

Pancakes
Cookies
Muffins
Squares
Breads
Cakes

Bake Better Bites:

Recipes and Tips
for Healthier
Baked Goods

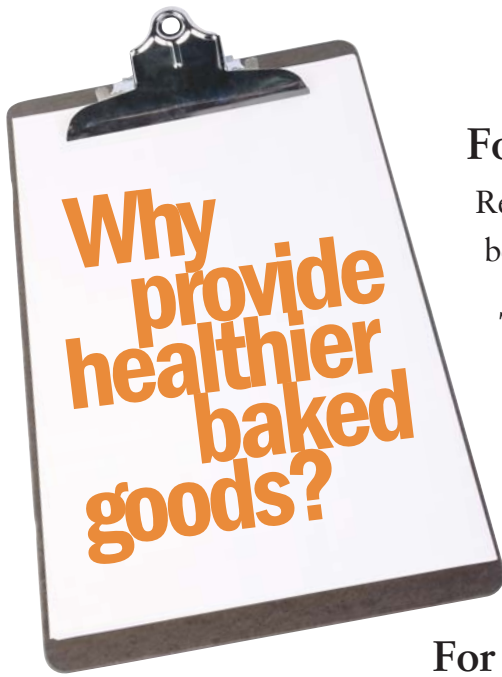


Pancakes Cookies

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 *Guidelines for Food and Beverage Sales in BC Schools*, as well as tips to make favourite recipes healthier. The baked goods are tasty choices for classroom and school celebrations too.

Squares Breads Cakes





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.

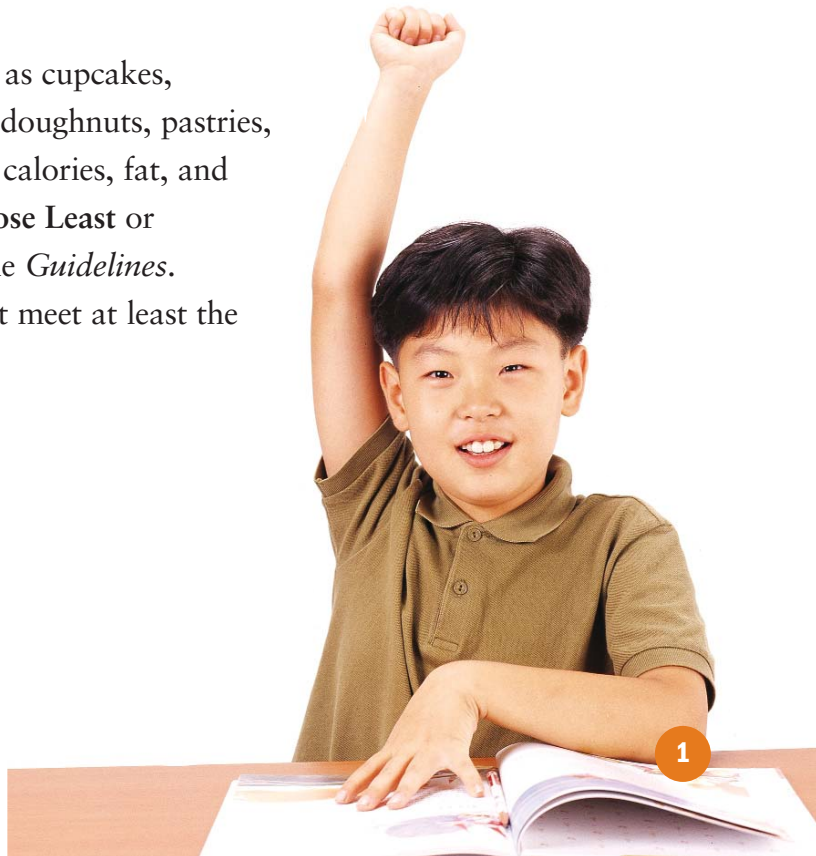
For a healthy school environment.

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* were developed to support a healthy school environment – making healthy choices the easy choices – and apply to all foods and beverages sold to students. This includes fundraisers like bake sales and special events such as sports days.

Most recipes for baked goods such as cupcakes, cookies, squares, cakes, croissants, doughnuts, pastries, pies, and many muffins are high in calories, fat, and sugar and therefore fall in the **Choose Least** or **Not Recommended** categories in the *Guidelines*. However, the recipes in this booklet meet at least the **Choose Sometimes** category.



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 foods 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* anyway. When offering fresh vegetables and fruit – which are always **Choose Most** foods 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 foods. Label foods 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 foods 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: How to raise funds while promoting health and having fun!* www.dashbc.org

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 foods 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 nutrition criteria in the *Guidelines for Food and Beverage Sales in BC Schools* and they can be categorized as **Choose Most**, **Choose Sometimes**, **Choose Least**, or **Not Recommended**.

