Bake Better Bites: Recipes and Tips for Healthier Baked Goods
**Bake Better Bites: Recipes and Tips for Healthier Baked Goods**

is for parents, community volunteers, school staff, and students to use when preparing baked goods for sale to students. It includes recipes that meet the 2013 edition of the *Guidelines for Food and Beverage Sales in BC Schools*, as well as tips to make favourite recipes healthier. The baked goods are also tasty choices for classroom and school celebrations.

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Dietitians of Canada wishes to thank all those who supported the development and review of this resource.

For more information about the Guidelines for Food and Beverage Sales in BC schools, visit www.healthyschoolsbc.ca/foodguidelines or contact Dietitian Services at HealthLink BC, toll-free in BC, 8-1-1.
For healthy students who learn better.  
Research shows that well-nourished children learn better, behave better, and feel better.

To support classroom learning.  
Students learn about healthy choices in the classroom and school newsletters repeat these messages to parents. Offering healthy food supports healthy lifestyle choices, which in turn reinforce the Health and Career Education curricula.

For a healthy school environment.  
Offering healthier baked goods shows that you are committed to promoting healthy behaviours among students, staff, families, and the community at large. By putting health first you are also supporting learning and development in students, a sense of community, and social inclusion.

To meet the Guidelines for Food and Beverage Sales in BC Schools.  
The Guidelines for Food and Beverage Sales in BC Schools (the Guidelines) were developed to support a healthy school environment – making healthy choices the easy choices – and apply to all food and beverages sold to students. This includes fundraisers like bake sales and special events such as sports days.

Many baked goods score as Do Not Sell in the Guidelines because they are high in calories, fat and sugar. These include items such as cupcakes, cookies, squares, cakes, croissants, doughnuts, pastries, pies and many muffins. The healthy recipes in this booklet score as Sell and can be sold in schools.
What’s the concern with selling baked goods once in a while?

Students have many chances to buy food at school – snacks from the school store or vending machine, cafeteria purchases, special event days and other fundraisers. One can see that food sales are a big part of school life. Add in an occasional bake sale, and together these chances to buy food create an environment that promotes unhealthy eating habits and conflicts with classroom learning about nutrition, unless the Guidelines are followed for all food sales, including bake sales.

What to think about when having a bake sale?

**Keep it simple.** To lessen the workload, shorten organizing time, and minimize equipment required, offer food that do not need to be refrigerated or kept hot.

**Be food safe.** Baked goods are generally low risk when it comes to food safety. Do not offer products containing cream, custard, or cream cheese fillings or toppings. These items need refrigeration, and because they are higher in fat they will probably not meet the Guidelines. When offering fresh vegetables and fruit – which are always Sell Most food and a good addition to bake sales – wash them before serving. Wash your hands often and well before, during, and after preparing food, and before and after eating.

**Be allergy aware.** Follow allergy policies or guidelines in place at the school. For more information, see Allergy Aware School and Childcare Settings at www.bcsta.org/anaphylaxis.

**Label all food.** Label food with who made it, the date, and the ingredients to make sure that people with food allergies, food intolerances, or religious food practices can avoid food with ingredients that are of concern to them.

**Boost the nutrition.** Many recipes can easily be modified to improve the nutrition yet still taste great. For ideas see “What to look for in a recipe?” on page 3 and “Sensational Substitutions” on page 5.

Celebrate and fundraise with non-food items too.

Hold a “no-bake sale” or “virtual tea party.” Donate the money that you would have spent at a bake sale instead of buying baked goods. For more fundraising ideas, check out Healthy Fundraising for Schools: a practical guide for parents and educators www.healthyschoolsbc.ca

Handwashing Tips

- Wash hands often in running warm, soapy water for at least 20 seconds.
- Remember to wash finger tips, between fingers, and under fingernails.
- Rinse for 10 seconds.
- Dry hands with disposable paper towels.
What to look for in a recipe?

Packaged food have a Nutrition Facts table on the label. The Nutrition Facts table shows the amount of calories and nutrients in a stated amount of food. With the Nutrition Facts table and the ingredient list, foods can be assessed against the Nutrient Criteria in the Guidelines. Food categorized as Sell Most or Sell Sometimes can be offered for sale to students.

Recipes in most cookbooks do not have all the nutrient information found in a Nutrition Facts table nor do they list the ingredients by weight, both of which are needed to categorize food according to the Guidelines. With a recipe, use the Checklist in the Guidelines to decide if it makes a healthier product suitable for sale to students.

Choose recipes for baked goods made with whole grain flour, and less fat and sugar.

Look for recipes that include at least two of the following AND use the portion size suggested:

- 50% or more of the flour is whole grain
- Dried fruit, fruit sauce (no added sugar or sweetener), grated vegetable, or bran
- Nuts or seeds in schools with no allergy limitations
- Fat source is oil, or non-hydrogenated margarine (trans fat free)
  AND
- Portion size: cookie is not more than 6 cm (about 2.5 inches) in diameter; loaf slice is not more than 2 cm (about 3/4 inch) thick; muffin is the size of a tennis ball or smaller.

Sugar Substitutes are not permitted in baked goods for sale in elementary and middle schools.
What does less fat and sugar look like in a recipe?

As a rough guide, look for the following quantities to decide if a recipe is likely to meet the Guidelines and be suitable to sell to students.

