu and I will prepare it for my kids. I never had tofu like this.



State/Territory

CALIFORNIA

University

UNIVERSITY OF CALIFORNIA



SNACK



EFNEP 50TH ANNIVERSARY RECIPES

Trail Mix

INGREDIENTS

- 1 c. O-shaped cereal
- 1 c. square-shaped or corn cereal
- 1 c. pretzels
- 1 c. popcorn, popped
- ½ c. raisins, dried cherries or other dried fruit
- 1 c. peanuts (optional)

INSTRUCTIONS

Have the group members wash their hands with soap and warm water for 20 seconds before beginning to prepare the recipe. Be sure that all work surfaces are clean.

Arrange bowls and serving spoons in a line on the tables where the kids can reach them.

Pour one ingredient into each of the bowls.

Distribute the resealable sandwich bags and invite the kids to scoop one spoonful of each ingredient into their bags to create their own trail mix.

Have the kids seal their bags, shake and enjoy!

Nutrition Facts

16 servings per container
Serving size 1 serving (15g)

Amount per serving

Calories 60

% Daily Value*

Total Fat 2.5g 3%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 35mg 2%

Total Carbohydrate 9g 3%

Dietary Fiber 1g 4%

Total Sugars 4g

Includes 0g Added Sugars 0%

Protein 2g

Vitamin D 0mcg 0%

Calcium 18mg 2%

Iron 1mg 6%

Potassium 83mg 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 Trail Mix recipe is one of my go to recipes for youth. I leave out the peanuts due to food allergies with so many children. It's a great recipe for introducing them to dried fruit such as dried cranberries (craisins), raisins, dried cherries and other dried fruit. The recipe is easy for the youth participants to prepare and it's always a hit with my classes.

So many of my youth participants have never had dried cranberries (craisins) before. So many of them have really enjoyed tasting the dried cranberries and stated they made the trail mix one of their favorite snacks I have served in our classes.



State/Territory

SOUTH CAROLINA

University

CLEMSON UNIVERSITY



SNACK



EFNEP 50TH ANNIVERSARY RECIPES

Veggie Muffins

Yield: Makes 12, 1 muffin each

INGREDIENTS

- 1 (8-oz.) package of corn muffin mix
- 1 egg
- 1 Tbsp. onion minced
- 1/3 c. low fat milk
- 3/4 c. mushrooms; chopped
- 3/4 c. fresh broccoli, chopped
- 1/2 tsp. salt, optional
- 2/3 c. shredded cheddar cheese

INSTRUCTIONS

Preheat oven to 400 F.

Blend muffin mix, egg and milk in mixing bowl.

Fold in onions, broccoli, mushrooms and grated cheese.

Oil a muffin pan or line with paper muffin cups. Divide the batter evenly among 12 muffin cups. Bake for 20 minutes or until tops are golden brown.

Nutrition Facts

12 servings per container
Serving size 1 muffin (48g)

Amount per serving
Calories 100

	% Daily Value*
Total Fat 3g	4%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 180mg	8%
Total Carbohydrate 15g	5%
Dietary Fiber 0g	0%
Total Sugars 4g	
Includes 0g Added Sugars	0%

Protein 4g	
Vitamin D 0mcg	0%
Calcium 58mg	4%
Iron 1mg	6%
Potassium 59mg	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.

State/Territory

NEVADA

University

UNIVERSITY OF NEVADA RENO