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 foods according to the *Guidelines*. With a recipe, look at the ingredients and the serving size 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 $\frac{3}{4}$ inch) thick; muffin is the size of a tennis ball or smaller.

For more information see *Healthier Foods: How to Make Fast-Food Healthier for Students* at www.bced.gov.bc.ca/health/healthier_foods.pdf.

Some baked goods will meet the fat and sugar nutrition criteria in the **Choose Sometimes** or **Choose Most** categories, but won't be high enough in iron. Blackstrap molasses, raisins, dried apricots, pumpkin or sesame seeds, nuts, oatmeal, wheat germ, and canned pumpkin will add iron. See how to "Boost iron" in "Sensational Substitutions" on page 5.

Artificial sweeteners are not permitted in baked goods for sale in elementary and middle schools, and are generally discouraged for use by all students except those with diabetes.

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)

- 50 mL (4 tbsp or ¼ cup) OR LESS of fat (oil, non-hydrogenated margarine, butter)
- 125 mL (½ 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)
- 375 mL (1½ 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 (trans fat free)
- 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 (trans fat free)

What about salt or sodium?

Most people get more sodium than they need. Salt is one main source of sodium. Baking powder and baking soda are also sources. Salt 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

To	Instead of	Try
Boost fibre	250 mL (1 cup) white flour	<ul style="list-style-type: none"> • 125 mL ($\frac{1}{2}$ cup) white flour plus 125 mL ($\frac{1}{2}$ cup) whole wheat or whole grain flour • 175 mL ($\frac{3}{4}$ cup) white flour plus 50 mL ($\frac{1}{4}$ cup) ground flaxseed • Adding wheat bran or oatmeal to homemade breads
Use less fat	125 mL ($\frac{1}{2}$ cup) fat e.g., oil, margarine, or butter	<ul style="list-style-type: none"> • 50 mL ($\frac{1}{4}$ cup) mashed fruit plus 50 mL ($\frac{1}{4}$ cup) fat; use applesauce, apple butter, mashed banana, pureed prunes, or pureed pumpkin (using mashed fruit may reduce the baking time by 25%)
	250 mL (1 cup) fat e.g., oil, margarine, or butter	<ul style="list-style-type: none"> • 150 to 175 mL ($\frac{2}{3}$ to $\frac{3}{4}$ cup) fat
	250 mL (1 cup) solid fat e.g., margarine, butter, or shortening in yeast breads	<ul style="list-style-type: none"> • 175 mL ($\frac{3}{4}$ cup) ricotta cheese plus 50 mL ($\frac{1}{4}$ cup) solid fat
	Whole milk	<ul style="list-style-type: none"> • Skim, 1%, or evaporated skim milk, or plain low-fat calcium fortified soy beverage
	Cream	<ul style="list-style-type: none"> • Milk, low-fat evaporated milk, or low-fat sour cream
Use less sugar	250 mL (1 cup) sugar	<ul style="list-style-type: none"> • 150 to 175 mL ($\frac{2}{3}$ to $\frac{3}{4}$ cup) sugar; add cinnamon, vanilla, or almond extract
	250 mL (1 cup) chocolate chips	<ul style="list-style-type: none"> • 125 mL ($\frac{1}{2}$ cup) mini chocolate chips; 125 to 250 mL ($\frac{1}{2}$ to 1 cup) chopped nuts or chopped dried fruits such as cranberries, raisins, apricots, or cherries (or a combination)
	Fruit canned in syrup	<ul style="list-style-type: none"> • Fruit canned in its own juice or water, or fresh fruit
	Fruit yogourt	<ul style="list-style-type: none"> • Plain yogourt mixed with fresh fruit
	Frosting or icing	<ul style="list-style-type: none"> • Sliced fresh fruit, pureed fruit, or light dusting of powdered or icing sugar
Boost iron	125 mL ($\frac{1}{2}$ cup) fat e.g., oil, margarine, or butter	<ul style="list-style-type: none"> • 50 mL ($\frac{1}{4}$ cup) fat plus 50 mL ($\frac{1}{4}$ cup) pumpkin puree • Adding raisins, dried apricots, pumpkin or sesame seeds, nuts, oatmeal, wheat germ
	375 mL ($1\frac{1}{2}$ cups) sugar in breads, muffins, cookies	<ul style="list-style-type: none"> • 250 mL (1 cup) molasses and 175 mL ($\frac{3}{4}$ cup) sugar; add 2 mL ($\frac{1}{2}$ 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 Dial-A-Dietitian, Dietitians of Canada, The Joy of Cooking, and The New American Plate Comfort Foods.

