**Snack Suggestions**

Students have usually been asked to bring a dozen cookies along to camp, to provide a mix of treats for snacks and dessert. Over time, the mix of cookies has slowly changed from almost always homemade to almost never homemade. At the same time, there’s been an increase in the general level of awareness around healthy eating. There’s also been an increase in the number of students with severe allergies and food intolerances. So with all of that in mind, here are some suggestions for camp snacks:

Homemade cookies (recipe suggestions follow)

Air popped popcorn (recipe ideas follow)

Homemade “Bits and Bites” (recipe follows)

Homemade mini muffins (recipe suggestions follow)

Homemade snack loaf (recipe suggestions follow)

TO HELP ENSURE THE SAFETY OF OUR STUDENTS WITH ALLERGIES, PLEASE INCLUDE AN INGREDIENT LIST WITH YOUR HOMEMADE GOODIES

Helping your child make homemade cookies, mini muffins, snack loaf is a great way to spend time together and build some kitchen skills.

If you don’t have time to do some pre-camp baking, here are some suggestions for snacks from the grocery store:

Dried fruit (prunes, figs, raisins, Craisins, 100% fruit bars)

Nut-free granola bars

Unsweetened fruit purée cups (such as applesauce)

Fruit cups (such as peaches or mandarin oranges) packed in fruit juice or water

\*\*  Please DO NOT SEND juice boxes, candy, chocolate bars or chips  \*\*

**COOKIE RECIPES**

Soft Oatmeal Cookies

¾ cup soft butter

¾ cup brown or cane sugar

¼ cup fructose

1 ½ tsp vanilla

1 large egg

¼ cup water

3 cups quick cooking oats

1 cup flour (can use ½ whole wheat, ½ white)

½ tsp baking soda

1 cup raisins and/or carob chips and/or goji berries and/or dried cranberries

In a large bowl, beat butter, sugar, fructose and vanilla until fluffy.

Beat in egg and water until blended.

In a separate bowl, combine flour, oats and baking soda and slowly beat into the mixture.

Stir in raisins, carob/chocolate chips and nuts.

Drop onto greased cookie sheet and bake at 350° F for 10 - 12 minutes.

Cool well on cookie sheet before placing on wire rack.

Chocolate-Chip / Bean Cookies

These are packed with protein, tasty, and keep longer than many other low-fat cookies. They  make a perfect portable breakfast on those days when you’re really crunched for time. Pureed, you don’t even know the beans are there! From a recipe by Julie  Van  Rosendaal.

2 cups oats (quick or old-fashioned, not instant)

1 c. all-purpose or whole-wheat flour (or 50/50 blend)

1 tsp baking powder

1 tsp baking soda

¼ tsp salt

1 - 19 oz (540 mL) can white kidney or navy beans, rinsed and drained

¼ c. butter, softened

1 c. packed brown sugar

1 large egg

2 tsp vanilla

1 c. chocolate chips (or  ½ c. chocolate chips and ½ c. raisins OR dried cranberries)

Preheat oven to 350 F.

Place the oats in the bowl of a food processor and pulse until it resembles coarse flour. Add the flour, baking powder, baking soda and salt and process until combined. Transfer to a large bowl. NOTE: if you don’t have a food processor, place the oats in a heavy duty large Ziploc and  seal top.  Use rolling pin to crush oats into a coarse mixture (this will take several minutes and you may want to double-bag the oats to prevent crumbs from leaking out).

Put the beans into the food processor and pulse until roughly pureed. Add butter and process until well blended. Add the brown sugar, egg and vanilla and pulse until smooth, scraping down the sides of the bowl. NOTE: if you don’t have a food processor, use a potato masher to  coarsely mash the beans and then use an electric mixer to blend in the brown sugar, egg and vanilla, beating until smooth.

Pour the bean mixture into the oat mixture and stir by hand until almost combined. Add the chocolate chips (and raisins or dried cranberries, if using) and stir just until blended.

Drop large spoonfuls of dough onto a cookie sheet that has been sprayed with non-stick spary (such as Pam) and flatten each one a little with your hand. NOTE: to keep dough from sticking to hand, dampen under cool water first.

Bake for 14-16 minutes, until pale golden around the edges but still soft in the middle. Transfer to a wire rack to cool. Makes about 2 dozen cookies.

Double-chocolate version: replace ⅓ cup of flour with Dutch-processed, unsweetened cocoa.

Lentil version: substitute cooked lentils for beans AND replace ⅓ cup of flour with Dutch-processed, unsweetened cocoa.

