

Recipe Name: Breakfast Biscuits

Ingredients:

1 c. all-purpose flour
2 T. wheat germ
1 T. white sugar
½ T. baking powder
¼ t. cinnamon
1/8 t. salt
¼ c. butter
1/3 c. milk
¼ c. raisins or Craisins, diced to minced

GLAZE Ingredients (KEEP SEPARATE)

¼ c. sifted powdered sugar
1 t. water or milk

Preparation:

Preheat oven to 450 degrees F.

Directions:

1. _____ In a medium bowl, combine flour, wheat germ, white sugar, baking powder, cinnamon, and salt.
2. _____ Using a pastry blender, cut butter into the flour mixture until butter is in coarse crumbs.
3. _____ Make a well in the center of flour mixture and add milk and raisins all at once. Using a fork, stir until just moistened.
4. _____ Turn dough out onto *lightly floured* surface. Knead gently until dough is nearly smooth, maybe 4 or 5 turns.
5. _____ Pat out into ½ inch thickness and cut with open rim of glass or biscuit cutter to make 4-5 biscuits. Bring your scrap dough back together and cut as many other biscuits as you can. **DO NOT THROW ANY DOUGH AWAY!!**
6. _____ Place biscuits on baking sheet.
7. _____ Bake for 10 - 12 minutes or until golden brown. Cool on wire rack for 10 minutes.
8. _____ Meanwhile, stir together powdered sugar and milk or water to form drizzle glaze. Drizzle over biscuits.

Present to teacher on platter.

Nutrition Facts

Serving Size 56 g

Amount Per Serving

Calories

186

Calories from Fat

76

% Daily Value*

Total Fat

8.4g

13%

Saturated Fat

5.1g

26%

Trans Fat

0.0g

Cholesterol

22mg

7%

Sodium

112mg

5%

Total Carbohydrates

24.7g

8%

Dietary Fiber

1.4g

5%

Sugars

6.3g

Protein

3.4g

Vitamin A 5%

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Vitamin C 0%

Calcium 6%

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Iron 7%

Nutrition Grade B

Recipe Name: Breakfast Puffs Demo

Ingredients:

1/3 c. shortening
½ c. sugar
1 egg
1 ½ c. all-purpose flour
1 ½ t. baking powder
½ t. salt
¼ t. ground nutmeg
½ c. milk

Keep seprate:

2 T. sugar
½ t. ground cinnamon

1 T. butter, melted

Preparation:

Preheat oven to 350 degrees F. **Coat** twelve muffin cups with nonstick spray; set aside.

Procedure:

1. Combine in a medium-sized bowl, the flour, baking powder, salt, and nutmeg. Set aside.
2. In a larger bowl, cream shortening and ½ cup sugar.
3. Beat the egg into the creamed mixture.
4. Stir in flour mixture alternately with milk into the creamed egg mixture. Do not over mix.
5. Fill muffin cups about one-half full.
6. Bake until golden brown, 20 to 22 minutes. Do a toothpick test to confirm doneness.
7. Mix 3 tbsp. sugar and the cinnamon in a small dish.
8. Immediately after baking, roll puff tops in melted butter, then in sugar-cinnamon mixture. Cool on wire rack. Serve.

Nutrition Facts

Serving Size 48 g

Amount Per Serving

Calories

167

Calories from Fat

66

% Daily Value*

Total Fat

7.4g

11%

Saturated Fat

2.6g

13%

Trans Fat

0.0g

Cholesterol

17mg

6%

Sodium

114mg

5%

Total Carbohydrates

23.3g

8%

Sugars

11.0g

Protein

2.4g

Vitamin A 1%

•

Vitamin C 0%

Calcium 3%

•

Iron 5%

Nutrition Grade B-

Homemade Ranch Dip for Vegetables



½ cup sour cream
3 tbsp. mayonnaise
1 tbsp. dried parsley, crushed to release flavor
2 tbsp. chopped fresh chives or 1 tsp. dried, crushed to release flavor
1 clove minced garlic
dash salt
dash black pepper

Stir together sour cream, mayonnaise, parsley, chives, garlic, salt, and pepper in a bowl until combined well. Chill dip, covered, until slightly thickened, at least 1 hour (for flavors to develop).

Serve dip with vegetables.

To use as a salad dressing, thin with 2-3 T. milk.

Blueberry Muffins

From: [Better Homes and Gardens](#)

Makes 12 muffins.

Prep: 20 mins

Total: 40 mins

Ingredients

Nonstick cooking spray
1 $\frac{3}{4}$ c. all-purpose flour
2 t. baking powder
 $\frac{1}{4}$ t. salt
1 egg, lightly beaten
 $\frac{3}{4}$ c. fat-free milk
 $\frac{1}{3}$ c. sugar
1 t. dried lemon peel OR lemon zest
 $\frac{1}{4}$ c. canola oil
1 c. blueberries

Directions:

Preheat oven to 400 degrees F. **Coat** twelve muffin cups with nonstick spray; set aside.

- _____ 1. In a large bowl **combine** all-purpose flour, baking powder, and salt.
- _____ 2. In a medium bowl **combine** egg, milk, sugar, lemon peel/zest and oil.
- _____ 3. Make a well in the dry ingredients and **pour** egg mixture all at once to flour mixture; **stir** just until combined.
- _____ 4. **Fold** in the blueberries. **Spoon** into prepared muffin pan.
- _____ 5. **Bake** for 17 to 20 minutes or until tops are lightly browned and a toothpick inserted in centers comes out clean.
- _____ 6. **Cool** muffins in pans for 5 minutes. Remove muffins from pans to a cooling rack for 5 minutes.

Present all muffins on a platter to teacher for grading.