Recipe Table of Contents

Muffins and Scones

- Blueberry Lemon Muffins 7
- Banana Applesauce Muffins 8
- Carrot Bran Muffins 9
- Cornmeal Muffins 10
- Buttermilk Oatmeal Raisin Scones 11

Cookies and Squares

- Best-Ever Chocolate Cookies..... 12
- Chewy Spice Cookies 13
- Chocolate Chip Cookies 14
- Fruity Oatmeal Cookies 15
- Gingersnaps 16
- Oatmeal Crunchies 17
- Fibre-Power Biscotti 18
- Christmas Brownies 19
- Granola Energy Squares 20

Cakes and Cupcakes

- Banana Cake with Orange Icing 21
- Carrot Cake 22
- Harvest Raisin Cake 23
- Spicy Apple Cupcakes 24

Breads and Pancakes

- Apricot Bran Bread 25
- Oat Bran Banana Bread 26
- Bannock 27
- Big-Batch Multigrain Bread 28
- Chocolate Crêpes 29
- Oatmeal Pancakes 30
- Catherine’s Healthy Cornmeal Pancakes 31

Some recipes provide more nutrition information than others.

That’s because they come from different cookbooks, written by different authors, and published in different years.

Pancakes Cookies Muffins Squares Breads Cakes



Choose fresh
or frozen
BC blueberries


NUTRIENTS PER MUFFIN	
Calories:	159
Fat:	6 g
Saturated fat:	1 g
Fibre:	3 g
Protein:	4 g
Carbohydrate:	25 g
Cholesterol:	19 mg
Sodium:	112 mg
Potassium:	347 mg
Iron:	Good

Blueberry Lemon Muffins

Makes 12 muffins

1 tbsp	lemon juice	15 mL
1 cup	milk	250 mL
1	egg, beaten	1
1/4 cup	vegetable oil	50 mL
1/4 cup	molasses	50 mL
1 cup	natural bran	250 mL
3/4 cup	whole wheat flour	175 mL
3/4 cup	all-purpose flour	175 mL
1/3 cup	packed brown sugar	75 mL
1 1/2 tsp	grated lemon rind	7 mL
1 1/2 tsp	baking powder	7 mL
1/2 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 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

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

NUTRIENTS PER SERVING

Calories:	183
Fat:	5.4 g
Carbohydrate:	32.3 g
Protein:	3.6 g
Fibre:	3.2 g
Calcium:	45 mg
Iron:	1.0 mg
Sodium:	283 mg

High in: Magnesium
A source of: Dietary fibre

2 cups	whole wheat flour	500 mL
1 tbsp	baking powder	15 mL
1 tsp	baking soda	5 mL
1/2 tsp	salt	2 mL
3	ripe bananas, mashed (about 1 1/3 cups/325 mL)	3
1	egg, lightly beaten	1
1 cup	unsweetened applesauce	250 mL
1/2 cup	granulated sugar	125 mL
1/4 cup	vegetable oil	50 mL

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.

Bake Sale

Bake Sale

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



Tip  When making these muffins, keep wet and dry ingredients separate until you're ready to mix. Then mix just enough to blend the two components. This produces a coarse crumb that works well for these muffins.

Two favourites, carrot and bran, are combined in this tasty muffin. A great start to any day. Buy BC carrots when in season!

NUTRIENTS PER MUFFIN

Calories:	166
Fat:	6 g
Carbohydrate:	28 g
Protein:	4 g
Fibre:	5 g

Carrot Bran Muffins

Makes 12 muffins

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

1¼ cups	whole wheat flour	300 mL
1¼ cups	high-fibre bran cereal	300 mL
1 tsp	baking powder	5 mL
1 tsp	baking soda	5 mL
1 tsp	ground cinnamon	5 mL
½ tsp	ground nutmeg	2 mL
½ tsp	salt	2 mL
2	eggs	2
1 cup	grated carrots	250 mL
¾ cup	buttermilk	175 mL
⅓ cup	packed brown sugar	75 mL
¼ cup	vegetable oil	50 mL
½ cup	raisins	125 mL

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.

Keep a supply of these muffins frozen in airtight containers until needed for breakfast, lunch, snacks, or a school event. Defrost in the microwave for breakfast or pop into a lunch bag directly from the freezer; they'll defrost by the time lunch rolls around.

NUTRIENTS PER MUFFIN

Calories:	209
Fat:	6 g
Carbohydrate:	33 g
Protein:	5 g
Fibre:	1g

Cornmeal Muffins

Makes 24 muffins

Preheat oven to 375°F (190°C)

Two 12-cup muffin tins, greased or paper-lined

4 cups	all-purpose flour	1 L
2 cups	cornmeal	500 mL
¾ cup	granulated sugar	175 mL
2 tsp	baking powder	25 mL
2 tsp	baking soda	10 mL
½ tsp	salt	2 mL
4 cups	buttermilk or sour milk (see Tip)	1 L
½ cup	vegetable oil	125 mL
3	eggs	3

1. In a bowl, combine flour, commeal, 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 for 5 minutes.





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.