**Muffins, Quick Breads, and Cakes (12 servings)**
- 75 mL (1/3 cup) OR LESS of fat (oil, non-hydrogenated margarine, butter)
- 175 mL (3/4 cup) OR LESS of sugar

**Cookies (36 cookies)**
- 250 mL (1 cup) OR LESS of fat (non-hydrogenated margarine, butter) OR
- 250 mL (1 cup) fat and nut butter added together (e.g., peanut butter cookies)
- 500 mL (2 cups) OR LESS of sugar

What about the type of fat?

*Canada’s Food Guide* recommends limiting the total amount of fat in our diets and reducing both saturated and trans fats. The recipes included in this booklet are all lower in total fat than many recipes for baked goods. For ideas on how to reduce total fat in your favourite recipes see “Use less fat” in “Sensational Substitutions” on page 5.

To reduce saturated fats in baked goods:
- Replace solid butter, lard, shortening, and hard margarine with an equal amount of a non-hydrogenated margarine
- Replace melted butter or melted hard margarine with an equal amount of vegetable oil, such as canola or sunflower oil

To reduce trans fats in baked goods:
- Replace shortening, hard margarine, or margarine made with partially hydrogenated oils with non-hydrogenated margarine

What about salt or sodium?

Most people get more sodium than they need. Salt is the main source of sodium. Baking powder and baking soda are also sources. Sodium in baked goods is generally not a concern, as most recipes call for only small amounts of salt, baking powder, and baking soda.

Savoury baked goods may call for more salt or ingredients that are higher in salt – for example adding shredded cheese to muffins or scones, which will make them higher in fat too.
Increase the nutrition and trim the fat and sugar in many of your favourite recipes.

### Sensational Substitutions

<table>
<thead>
<tr>
<th>To</th>
<th>Instead of</th>
<th>Try</th>
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| **Boost fibre** | 250 mL (1 cup) white flour | • 125 mL (½ cup) white flour plus 125 mL (½ cup) whole wheat or whole grain flour  
• 175 mL (¾ cup) white flour plus 50 mL (¼ cup) ground flaxseed  
• Adding wheat bran or oatmeal to homemade breads |
| **Use less fat** | 125 mL (½ cup) fat e.g., oil, margarine, or butter | • 50 mL (¼ cup) mashed fruit plus 50 mL (¼ cup) fat; use applesauce, apple butter, mashed banana, puréed prunes, or puréed pumpkin (using mashed fruit may reduce the baking time by 25%)  
• 250 mL (1 cup) fat e.g., oil, margarine, or butter | • 150 to 175 mL (2/3 to ¾ cup) fat  
• 250 mL (1 cup) solid fat e.g., margarine, butter, or shortening in yeast breads | • 175 mL (¾ cup) ricotta cheese plus 50 mL (¼ cup) solid fat |
| | 250 mL (1 cup) solid fat e.g., margarine, butter, or shortening in yeast breads | • Skim, 1%, or evaporated skim milk, or plain low-fat calcium fortified soy beverage  
• Whole milk |
| | Cream | • Milk, low-fat evaporated milk, or low-fat sour cream |
| **Use less sugar** | 250 mL (1 cup) sugar | • 150 to 175 mL (2/3 to ¾ cup) sugar; add cinnamon, vanilla, or almond extract  
• 250 mL (1 cup) chocolate chips | • 125 mL (½ cup) mini chocolate chips; 125 to 250 mL (¼ to 1 cup) chopped nuts or chopped dried fruits such as cranberries, raisins, apricots, or cherries (or a combination) |
| | Fruit canned in syrup | • Fruit canned in its own juice or water, or fresh fruit |
| | Fruit yogourt | • Plain yogourt mixed with fresh fruit |
| | Frosting or icing | • Sliced fresh fruit, pureed fruit, or light dusting of powdered or icing sugar |
| **Boost iron** | 125 mL (½ cup) fat e.g., oil, margarine, or butter | • 50 mL (¼ cup) fat plus 50 mL (¼ cup) pumpkin puree  
• Adding raisins, dried apricots, pumpkin or sesame seeds, nuts, oatmeal, wheat germ |
| | 375 mL (1½ cups) sugar in breads, muffins, cookies | • 250 mL (1 cup) molasses and 175 mL (¾ cup) sugar; add 2 mL (½ tsp) of baking soda for each 250 mL (1 cup) molasses; omit baking powder or use half the amount. Molasses should not replace more than half of the sugar called for in a recipe. |

These tips were compiled from Dietitian Services at HealthLink BC, Dietitians of Canada, The Joy of Cooking, and The New American Plate Comfort Foods.
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Blueberry Lemon Muffins

Makes 12 muffins

| 1 tbsp  | lemon juice | 15 mL |
| 1 cup   | milk        | 250 mL |
| 1       | egg, beaten | 1     |
| ¼ cup   | vegetable oil | 50 mL |
| ¼ cup   | molasses    | 50 mL |
| 1 cup   | natural bran | 250 mL |
| ¾ cup   | whole grain wheat flour | 175 mL |
| ¾ cup   | all-purpose flour | 175 mL |
| ⅓ cup   | packed brown sugar | 75 mL |
| 1½ tsp  | grated lemon rind | 7 mL |
| 1½ tsp  | baking powder | 7 mL |
| ½ tsp   | baking soda | 2 mL |
| 1 cup   | blueberries (fresh or frozen) | 250 mL |

1. In bowl, stir lemon juice into milk; let stand for 1 minute to sour. Stir in egg, oil and molasses.
2. In large bowl, combine bran, whole grain wheat and all-purpose flours, sugar, lemon rind, baking powder and baking soda. Add milk mixture and blueberries; mix until just combined.
3. Spoon into nonstick or paper-lined muffin tins. Bake in 375°F (190°C) oven for 20 to 25 minutes or until firm to the touch.