Nutrition Facts

Calories 136, Total Fat 5 g, Saturated Fat 1 g, Cholesterol 19 mg, Sodium 128 mg, Carbohydrate 19 g, Fiber 1 g, Protein 3 g.

Apple Cinnamon Muffins

Yield: 12 muffins.

Prep: 20 mins

Total: 40 mins

Ingredients:

Nonstick cooking spray
2 c. all-purpose flour (+ 2 t. separate for coating apples)
2 t. baking powder
¼ t. salt
2 t. ground cinnamon (+ ½ t. separate for coating apples)
1 egg + 2 T. water lightly beaten
¾ c. + 2 T. milk
½ c. + 2 T. sugar
2 t. vanilla
¼ c. + 2 T. canola oil
1 washed, peeled and ¼ inch diced apple

For the Topping:

Keep separate

2 T. butter, melted
¼ cup granulated sugar
2 t. ground cinnamon

Directions:

Preheat oven to 375° F. **Coat** twelve muffin cups with nonstick spray and flour, making sure to discard any excess flour from the tins after coating. Set tin aside.

For muffins:

- _____ 1. In a medium bowl **sift** together flour, baking powder, salt, and 2 t. cinnamon. Set aside.
- _____ 2. In another medium bowl **toss** together diced apples and 2 t. of flour and ½ t. cinnamon to coat apples. Set aside.
- _____ 3. **Beat** together oil and sugar until lightened in color, about 3 minutes.
- _____ 4. **Add** an egg, one at a time, taking care to fully incorporate before adding the other. Mix in vanilla.
- _____ 5. Gently **fold** in flour mixture, alternating with milk. Stir until just combined.
- _____ 6. **Fold** in diced apples and scoop mixture into prepared muffin tins, filling about $\frac{2}{3}$ to $\frac{3}{4}$ full.
- _____ 7. **Bake** until a toothpick or skewer inserted in the middle comes out clean, about 30 minutes.
- _____ 8. Prepare topping for muffins while the muffins are baking by melting the butter and allowing to cool slightly. Pour butter into a separate bowl sized easy for dipping tops of muffins.

For topping:

- _____ 9. **Mix** together ¼ c. granulated sugar and 2 t. cinnamon in a separate bowl and set aside.
- _____ 10. Once muffins have baked, remove from the oven and allow to cool slightly in the muffin tin.
- _____ 11. Remove each muffin and dip first into the melted butter and then into the cinnamon sugar mixture. Place onto a plate to finish cooling.

Present all muffins on a platter to teacher for grading.

Banana Chocolate Chip Muffins

From: [Better Homes and Gardens](#)

Makes 12 muffins.

Prep: 20 mins

Total: 40 mins

Ingredients

Nonstick cooking spray

1 $\frac{3}{4}$ c. all-purpose flour

2 t. baking powder

$\frac{1}{4}$ t. salt

1 egg, lightly beaten

$\frac{1}{2}$ c. fat-free milk

$\frac{1}{3}$ c. sugar

$\frac{1}{4}$ c. canola oil

$\frac{3}{4}$ c. mashed bananas

$\frac{1}{4}$ c. mini chocolate chips

Directions:

Preheat oven to 400 degrees F. **Coat** twelve muffin cups with nonstick spray; set aside.

_____ 1. In a large bowl **combine** all-purpose flour, baking powder, and salt.

_____ 2. In a medium bowl **combine** egg, milk, sugar, and oil.

_____ 3. **Stir** in the mashed bananas to the egg mixture.

_____ 4. Make a well in the dry ingredients and **pour** egg/banana mixture all at once to flour mixture; **stir** just until combined.

_____ 5. **Fold** in the chocolate chips. **Spoon** into prepared muffin pan.

_____ 6. **Bake** for 17 to 20 minutes or until tops are lightly browned and a toothpick inserted in centers comes out clean.

_____ 7. **Cool** muffins in pans for 5 minutes. Remove muffins from pans to a cooling rack for 5 minutes.

Present all muffins on a platter to teacher for grading

Nutrition Facts: Calories 184, Total Fat 5 g, Saturated Fat 1 g, Cholesterol 12 mg, Sodium 126 mg, Carbohydrate 24 g, Fiber 1 g, Protein 3 g.

Oatmeal Plus Cookies:

Ingredients:

3 T. granulated sugar
6 T. brown sugar
½ t. vanilla
¼ c. milk
1 ¼ c. quick cooking or rolled oatmeal
¾ c. flour
¼ t. baking soda
¼ c. + 2 T. shortening

Circle any spice you actually use, they are all OPTIONAL.

OPTIONAL

1/8 t. ginger powder
1/8 t. cloves
¼ t. cinnamon
1/8 t. nutmeg

PLUS: A choice of ½ cup of one of the following (only 2 teams can do any one add in):

CIRCLE YOUR CHOICE:

dried cranberries
mini chocolate chips
dried dates
golden raisins
dried apricots
peanuts

Preheat oven to 400 degrees F.

Procedures:

- _____ 1. In a large mixing bowl, **cream** together the shortening and both sugars using the electric *hand mixer* until smooth.
- _____ 2. Add vanilla and milk to the same bowl and **mix** well.
- _____ 3. In a separate, medium-sized mixing bowl, **sift** together the flour, baking soda and spices.
- _____ 4. Carefully **combine** the sifted dry ingredients into the creamed mixture.
- _____ 5. **BY HAND:** **Stir** in oats and other PLUS ingredients.
- _____ 6. **Shape** 1 inch balls of dough, place onto **an ungreased** cookie sheet and flatten slightly. YOU NEED A MINIMUM OF 12.
- _____ 7. **Bake** 12-15 minutes, or until done.

Present all cookies on platter for teacher to grade.