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.

3 tbsp	granulated sugar	45 mL
2 cups	whole wheat flour	500 mL
2 cups	rolled oats	500 mL
1 tbsp	baking powder	15 mL
1/2 tsp	baking soda	2 mL
1/2 tsp	salt	2 mL
3 tbsp	soft margarine	45 mL
1 cup	raisins	250 mL
1 1/3 cups	buttermilk	325 mL

1. Set aside 1 1/2 tsp (7 mL) of sugar for topping. In bowl, combine whole 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.

NUTRIENTS PER Scone	
Calories:	210
Fat:	4 g
Saturated fat:	1 g
Fibre:	4 g
Protein:	6 g
Carbohydrate:	39 g
Cholesterol:	1 mg
Sodium:	278 mg
Potassium:	269 mg
Thiamin:	Good

Cookies & Squares Pancakes Muffins Breads Cakes



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

NUTRIENTS PER SERVING

Calories:	103
Fat:	6.0 g
Carbohydrate:	11.8 g
Protein:	1.6 g
Fibre:	1.3 g
Calcium:	20 mg
Iron:	0.7 mg
Sodium:	116 mg

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 cup	all-purpose flour	250 mL
1/2 cup	unsweetened cocoa powder	125 mL
1 tsp	baking soda	5 mL
1/4 tsp	salt	1 mL
2	eggs	2
1 cup	margarine or butter, softened	250 mL
3/4 cup	packed brown sugar	175 mL
1 1/2 cups	quick-cooking rolled oats	375 mL
1 cup	bran cereal (not flakes)	250 mL
3/4 cup	white chocolate chips	175 mL

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.



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



Molasses, raisins, and dried apricots add iron to this tasty gingerbread cookie. Serve with a piece of fruit and a glass of milk for a tasty and nutritious snack.

NUTRIENTS PER COOKIE

Calories:	53
Protein:	1 g
Fat:	2 g
Saturated fat:	trace
Cholesterol:	3 mg
Carbohydrate:	10 g
Fibre:	1 g
Sodium:	39 mg
Potassium:	69 mg

Chewy Spice Cookies

Makes about 64 cookies

1/2 cup	soft non-hydrogenated margarine or unsalted butter, at room temperature	125 mL
1 cup	granulated sugar	250 mL
1	egg	1
1/4 cup	molasses	50 mL
1 1/2 tbsp	strong liquid coffee	20 mL
1 cup	all-purpose flour	250 mL
1 cup	whole wheat flour	250 mL
1 tsp	baking soda	5 mL
1 tsp	ground cinnamon	5 mL
1 tsp	ground ginger	5 mL
1/2 tsp	ground cloves	2 mL
1/2 cup	raisins	125 mL
1/2 cup	chopped dried apricots	125 mL
1/4 cup	chopped candied ginger	50 mL
2 tbsp	granulated sugar	25 mL

- 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.



You can make your chocolate chip cookies crisp or soft with this recipe.

NUTRIENTS PER SERVING

Calories:	145
Protein:	2 g
Fat:	7 g
Saturated fat:	1 g
Carbohydrate:	20 g
Fibre:	1 g
Cholesterol:	12 mg
Sodium:	134 mg

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

2 cups	all-purpose flour	500 mL
1 tsp	baking soda	5 mL
1/2 tsp	salt	2 mL
1 cup	soft margarine	250 mL
1 cup	granulated sugar	250 mL
1/2 cup	lightly packed brown sugar	125 mL
2	large eggs	2
2 tbsp	1% milk	25 mL
2 tsp	vanilla	10 mL
2 1/3 cups	quick-cooking rolled oats	575 mL
1/2 cup	mini semisweet chocolate chips	125 mL

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 cook completely.



Baking can hook kids on cooking.

Encourage youngsters to bake by starting with an easy drop cookie such as this one. Baking, though, unlike cooking, is a science, and the ingredients must be measured exactly, so some supervision may be required.



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

These cookies were tested with different dried fruits (raisins, chopped apricots, cranberries). All versions worked out well. A mixture would also work.

Variations: Replace the semisweet chocolate chips with white chocolate or butterscotch chips. Or, for a fruitier cookie leave them out entirely.

Try rice syrup or fancy molasses instead of honey.

These make a tasty, healthy snack any time of the day.