Tip: To make it easy to pour the molasses from the measuring cup, first measure the oil into the measuring cup, remove oil, then measure molasses.
Banana Applesauce Muffins

Makes 12 large muffins (1 per serving)

Preparation time: 10 minutes
Cooking time: 15 to 20 minutes
Preheat oven to 400°F (200°C)
12-cup muffin tin, lightly greased or lined with paper cups

1. In a large bowl, combine flour, baking powder, baking soda and salt.
2. In a medium bowl, combine bananas, egg, applesauce, sugar and oil. Stir into flour mixture until just combined.
3. Divide batter evenly among prepared muffin cups.
4. Bake in preheated oven for 15 to 20 minutes or until tops are firm to the touch and a tester inserted in the center of a muffin comes out clean. Let cool in tin for 10 minutes, then remove to a wire rack to cool completely.

This recipe was created to use whole wheat flour and less oil than other recipes, making it higher in fibre and lower in fat.

Recipe reprinted with permission from Dietitians of Canada, Simply Great Food, Robert Rose Inc. 2007.
Carrot Bran Muffins

Makes 12 muffins

Preheat oven to 400°F (200°C)
One 12-cup muffin tin, greased or paper-lined

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Measurement</th>
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<tbody>
<tr>
<td>1 3/4 cups</td>
<td>whole grain wheat flour 300 mL</td>
</tr>
<tr>
<td>1 1/4 cups</td>
<td>high-fibre bran cereal 300 mL</td>
</tr>
<tr>
<td>1 tsp</td>
<td>baking powder 5 mL</td>
</tr>
<tr>
<td>1 tsp</td>
<td>baking soda 5 mL</td>
</tr>
<tr>
<td>1/2 tsp</td>
<td>ground cinnamon 5 mL</td>
</tr>
<tr>
<td>1/2 tsp</td>
<td>ground nutmeg 2 mL</td>
</tr>
<tr>
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<td>salt 2 mL</td>
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<tr>
<td>2</td>
<td>eggs 2</td>
</tr>
<tr>
<td>1 cup</td>
<td>grated carrots 250 mL</td>
</tr>
<tr>
<td>3/4 cup</td>
<td>buttermilk 175 mL</td>
</tr>
<tr>
<td>1/3 cup</td>
<td>packed brown sugar 75 mL</td>
</tr>
<tr>
<td>1/4 cup</td>
<td>vegetable oil 50 mL</td>
</tr>
<tr>
<td>1/2 cup</td>
<td>raisins 125 mL</td>
</tr>
</tbody>
</table>

1. In a large bowl, combine flour, cereal, baking powder, baking soda, cinnamon, nutmeg and salt.
2. In a separate bowl, beat eggs thoroughly; blend in carrots, buttermilk, brown sugar and vegetable oil. Add to dry ingredients, stirring just until moistened. Stir in raisins.
3. Spoon batter into greased or paper-lined muffin cups, filling about three-quarters full. Bake in preheated oven for about 20 minutes or until tops of muffins spring back when lightly touched.
Cornmeal Muffins

Makes 24 muffins

Preheat oven to 375°F (190°C)
Two 12-cup muffin tins, greased or paper-lined

1. In a bowl, combine flour, cornmeal, all but 2 tsp (10 mL) of the sugar, baking powder, baking soda and salt.
2. In a separate bowl, whisk together buttermilk, oil and eggs. Add to dry ingredients; stir just until combined.
3. Spoon into muffin cups. Sprinkle with remaining sugar. Bake in preheated oven for 18 to 22 minutes or until firm to the touch.

Tip

Sour milk can be used instead of buttermilk.
To prepare, combine 3 tbsp (45 mL) lemon juice or vinegar with 4 cups (1 L) milk and let stand 10 minutes.

Recipe reprinted with permission from Dietitians of Canada, Cook Great Food, Robert Rose Inc. 2001.
Buttermilk Oatmeal Raisin Scones

Makes 12 scones

Even though buttermilk sounds rich, it isn’t. Buttermilk used to be the liquid left over when cream was made into butter. Now it is made commercially by adding special bacteria to skim or 2% milk.

1. Set aside 1 1/2 tsp (7 mL) of sugar for topping. In bowl, combine whole grain wheat flour, rolled oats, remaining sugar, baking powder, soda and salt. Rub in margarine until mixture is crumbly. Stir in raisins, then buttermilk.

2. On lightly floured surface, knead dough about 10 times. Divide into 3 pieces. Pat each piece into a round about 3/4-inch (2-cm) thick. Transfer to baking sheet then cut with knife to divide each round into four quarters. Sprinkle with reserved sugar. Bake in 375°F (190°C) oven for 25 to 30 minutes or until lightly browned.

