

# Recipes

## APPLE CINNAMON MUFFINS

Makes 24 muffins

### Ingredients

2 large eggs

440 ml (1  $\frac{3}{4}$ ) cups buttermilk\*

185 ml ( $\frac{3}{4}$  cup) canola oil

250 ml (1 cup) granulated sugar

5 ml (1 tsp) vanilla extract

4 apples, cored and diced (not peeled)

500 ml (2 cups) whole wheat flour

250 ml (1 cup) all-purpose flour

10 ml (2 tsp) ground cinnamon

10 ml (2 tsp) baking powder

2.5 ml ( $\frac{1}{2}$  tsp) salt

### Directions

Preheat oven to 190°C (375°F).

In a large mixing bowl, whisk together eggs, milk, oil, sugar and vanilla.

Mix in apples.

Sift in flour, cinnamon, baking powder and salt.

Mix until just combined (do not over-mix).

Spoon batter into 2 greased or paper-lined 12 cup-muffin pans. Fill  $\frac{3}{4}$  full.

Bake for 20-25 minutes or until golden brown and toothpick comes out clean.

### TIPS

You can easily turn these into blueberry muffins by replacing the apples with 2-3 cups of frozen or fresh blueberries.

\*If you do not have buttermilk try this recipe to sour your own milk:

1. To make 250 mL (1 cup) of sour milk, mix 15 mL (1 tbsp) of vinegar or lemon juice and enough milk to equal 250 mL (1 cup).
2. Stir and let stand for 5 minutes before using.



## FROZEN FRUIT SMOOTHIE

Serves 8

### Ingredients

1 fresh or frozen banana  
500 ml (2 cups) frozen fruit (ex: blueberries, raspberries, strawberries, mango)  
375 ml (1 ½) cups yogurt (of your choice)  
250 ml (1 cup) milk  
125 ml (½ cup) 100% fruit juice of your choice

### Directions

1. Put all ingredients into a blender.
2. Blend until smooth.
3. Serve immediately.

## OATMEAL RAISIN COOKIES

Makes 4 dozen

### Ingredients:

185 ml (¾ cup) brown sugar  
185 ml (¾ cup) white sugar  
250 ml (1 cup) margarine (or butter)  
2 large eggs  
5 ml (1 tsp) vanilla  
250 ml (1 cup) unsweetened coconut  
500 ml (2 cups) oatmeal  
250 ml (1 cup) all-purpose flour  
250 ml (1 cup) whole wheat flour  
5 ml (1 tsp) baking soda  
5 ml (1 tsp) baking powder  
5 ml (1 tsp) salt  
250 ml (1 cup) raisins  
250 ml (1 cup) chopped walnuts or sunflower seeds (optional)

### Directions

1. Preheat oven to 190°C (375°F).
2. With an electric mixer, cream sugars, margarine, eggs and vanilla in a large mixing bowl.
3. Stir in remaining ingredients.
4. Spoon onto a baking sheet.
5. Bake for 10-12 minutes (until slightly brown).



## EASY PIZZAS

### Ingredients

Crust: ex: whole wheat pita bread, English muffins, naan bread, roti or baked bannock

Pizza sauce

Toppings: ex: bell peppers, tomatoes, mushrooms, olives, onions, pineapple, cooked chicken or beef

Shredded mozzarella and/or cheddar cheese

### Directions

1. Prepare toppings and shred cheese.
2. Assemble pizza: spread sauce, add toppings, sprinkle with cheese.
3. Bake in 200°C (400°F) oven until cheese is melted and pizza is warmed through (approximately 12 minutes).



## PASTA SALAD

### Ingredients

Fun-shaped pasta (ex: tricolor rotini, fusilli, bowtie).

*Choose whole wheat when possible.*

Vegetables of your choice (ex: broccoli, cauliflower, bell peppers, green onions, shredded carrots, celery, spinach, peas)

Cheese, shredded or cubed (ex: cheddar, mozzarella, marble, gouda)

Other ingredients (ex: black beans, kidney beans, chickpeas, roast chicken, tuna, salmon, nuts, seeds)

### Dressing:

125 ml (½ cup) vegetable oil (canola or olive)

60 ml (¼ cup) vinegar (any type)

5 ml (1 tsp) Dijon or honey Dijon mustard

5 ml (1 tsp) sugar

### Directions

1. Cook pasta according to package instructions.
2. Choose salad ingredients.
3. Cut vegetables into bite-size pieces, shred cheese and prepare other salad ingredients (drain and rinse canned beans).
4. Pour dressing ingredients into a jar or container with a tight fitting lid. Shake until combined.
5. Add salad dressing to taste and mix to combine.

*Consider allowing children to assemble their own salads with ingredients of their choice.*