NUTRIENTS PER SERVING

Calories:	133
Fat:	5.2 g
Carbohydrate:	20.8 g
Protein:	2.3 g
Fibre:	2.2 g
Calcium:	17 mg
Iron:	0.8 mg
Sodium:	103 mg

A source of: Dietary fibre

Fruity Oatmeal Cookies

Makes 36 cookies (1 per serving)

Preparation time: 10 minutes

Cooking time: 10 minutes

Preheat oven to 350°F (180°C)

Baking sheets, lightly greased or lined with parchment paper

2 cups	old-fashioned rolled oats	500 mL
1 ¹ / ₄ cups	whole wheat flour	300 mL
1 cup	semisweet chocolate chips	250 mL
1 cup	dried fruit	250 mL
³ / ₄ cup	ground flaxseed	175 mL
1 tsp	baking soda	5 mL
¹ / ₂ tsp	salt	2 mL
2	large bananas, mashed	2
³ / ₄ cup	liquid honey	175 mL
¹ / ₂ cup	margarine	125 mL

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.



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



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

NUTRIENTS PER COOKIE

Calories:	29
Fat:	1 g
Saturated fat:	trace
Fibre:	trace
Protein:	trace
Carbohydrate:	5 g
Sodium:	23 mg
Potassium:	41 mg

Gingersnaps

Makes 48 cookies

1/4 cup	soft margarine	50 mL
1/2 cup	molasses	125 mL
1/2 tsp	baking soda	2 mL
1 1/2 tsp	boiling water	7 mL
1 1/4 cups	all-purpose flour	300 mL
1 1/2 tsp	ginger	7 mL
1/2 tsp	cinnamon	2 mL
1/8 tsp	cloves	0.5 mL
1 tsp	granulated sugar	5 mL

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.



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 1/2 cup (125 mL) raisins, currants or chopped dates. Adding raisins will boost iron too! For a festive cookie, add 1/2 cup (125 mL) dried cranberries.

These are good cookies to pack for lunch because they don't crumble apart in a lunch bag!

NUTRIENTS PER SERVING

Calories:	136
Protein:	2 g
Fat:	6 g
Saturated fat:	1 g
Carbohydrate:	20 g
Fibre:	1 g
Cholesterol:	14 mg
Sodium:	158 mg

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
1/2 tsp	baking soda	2 mL
1 cup	lightly packed brown sugar	250 mL
1/2 cup	granulated sugar	125 mL
3/4 cup	soft margarine	175 mL
2	large eggs	2
1 tsp	vanilla	5 mL
2 ² / ₃ 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.

Healthy Baked Goods for Sale!



Recipe reprinted with permission from Canadian Diabetes Association, *Canada's Best Cookbook for Kids with Diabetes*, Colleen Bartley, Robert Rose Inc. 2005.

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.

NUTRIENTS PER SERVING

Calories:	94
Fat:	2.1 g
Carbohydrate:	18.0 g
Protein:	2.4 g
Fibre:	2.5 g
Calcium:	32 mg
Iron:	1.1 mg
Sodium:	44 mg

A source of: Dietary fibre

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
1½ cups	all-purpose flour	375 mL
1 cup	granulated sugar	250 mL
¾ cup	quick-cooking rolled oats	175 mL
½ cup	sliced almonds	125 mL
½ cup	finely chopped dried apricots	125 mL
2 tsp	baking powder	10 mL
3	eggs, lightly beaten	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 ½-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.



Tip Because it is easy to overcook the base, always bake bars in the centre of the oven and check for doneness at the minimum suggested baking time.

The colourful topping makes these brownies an attractive addition to a festive cookie tray or bake sale.

NUTRIENTS PER SERVING

Calories:	124
Protein:	2 g
Fat:	6 g
Saturated fat:	2 g
Carbohydrate:	18 g
Fibre:	1 g
Cholesterol:	27 mg
Sodium:	24 mg

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

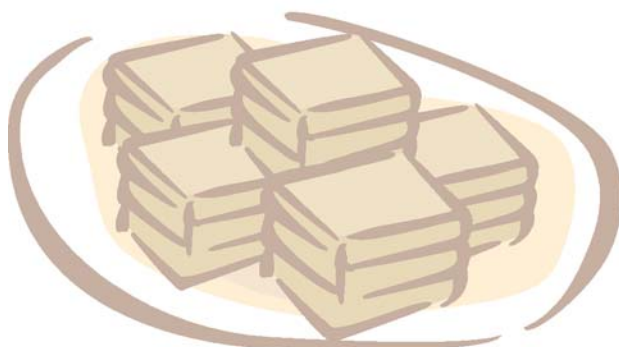
24	lower-fat graham crackers	24
2 tbsp	unsweetened cocoa powder	25 mL
1/2 tsp	salt	2 mL
2	large eggs	2
1	large egg white	1
1/3 cup	packed brown sugar	75 mL
1/4 cup	granulated sugar	50 mL
2 tsp	vanilla	10 mL
1/2 cup	white chocolate chips	125 mL
1/2 cup	slivered almonds	125 mL
1/3 cup	coarsely chopped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



These easy-to-make squares are a tasty alternative to commercial granola bars.