Buttermilk is good in muffins and pancakes, and ideal for homemade salad dressings too. Serve these scones warm with a side of fresh fruit for a tasty and nutritious snack.
Best-Ever Chocolate Cookies

Makes 42 cookies (1 per serving)

Preparation time: 15 minutes
Cooking time: 7 to 9 minutes
Preheat oven to 350°F (180°C)
Baking sheets, ungreased

1. In a small bowl, sift flour, cocoa powder, baking soda and salt.
2. In a large bowl, beat eggs, margarine and brown sugar. Fold in flour mixture. Stir in oats, bran cereal and chocolate chips.
3. Drop dough by heaping tablespoonfuls (15 mL), about 2 inches (5 cm) apart, onto baking sheets.
4. Bake in preheated oven for 7 to 9 minutes or until just crisp. Let cool on baking sheets on a wire rack for 5 minutes, then remove to rack to cool completely.

Your family and friends will never know that bran cereal is one of the ingredients in these delicious crunchy cookies.

Tip: When using margarine, choose a non-hydrogenated version to limit consumption of trans fats.

Recipe reprinted with permission from Dietitians of Canada, Simply Great Food, Robert Rose Inc. 2007.
Chewy Spice Cookies

Makes about 64 cookies

1. In a large bowl, cream margarine and sugar until light. Beat in egg, molasses and coffee.

2. In a separate bowl, combine flours, baking soda, cinnamon, ground ginger and cloves.

3. Stir dry ingredients into egg mixture. Stir in raisins, apricots and candied ginger. Knead dough together and refrigerate for 1 to 2 hours.

4. Divide dough into 8 equal pieces. Roll each piece into a log about 1 inch (2.5 cm) in diameter. Each log should be about 16 inches (40 cm) long.

5. Place logs on baking sheets lined with parchment paper. Press flat. Bake in a preheated 350°F (180°C) oven for 8 to 10 minutes. Logs should still be soft. (Do not overbake or cookies will not be chewy.)

6. Sprinkle cookies with sugar. Cut on diagonal into 1-inch (2.5-cm) slices. You should have about 7 or 8 cookies per strip. Cool cookies on racks.

“Chewy Spice Cookies” excerpted from The Best of Heart Smart™ Cooking by Bonnie Stern. Copyright ©2006 by the Heart and Stroke Foundation of Canada and Bonnie Stern Cooking School Ltd. Reprinted by permission of Random House Canada.
Chocolate Chip Cookies

Makes 36 cookies (1 per serving)

Do you like your chocolate chip cookies crisp or soft? Make crisp cookies by cooking them for the maximum time suggested or make soft cookies by cooking them for about 2 minutes less than the minimum suggested baking time.

Preheat oven to 350°F (180°C)
Baking sheets, ungreased

1. In a medium bowl, stir together flour, baking soda and salt.
2. In a large bowl, using an electric mixer or wooden spoon, beat margarine, granulated sugar and brown sugar until light and fluffy. Add eggs, milk and vanilla and beat well. Stir in flour mixture and mix well. Stir in oats and chocolate chips.
3. Drop by heaping tablespoonfuls (15 mL), about 2 inches (5 cm) apart, onto baking sheets. Bake in a preheated oven for 16 to 18 minutes, or until slightly golden brown. Cool on baking sheets for 5 minutes, then remove to rack to cool completely.

Recipe reprinted with permission from Canadian Diabetes Association, Canada’s Best Cookbook for Kids with Diabetes, Colleen Bartley, Robert Rose Inc. 2005.
1. In a large bowl, combine oats, flour, chocolate chips, dried fruit, flaxseed, baking soda and salt.
2. In another large bowl, combine bananas, honey and margarine. Fold in oats mixture.
3. Drop dough by tablespoonfuls (15 mL), about 2 inches (5 cm) apart, onto prepared baking sheets. Flatten with a fork.
4. Bake in a preheated oven for about 10 minutes or until lightly browned. Let cool on baking sheets on a wire rack for 5 minutes, then remove to rack to cool completely.
Gingersnaps

Makes 48 cookies

1. In small saucepan, melt margarine; add molasses and bring to boil, stirring constantly. Remove from heat; let cool for 15 minutes.

2. In small dish, combine baking soda and water; stir into molasses mixture.

3. In mixing bowl, sift 1 cup (250 mL) of the flour, ginger, cinnamon and cloves. Stir in molasses mixture until well combined. Add enough of the remaining flour to make dough that is easy to roll. Chill dough in refrigerator for 20 minutes.

4. On unfloured surface and using unfloured rolling pin, roll dough out to about 1/8 inch (3 mm) thickness. Cut into 2-inch (5-cm) rounds. Sprinkle with sugar. Bake on ungreased baking sheet in 375°F (190°C) oven for 5 to 8 minutes or until set.

These crisp cookies are great for packed lunches or with fresh fruit for dessert. They also freeze well.
Oatmeal Crunchies

Makes 60 cookies (2 per serving)

Preheat oven to 350°F (180°C)
Baking sheets, ungreased

1 cup all-purpose flour 250 mL
1 tsp salt 5 mL
½ tsp baking soda 2 mL
1 cup lightly packed brown sugar 250 mL
½ cup granulated sugar 125 mL
¾ cup soft margarine 175 mL
2 large eggs 2
1 tsp vanilla 5 mL
2½ cups quick-cooking rolled oats 650 mL

1. In a small bowl, combine flour, salt and baking soda.
2. In a large bowl, using an electric mixer or wooden spoon, beat brown sugar, granulated sugar and margarine until light and fluffy. Add eggs and vanilla and beat until smooth. Gradually stir in flour mixture and mix well. Stir in oats.
3. Drop by heaping tablespoonfuls (15 mL), about 2 inches (5 cm) apart, onto baking sheets. Bake in preheated oven for 12 to 15 minutes, or until golden brown. Cool on baking sheets for 5 minutes, then remove to rack to cool completely.