NUTRIENTS PER SQUARE

Calories:	104
Fat:	6 g
Saturated fat:	2 g
Cholesterol:	7 mg
Sodium:	32 mg
Potassium:	104 mg
Carbohydrate:	12 g
Fibre:	2 g
Protein:	2 g

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.

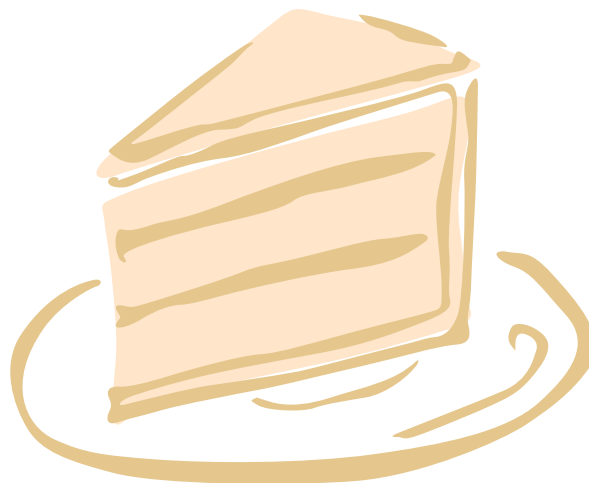
1/2 cup	butter, melted	125 mL
3/4 cup	corn syrup	175 mL
2 cups	quick-cooking rolled oats	500 mL
1 cup	wheat bran	250 mL
1 cup	sunflower seeds	250 mL
1 cup	chopped dried apricots, dates or raisins or a combination (about 6 oz/170 g)	250 mL
1/2 cup	chopped nuts (walnuts, almonds, pecans)	125 mL
1/4 cup	sesame seeds	50 mL

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.

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Squares
Cakes
Breads
Pancakes
Cookies
Muffins



Banana Cake with Orange Icing

Makes 12 servings

With the icing, this cake is too high in sugar to meet the *Guidelines for Food and Beverage Sales in BC Schools*. Make it without icing for school activities, lunches, and snacks. Try it with the icing for special occasions at home with family and friends.

This cake is delicious with or without the icing.

NUTRIENTS PER PIECE WITH ICING

Calories:	253
Total fat:	5 g
Saturated fat:	1 g
Fibre:	1 g
Protein:	4 g
Carbohydrate:	49 g
Cholesterol:	37 mg
Sodium:	195 mg
Potassium:	130 mg

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

Orange icing

1 1/2 cups	icing sugar	375 mL
2 tbsp	low-fat yogourt	25 mL
1 tsp	grated orange rind	5 mL
1 tsp	orange juice	5 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.

Orange icing

In small bowl, combine sugar, yogourt, orange rind and juice; mix until smooth. Spread over cake. Cut into wedges.

*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.

Combine grated apples with the carrots or use only apples.

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

NUTRIENTS PER SERVING	
Calories:	125
Fat:	6.3 g
Carbohydrate:	15.8 g
Protein:	1.9 g
Fibre:	0.8 g
Calcium:	26 mg
Iron:	0.7 mg
Sodium:	174 mg
High in: Vitamin A	

3/4 cup	all-purpose flour	175 mL
1/2 cup	whole wheat flour	125 mL
1 1/4 tsp	baking powder	6 mL
1 1/4 tsp	baking soda	6 mL
1 tsp	ground cinnamon	5 mL
1/2 tsp	salt	2 mL
3	eggs	3
1/2 cup	vegetable oil	125 mL
1 cup	lightly packed brown sugar	250 mL
2 tsp	vanilla	10 mL
2 cups	grated carrots	500 mL

1. In a small bowl, combine all-purpose flour, whole 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.



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!

NUTRIENTS PER SERVING

Calories:	135
Fat:	4 g
Carbohydrate:	23 g
Protein:	2 g
Fibre:	2 g

Harvest Raisin Cake

Serves 24

Preheat oven to 350°F (180°C)

13- by 9-inch (3.5-L) baking pan, lightly greased

1½ cups	granulated sugar	375 mL
1 cup	whole wheat flour	250 mL
1 cup	all-purpose flour	250 mL
2 tsp	baking powder	10 mL
1 tsp	baking soda	5 mL
½ tsp	salt	2 mL
1½ tsp	ground cinnamon	7 mL
¼ tsp	ground cloves	1 mL
¼ tsp	ground nutmeg	1 mL
¼ tsp	ground ginger	1 mL
4	eggs	4
1	can (14 oz/398 mL) pumpkin purée (not pie filling)	1
½ 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.



The applesauce in the batter serves as a partial substitute for fat and sugar, while keeping the cupcakes moist and flavourful.

NUTRIENTS PER CUPCAKE

Calories:	160
Protein:	2 g
Fat:	5 g
Saturated fat:	1 g
Carbohydrate:	27 g
Fibre:	1 g
Cholesterol:	22 mg
Sodium:	189 mg



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 cup	all-purpose flour	250 mL
1 tsp	pumpkin pie spice	5 mL
1/2 tsp	baking powder	2 mL
1/2 tsp	baking soda	2 mL
1/2 tsp	salt	2 mL
1/2 cup	granulated sugar	125 mL
1/4 cup	lightly packed brown sugar	50 mL
1/4 cup	soft margarine	50 mL
1	large egg	1
1/2 tsp	vanilla	2 mL
1/2 cup	unsweetened applesauce	125 mL

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.

Squares Cakes Breads Pancakes Cookies Muffins



Tip Freeze this and other quick breads in individually wrapped slices. Pop them into lunch bags. They will be defrosted by the time lunch comes around.

A slice of this delicious quick bread served with milk makes a tasty and nutritious after-school snack.

NUTRIENTS PER SLICE (1/14 LOAF)	
Calories:	144
Fat:	4 g
Carbohydrate:	23 g
Protein:	3 g
Fibre:	2 g

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

2 cups	bran cereal flakes	500 mL
1/2 cup	all-purpose flour	125 mL
1/2 cup	whole wheat flour	125 mL
1/2 cup	packed brown sugar	125 mL
2 tsp	baking powder	10 mL
1/2 tsp	salt	2 mL
1/2 tsp	ground nutmeg	2 mL
3/4 cup	chopped dried apricots	175 mL
1 tsp	grated orange zest	5 mL
1	egg, lightly beaten	1
1/2 cup	skim milk	125 mL
1/2 cup	orange juice	125 mL
1/4 cup	vegetable oil	50 mL

1. Crush cereal to make $\frac{3}{4}$ 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.



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



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

To boost nutrition, add 1/2 cup (125 mL) chopped walnuts to the batter before baking.

NUTRIENTS PER SERVING

Calories:	193
Fat:	6.9 g
Carbohydrate:	30.8 g
Protein:	5.5 g
Fibre:	3.6 g
Calcium:	59 mg
Iron:	1.1 mg
Sodium:	157 mg

High in: Magnesium
A source of: Dietary fibre

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

1½ cups	whole wheat flour	375 mL
½ cup	oat bran	125 mL
⅓ cup	ground flaxseed	75 mL
1 tsp	baking powder	5 mL
1 tsp	baking soda	5 mL
2	egg whites	2
1	whole egg	1
½ cup	granulated sugar	125 mL
¼ cup	vegetable oil or margarine	50 mL
1 tsp	vanilla	5 mL
¾ cup	low-fat plain yogourt	175 mL
3	ripe bananas, mashed (about 1⅓ cups/325 mL)	3
2 tbsp	whole flaxseed (optional)	25 mL

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.



This aboriginal favourite goes well with a hearty soup or stew. It tastes like a tea biscuit, only much better.

NUTRIENTS PER SERVING	
Calories:	148
Fat:	2.7 g
Carbohydrate:	27.6 g
Protein:	4.0 g
Fibre:	1.9 g
Calcium:	99 mg
Iron:	1.3 mg
Sodium:	378 mg
High in: Folate	

Bannock

Makes 12 servings

Preparation time: 20 minutes

Cooking time: 20 minutes

Preheat oven to 350°F (180°C)

Baking sheet, lightly greased

1½ cups	all-purpose flour	375 mL
1 cup	whole wheat flour	250 mL
3 tbsp	granulated sugar	45 mL
2 tbsp	baking powder	25 mL
1 tsp	salt	5 mL
2 tbsp	margarine	25 mL
1 cup	leftover mashed potatoes	250 mL
1 cup	milk	250 mL

1. In a large bowl, combine all-purpose flour, whole 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 1½ 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.

Tip  **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.



If you want to make just 1 loaf, divide the ingredient measures by roughly 5.

Make sure to use self-rising yeast, which you can add directly to the flour.

If you do not have a bowl large enough to allow the dough to double, divide the dough in half and let each half rise in a separate bowl. Combine the two portions when punching dough down for step 4.

You can combine the ingredients in a very clean dishpan.

You should be able to bake all 5 pans at the same time if you place them carefully on one rack in the oven. If you don't have 5 loaf pans, though, you can bake the loaves in batches. While each batch is baking, cover the uncooked loaves with lightly oiled plastic wrap and place in the refrigerator to delay rising. Bring to room temperature for about 15 minutes before baking.