Tip!

Position the oven rack in the centre of the oven when baking cookies. If you are baking 2 sheets at a time, switch the positions of the baking sheets halfway through baking.

Variations: Add ½ cup (125 mL) raisins, currants or chopped dates. Adding raisins will boost iron too! For a festive cookie, add ½ cup (125 mL) dried cranberries.

Recipe reprinted with permission from Canadian Diabetes Association, Canada’s Best Cookbook for Kids with Diabetes, Colleen Bartley, Robert Rose Inc. 2005.
Fibre-Power Biscotti

Makes 30 biscotti (1 per serving)

**Preparation time:** 15 minutes

**Cooking time:** 60 to 65 minutes

**Preheat oven to 350°F (180°C)**

**Baking sheets, lightly greased or lined with parchment paper**

| 2 cups    | bran cereal, crushed | 500 mL |
| 1 1/2 cups | all-purpose flour     | 375 mL |
| 1 cup     | granulated sugar      | 250 mL |
| 3/4 cup   | quick-cooking rolled oats | 175 mL |
| 1/2 cup   | sliced almonds        | 125 mL |
| 1/2 cup   | finely chopped dried apricots | 125 mL |
| 2 tsp     | eggs, lightly beaten  | 10 mL  |
| 3         | baking powder         | 3      |
| 1 tbsp    | vegetable oil         | 15 mL  |
| 2 tsp     | almond extract        | 10 mL  |
| 1 tsp     | vanilla               | 5 mL   |

1. In a large bowl, combine bran cereal, flour, sugar, oats, almonds, apricots and baking powder.
2. In a small bowl, beat eggs, oil, almond extract and vanilla. Stir into bran cereal mixture until well blended (dough will be dry and crumbly).
3. Turn dough out onto a lightly floured surface and knead 10 to 15 times, until dough holds together. Divide dough in half and shape each half into a log about 8 inches (20 cm) long and 3 inches (7.5 cm) wide. Place on prepared baking sheets.
4. Bake in preheated oven for 30 minutes. Remove from oven and reduce oven temperature to 325°F (160°C). Remove logs from baking sheets and let cool on a wire rack 10 minutes.
5. Using a serrated knife, cut each log into 1/2-inch (1-cm) thick slices. Return slices, cut side down, to baking sheets.
6. Bake for 15 minutes. Turn biscotti over and bake 15 to 20 minutes or until light brown and crisp. Let cool on baking sheets on a wire rack for 5 minutes, then remove to rack to cool completely.

These biscotti are full of fibre and other good-for-you ingredients. They make an attractive bake sale item that kids of all ages will love dunking into their milk.

Recipe reprinted with permission from Dietitians of Canada, *Simply Great Food*, Robert Rose Inc. 2007.
Christmas Brownies

Makes 16 brownies (1 per serving)

Preheat oven to 300°F (150°C)
9-inch (2.5-L) square baking pan, sprayed with vegetable spray

24 lower-fat graham crackers 24 mL
2 tbsp unsweetened cocoa powder 25 mL
1/2 tsp salt 2 mL
2 large eggs 2
1 large egg white 1
1/3 cup packed brown sugar 75 mL
1/4 cup granulated sugar 50 mL
2 tsp vanilla 10 mL
1/2 cup white chocolate chips 125 mL
1/2 cup slivered almonds 125 mL
1/3 cup coarsely chopped dried cranberries 75 mL

1. In a food processor, pulse wafers into coarse crumbs. (Or place wafers on a large sheet of waxed paper, cover with another sheet of waxed paper and crush with a rolling pin.) Add cocoa and salt and process until combined.

2. In a large bowl, using an electric mixer or wooden spoon, beat eggs, egg white, brown sugar, granulated sugar and vanilla until well blended and thickened. Stir in crumb mixture.

3. Spread batter evenly in prepared pan and sprinkle with chocolate chips, almonds and cranberries. Press toppings gently into the batter so they will adhere when baked.

4. Bake in preheated oven for 25 to 30 minutes, or until knife inserted in the center comes out clean. Let cool completely in pan on a rack and cut into 16 squares.

Recipe reprinted with permission from Canadian Diabetes Association, Canada’s Best Cookbook for Kids with Diabetes, Colleen Bartley, Robert Rose Inc. 2005.
Granola Energy Squares

Makes about 40 squares

For school fundraisers, place the dry ingredients in a jar with a tight-fitting lid. Label the jar with the ingredients and instructions for baking at home.

1. In large bowl, combine butter and corn syrup; stir in rolled oats, bran, sunflower seeds, dried fruit, nuts and sesame seeds.

2. Firmly press into lightly greased 9- by 13-inch (2.5-L) cake pan; bake in 350°F (180°C) oven for 15 minutes or until golden. Let cool and cut into squares. Store in airtight container for up to 1 week or freeze for up to 2 months.

Banana Cake

Makes 12 servings

1/4 cup soft margarine 50 mL
3/4 cup granulated sugar 175 mL
2 eggs 2
1 tsp vanilla 5 mL
1 cup mashed ripe bananas (about 3) 250 mL
1 tsp grated orange rind (optional) 5 mL
2 cups all-purpose flour 500 mL
2 tsp baking powder 10 mL
1 tsp baking soda 5 mL
1/2 cup buttermilk or sour milk* 125 mL

1. In bowl, cream margarine; add sugar and beat well. Add eggs one at a time, beating well after each addition. Beat in vanilla, bananas and orange rind (if using).

2. Mix together flour, baking powder and baking soda; beat into egg mixture alternately with buttermilk. Spray 9-inch (2.5-L) springform or square pan with non-stick coating; spoon in batter.

3. Bake in 350°F (180°C) oven for 40 minutes or until cake springs back when pressed in centre or until tester inserted in the center comes out clean. Let cool in pan for 10 minutes; remove from pan and let cool on rack.

*To sour milk, add 2 tsp (10 mL) lemon juice or vinegar to 1/2 cup (125 mL) milk and let stand for 10 minutes.

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(Recipe modified to meet the 2013 edition of the Guidelines for Food and Beverage Sales in BC Schools)
Carrot Cake

Makes 20 servings

Preparation time: 15 minutes
Cooking time: 30 to 35 minutes
Preheat oven to 350°F (180°C)
13- by 9-inch (3-L) baking pan, lightly greased

1. In a small bowl, combine all-purpose flour, whole grain wheat flour, baking powder, baking soda, cinnamon and salt.

2. In a large bowl, beat eggs, oil, brown sugar and vanilla until well combined. Fold in dry ingredients. Stir in carrots. Pour into prepared pan.

3. Bake in preheated oven for 30 to 35 minutes or until a tester inserted in the center comes out clean. Let cool completely in pan on a wire rack. Cut cake into slices and lift servings out with a flat lifter.

Recipe reprinted with permission from Dietitians of Canada, Simply Great Food, Robert Rose Inc. 2007.
Harvest Raisin Cake

Serves 24

Preheat oven to 350°F (180°C)
13- by 9-inch (3.5-L) baking pan, lightly greased

1 1/2 cups granulated sugar 375 mL
1 cup whole grain wheat flour 250 mL
1 cup all-purpose flour 250 mL
2 tsp baking powder 10 mL
1 tsp baking soda 5 mL
1/2 tsp salt 2 mL
1 1/2 tsp ground cinnamon 7 mL
1/4 tsp ground cloves 1 mL
1/4 tsp ground nutmeg 1 mL
1/4 tsp ground ginger 1 mL
4 eggs 4
1 can (14 oz/398 mL) pumpkin purée (not pie filling) 1
1/2 cup vegetable oil 125 mL
1 cup high-fibre bran cereal 250 mL
1 cup raisins 250 mL

1. In a large bowl, combine sugar, flours, baking powder, baking soda, salt and spices.
2. In a second bowl, beat eggs, pumpkin, oil and cereal. Add flour mixture, mixing just until combined. Stir in raisins.
3. Spread evenly in lightly greased or nonstick 13- by 9-inch (3.5-L) baking pan. Bake in preheated oven for about 40 minutes or until tester inserted in center comes out clean. Cool completely on wire rack.

Tip
You can also bake this cake in a tube pan or muffin tin.

Tube pan: bake in 350°F (180°C) oven for about 50 minutes.

Muffins: bake in 350°F (180°C) oven for about 20 minutes.

Makes 24 to 30 pieces in 13- by 9-inch (3.5-L) pan, 20 slices in 10-inch (25-cm) tube pan, or about 36 muffins.

This moist and spice-filled cake is as rich in fibre as it is in flavour. Pumpkin puree boosts iron too!

Recipe reprinted with permission from Dietitians of Canada, Cook Great Food, Robert Rose Inc. 2001.
Spicy Apple Cupcakes

Makes 10 cupcakes (1 per serving)

Preheat oven to 350°F (180°C)
10 muffin cups, lined with paper cups or sprayed with vegetable spray

1. In a small bowl, combine flour, pumpkin pie spice, baking powder, baking soda and salt.

2. In a medium bowl, using an electric mixer or wooden spoon, cream granulated sugar, brown sugar and margarine until fluffy. Beat in egg and vanilla. Stir in flour mixture until blended. Stir in applesauce.

3. Divide batter among the muffin tins, filling them half full. Bake in preheated oven for 20 to 25 minutes or until a toothpick inserted into the center comes out clean. Let cool in pan on a rack for 10 minutes. Transfer to rack to cook completely.

Recipe reprinted with permission from Canadian Diabetes Association, Canada’s Best Cookbook for Kids with Diabetes, Colleen Bartley, Robert Rose Inc. 2005.
Apricot Bran Bread

Makes 1 loaf (14 servings)

Preheat oven to 350°F (180°C)
8- by 4-inch (1.5-L) loaf pan, nonstick, lightly greased

1. Crush cereal to make 3/4 cup (175 mL) crumbs. In a large bowl, combine cereal, flours, sugar, baking powder, salt, nutmeg, apricots and orange zest.

2. In a second bowl, beat together egg, milk, orange juice and oil; stir into dry ingredients until well combined. Pour into nonstick or lightly greased 8- by 4-inch (1.5-L) loaf pan. Bake in preheated oven for about 55 minutes or until tester inserted in the center comes out clean. Cool for 10 minutes before removing from pan. Cool completely on wire rack.