Bread makes an inexpensive and popular bake sale item.

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

NUTRIENTS PER SERVING

Calories:	193
Fat:	6.9 g
Carbohydrate:	30.8 g
Protein:	5.5 g
Fibre:	3.6 g
Calcium:	59 mg
Iron:	1.1 mg
Sodium:	157 mg

High in: Magnesium
A source of: Dietary fibre

1 cup	natural bran	250 mL
1 cup	9-grain cereal (such as Red River)	250 mL
1 cup	granulated sugar	250 mL
3 tbsps	self-rising yeast	45 mL
1 tbsps	salt	15 mL
3	eggs, beaten	3
5 cups	lukewarm water	1.25 L
1 cup	vegetable oil	250 mL
¼ cup	fancy molasses	50 mL
8 to 10 cups	all-purpose flour (approx.)	2 to 2.5 L
4 to 5 cups	whole 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 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 oven 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.



You can make the crêpes the day before; wrap them in plastic wrap and refrigerate until ready to use.

These crêpes are easy to make and very versatile. Try them filled with your choice of fruit.

NUTRIENTS PER SERVING

Calories:	107
Fat:	4.3 g
Carbohydrate:	14.7 g
Protein:	3.5 g
Fibre:	1.2 g
Calcium:	44 mg
Iron:	1.0 mg
Sodium:	21 mg

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

1½ cups	all-purpose flour	375 mL
½ cup	unsweetened cocoa powder	125 mL
6 tbsps	confectioner's (icing) sugar	90 mL
Pinch	salt	Pinch
2	eggs	2
2 cups	milk	500 mL
2 tbsps	vegetable oil	25 mL
½ tsp	vanilla	2 mL

- 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 ¼ 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.



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Oatmeal Pancakes

Makes about 16 to 18 medium pancakes

Serve with a side of mixed berries and yogourt for a flavourful and healthy breakfast fundraiser. Pancakes are great cold too! Pack in lunches with a slice of cheese for a change from sandwiches.

1½ cups	rolled oats	375 mL
2 cups	milk	500 mL
½ cup	whole wheat flour	125 mL
½ cup	all-purpose flour	125 mL
1 tbsp	brown sugar	15 mL
1 tbsp	baking powder	15 mL
1 tsp	salt	5 mL
½ tsp	cinnamon	2 mL
2	eggs, beaten	2
¼ cup	vegetable oil	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 ¼ 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.

NUTRIENTS PER PANCAKE

Calories:	116
Fat:	5 g
Carbohydrate:	15 g
Protein:	4 g
Fibre:	2 g



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

NUTRIENTS PER SERVING

Calories:	198
Fat:	5.2 g
Carbohydrate:	33.0 g
Protein:	5.7 g
Fibre:	3.0 g
Calcium:	66 mg
Iron:	1.3 mg
Sodium:	174 mg

Very high in:
Riboflavin and Folate
High in: Vitamin A
A source of: Dietary fibre

Catherine's Healthy Cornmeal Pancakes

Makes 12 large pancakes (1 per serving)

Preparation time: 15 minutes

Cooking time: 30 minutes

1 cup	whole wheat flour	250 mL
1 cup	all-purpose flour	250 mL
1 cup	cornmeal	250 mL
1/4 cup	granulated sugar	50 mL
1 tsp	baking soda	5 mL
1 tsp	baking powder	5 mL
2	eggs	2
1 1/2 cups	buttermilk (approx.)	375 mL
1 cup	butternut squash purée	250 mL
3 tbsp	vegetable oil	45 mL
1 tsp	vanilla	5 mL
	vegetable cooking spray	
1 cup	fresh or frozen fruit (see Tip)	250 mL

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

2. In a medium bowl, whisk eggs, 1 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 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 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.



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.

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Resources

Cookbooks/Recipes

Dietitians of Canada

- *Simply Great Food* by Patricia Chuey, Eileen Campbell & Mary Sue Waisman. Published by Robert Rose, 2007
- *Cook Great Food* by Dietitians of Canada. Published by Robert Rose, 2001
- 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
- *Heart Smart™ Cooking for Family and Friends* by Bonnie Stern. Published by Random House Canada, 2000
- *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 and Tools to Support Implementation**
www.bced.gov.bc.ca/health/health_publications.htm
- **Allergy Aware School and Childcare Settings**
www.bcsta.org/anaphylaxis
- **Recipe Substitutions to Lower Fat and Sugar**
www.dialadietitian.org
Search under the “Nutrition Information” tab
- **Making It Happen: Healthy Eating at School**
www.knowledgenetwork.ca/makingithappen
- **Healthy Fundraising for Schools: How to raise funds while promoting health and having fun!**
www.dashbc.org



Bake Better Bites: Recipes and Tips for Healthier Baked Goods

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