**Oat Bran Banana Bread**

Makes 12 servings

**Preparation time: 15 minutes**  
**Cooking time: 50 to 60 minutes**

Preheat oven to 325°F (160°C)  
9- by 5-inch (2-L) loaf pan, lightly greased

1. In a medium bowl, combine flour, oat bran, ground flaxseed, baking powder and baking soda.
2. In a large bowl, beat egg whites, whole egg, sugar, oil and vanilla for 3 to 4 minutes or until creamy. Stir in yogourt until well combined. Stir in bananas. Gradually fold in flour mixture.
3. Spoon batter into prepared loaf pan and smooth top. Sprinkle with whole flaxseed (if using).
4. Bake in preheated oven for 50 to 60 minutes or until top is firm to the touch and a tester inserted in the center comes out clean. Let cool in pan for 10 minutes, then remove to a wire rack to cool completely.

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**Ingredients**

- 1 1/2 cups whole grain wheat flour  
- 1/2 cup oat bran  
- 1/3 cup ground flaxseed  
- 1 tsp baking powder  
- 1 tsp baking soda  
- 2 egg whites  
- 1 whole egg  
- 1/2 cup granulated sugar  
- 1/4 cup vegetable oil or margarine  
- 1 tsp vanilla  
- 3/4 cup low-fat plain yogourt  
- 3 ripe bananas, mashed (about 1 1/3 cups/325 mL)  
- 2 tbsp whole flaxseed (optional)

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**Recipe Notes**

- To boost nutrition, add 1/2 cup (125 mL) chopped walnuts to the batter before baking.
- When using margarine, choose a non-hydrogenated version to limit consumption of trans fats.
Bannock

Makes 12 servings

Preparation time: 20 minutes
Cooking time: 20 minutes
Preheat oven to 350°F (180°C)
Baking sheet, lightly greased

Tips
When using margarine, choose a non-hydrogenated version to limit consumption of trans fats.
Use mashed potatoes with your usual milk and butter added.
If you score the top of the bannock into 12 portions with a sharp knife before baking, it is easier to cut after baking.

1. In a large bowl, combine all-purpose flour, whole grain wheat flour, sugar, baking powder and salt. Using a pastry cutter or two knives, cut in margarine until mixture resembles coarse crumbs. Stir in mashed potatoes and milk until a wet dough forms.

2. On a floured work surface, knead dough until smooth and elastic. Shape into a round about 1 1/2 inches (4 cm) thick and place on a prepared baking sheet. Prick the top with a fork.

3. Bake in preheated oven for about 20 minutes or until top is golden and a tester inserted in the center comes out clean. Let cool on baking sheet for 10 minutes, then remove to a wire rack to cool completely.

Recipe reprinted with permission from Dietitians of Canada, Simply Great Food, Robert Rose Inc. 2007.
Big-Batch Multigrain Bread

Makes 5 loaves (12 servings per loaf)

Preparation time: 20 minutes
Rising time: 105 to 110 minutes
Cooking time: 40 minutes

Five 9- by 5-inch (2-L) loaf pans, greased on the bottom only

1 cup natural bran 250 mL
1 cup 9-grain cereal 250 mL
(such as Red River)
1 cup granulated sugar 250 mL
3 tbsp self-rising yeast 45 mL
1 tbsp salt 15 mL
3 eggs, beaten 3
5 cups lukewarm water 1.25 L
1 cup vegetable oil 250 mL
1/4 cup fancy molasses 50 mL
8 to 10 cups all-purpose flour (approx.) 2 to 2.5 L
4 to 5 cups whole grain wheat flour (approx.) 1 to 1.25 L

1. In a very large bowl, combine bran, 9-grain cereal, sugar, yeast and salt.
2. In a large bowl, combine eggs, water, oil and molasses. Stir into bran mixture until well combined.
Stir in all-purpose flour and whole grain wheat flour 1 cup (250 mL) at a time until a stiff dough is formed.
(Depending on the weather and humidity, you may not need all the flour.)
3. On a floured work surface, knead dough until smooth and elastic. Place in clean, lightly oiled large bowl (see Tip above), cover with a tea towel and let rise until doubled in bulk, about 1 hour.
4. Punch down dough several times to work out air bubbles. Divide into 5 equal pieces and shape into loaves.
Place in prepared loaf pans. Cover with towels and let rise for 45 to 50 minutes, or until the top of the dough is nearly level with the top of the loaf pan. Meanwhile, preheat over to 350°F (180°C).
5. Bake for 40 minutes, rotating pans halfway through, or until tops are golden and firm to the touch. Let cool in pans for 10 minutes, then remove to a wire rack to cool completely.

Recipe reprinted with permission from Dietitians of Canada, Simply Great Food, Robert Rose Inc. 2007.
Chocolate Crêpes

Makes 16 crêpes (1 per serving)

Feature locally grown fruit for a festival fundraiser like a spring strawberry fair or a fall pear festival, or use frozen berries for a winter gala.

Preparation time: 10 minutes
Cooking time: 15 minutes
16 6-inch (15-cm) squares of parchment or waxed paper

1. In a large bowl, sift flour, cocoa powder, sugar and salt.
2. In a medium bowl, whisk eggs, milk, oil and vanilla until blended. Add a little at a time to the flour mixture, whisking to dissolve lumps, until smooth. Cover and refrigerate for 1 hour.
3. Heat a small skillet over medium heat and spray lightly with vegetable cooking spray. When skillet is hot, remove from heat and pour in 1/4 cup (50 mL) of the batter. Swirl skillet to spread batter evenly over the bottom. Return to heat and cook for 30 to 40 seconds, until bottom is light golden. Turn crêpe over and cook for about 15 seconds, until bottom is light golden. Remove from skillet. Repeat until all batter is used, stacking crêpes between squares of parchment or waxed paper to prevent them from sticking together.

Recipe reprinted with permission from Dietitians of Canada, *Simply Great Food*, Robert Rose Inc. 2007.
Oatmeal Pancakes

Makes about 16 to 18 medium pancakes

1 1/2 cups rolled oats
2 cups milk
1/2 cup whole grain wheat flour
1/2 cup all-purpose flour
1 tbsp brown sugar
1 tbsp baking powder
1 tsp salt
1/2 tsp cinnamon
2 eggs, beaten
1/4 cup vegetable oil

375 mL
500 mL
125 mL
125 mL
15 mL
15 mL
5 mL
2 mL
50 mL

1. In a large mixing bowl, blend rolled oats and milk; let stand 5 minutes.
2. Stir together flours, sugar, baking powder, salt and cinnamon. Add dry ingredients, eggs and oil to oats, stirring until combined.
3. Pour 1/4 cup (50 mL) batter for each pancake onto a hot, lightly greased griddle. Cook each pancake until edges become dry and surface is covered with bubbles. Turn and cook second side until golden brown.

Serve with a side of mixed berries and yogourt for a flavourful and healthy break-fast fundraiser. Pancakes are great cold too! Pack in lunches with a slice of cheese for a change from sandwiches.
Catherine’s Healthy Cornmeal Pancakes

Makes 12 large pancakes (1 per serving)

Preparation time: 15 minutes
Cooking time: 30 minutes

1. In a large bowl, combine whole grain wheat flour, all-purpose flour, cornmeal, sugar, baking soda and baking powder.

2. In a medium bowl, whisk eggs, $\frac{1}{2}$ cups (375 mL) of the buttermilk, squash purée, oil and vanilla. Whisk into flour mixture. If mixture appears too thick, add up to $\frac{1}{2}$ cup (125 mL) buttermilk to thin.

3. Heat a griddle or large nonstick skillet over medium-high heat. Spray lightly with vegetable cooking spray. For each pancake, pour $\frac{1}{2}$ cup (125 mL) batter onto griddle and cook until bubbly around the edges, about 3 minutes. Flip and cook until golden brown, about 3 minutes. Transfer to a plate and keep warm in low oven. Repeat with remaining batter, spraying griddle with vegetable cooking spray and adjusting heat between batches as needed.

4. Top each pancake with 1 to 2 tbsp (15 to 25 mL) fruit.

Cooked pancakes are a healthy choice for breakfast, lunch, or snacks. Reheat in a microwave or toaster.

Tip

Freeze leftover squash in 1-cup (250-mL) containers and thaw one in the microwave just before adding to pancake batter.

Choose your favourite fruit for this recipe. Berries and chopped peaches work well.

Cooked pancakes freeze well in plastic bags and can be reheated in the toaster for a quick breakfast.

Variation: Substitute mashed sweet potatoes for the squash purée.

Recipe reprinted with permission from Dietitians of Canada, Simply Great Food, Robert Rose Inc. 2007.
Resources

**Recommended Cookbooks**

Not all the recipes in these cookbooks will meet the Guidelines. Use the Checklist to decide if recipes will meet the Guidelines and be suitable for sale to students.

**Dietitians of Canada**
- The Go-To Recipe App
  www.cookspiration.com
- *Simply Great Food: 250 quick, easy & delicious recipes* by Patricia Chuey, Eileen Campbell & Mary Sue Waisman. Published by Robert Rose, 2007
- Online recipes at www.dietitians.ca

**Heart and Stroke Foundation of Canada**
- *The Best of HeartSmart™ Cooking* by Bonnie Stern. Published by Random House Canada, 2006
- *The New Lighthearted Cookbook* by Anne Lindsay. Published by Key Porter Books, 2005
- *Lighthearted Everyday Cooking: Fabulous Food for a Healthy Heart* by Anne Lindsay. Published by John Wiley & Sons Ltd., 2003
- Online recipes at www.heartandstroke.ca

**Canadian Diabetes Association**
- *Diabetes Comfort Food* by Johanna Burkhard. Published by Robert Rose, 2006
- *Canada’s Best Cookbook for Kids with Diabetes* by Colleen Bartley. Published by Robert Rose, 2005
- *Complete Canadian Diabetes Cookbook* Edited by Katherine E. Younker. Published by Robert Rose, 2005

**Websites**

- Guidelines for Food and Beverage Sales in BC Schools
  www.bced.gov.bc.ca/health/2013_food_guidelines.pdf
- Resources to support the implementation of the Guidelines
  www.healthychoicesbc.ca/foodguidelines
- BC Ministry of Education Anaphylaxis Resources
  www.bcsa.org/anaphylaxis
- Healthy Fundraising for Schools: A Practical Guide for Parents and Educators
  http://healthyschoolsbc.ca/program/451/healthy-fundraising-for-schools-a-practical-guide-for-parents-and-educators