**POPCORN SUGGESTIONS**

(Air Popped is always best)

Season with:

Butter and natural sea salt

Parmesan cheese, a bit of butter (so cheese sticks) and  ground rosemary

Butter and soy sauce

For dairy-free options, replace butter with melted coconut oil

**“BITS AND BITES” RECIPE**

1 med. box Cheerios (4 c.)

1 med. box Shreddies or Wheat Chex (5 c.)

1 med. box Rice Chex (4 c.)

1 large pkg. small Salted Pretzels (2 c.)

1 small Box cheese stix (1 c.)

1 lb. Margarine (1/2 lb.)

6-7 Tbs. Worcestershire Sauce (3Tbs + 1 tsp.)

1 1/2 Tbs. Garlic Powder (2 tsp.)

1 1/2 Tbs. Onion Powder (2 tsp.)

1/2 Tbs. Celery Salt (1 tsp.)

2 Tbs. Seasoning Salt (3 tsp.)

Preheat oven to 250.

Mix the cereals, pretzels and cheese stix together in a very large bowl or pot. Melt the margarine in a pot on fairly low heat. Add in the Worcestershire and seasonings and mix well. Put about 1/2 the cereal mix in a large roasting pan and spread with half the sauce. Cover with the rest of the cereal mixture and then spread the rest of the sauce over. Mix well! Put uncovered in the oven. STIR EVERY 15 MINUTES! Bake for at least 1 hour. Should be done but test for taste and crispiness. Will crispen even more when cold (if it hasn't been eaten by then).

**MINI-MUFFIN RECIPES**

Melt in Your Mouth Bran, Wheat Germ and Berry Muffins

1 cup unsalted butter

1 cup unpasteurized honey

2 Tbsp molasses

¼ tsp natural sea salt

¾ cup natural bran

¾ wheat germ

2 ¾ c spelt flour

2 cups wild blueberries

2 cups sour milk, buttermilk, yogurt (or milk + 1 Tbsp vinegar)

2 tsp baking soda

1 beaten egg

Cream butter, honey and molasses in large bowl.

In a separate bowl, combine salt, bran, wheat germ and flour.

Add mixture to creamed mix in large bowl .

In a small bowl, combine milk, baking soda and egg then add to mix.

Gently stir in berries.

Fill greased muffin pan ⅔ full.

Bake at 375° F for 25 - 30 mins.  Cool 15 minutes before cooling further on rack.

Apple Streusel Muffins (from Anne Lindsay’s Lighthearted Everyday Cooking)

1 ⅓ c (325 mL) whole wheat flour

½ c (125 mL) oat bran

⅓ c (75 mL) granulated sugar

1 tbsp (15 mL) baking powder

1 tbsp (15 mL) cinnamon

¼ tsp (1 mL) salt

1 ¼ c (300 mL) chopped, peeled apple

1 egg, lightly beaten

1 c (250 mL) milk

¼ c (50 mL) canola oil

Topping:

2 tbsp (25 mL) packed brown sugar

¼ tsp ( 1 mL) cinnamon

¼ tsp (1 mL) nutmeg

In large bowl, mix together flour, oat bran, sugar, baking powder, cinnamon and salt. Stir in chopped apple.

In separate bowl, combine egg, milk and oil. Stir into flour mixture until just moistened. Do not overmix. Spoon into non-stick or paper-lined muffin cups, filling three-quarters full. Makes 24  mini-muffins or 12 regular muffins.

Topping: Combine sugar, cinnamon and nutmeg. Sprinkle over muffins.

Bake in 400 F (200 C) oven  12 - 15  minutes for mini-muffins or 15- 20 minutes  for regular muffins . Properly baked muffins will be golden and firm to the touch.

Quinoa Raspberry Muffins (from Heart & Stroke Foundation)

125 mL (1/2 cup) quinoa

125 mL (1/2 cup) orange juice

175 mL (3/4 cup) 1% milk

375 mL (1 ½ cups) all purpose flour with added bran (available at grocery stores)

7 mL (1 1/2 tsp) baking powder

2 mL (1/2 tsp) baking soda

1 mL (1/4 tsp) ground cinnamon

75 mL (1/3 cup) packed brown sugar

50 mL (1/4 cup) soft non-hydrogenated margarine, melted

1 egg

2 mL (1/2 tsp) vanilla

250 mL (1 cup) frozen raspberries

Place quinoa in fine mesh sieve and rinse well.

In small saucepan, combine quinoa with orange juice and 125 mL (1/2 cup) of the milk. Bring to boil over medium high heat. Reduce heat to low; cover and cook for 15 minutes. Remove from heat and let stand for 5 minutes or until liquid is absorbed.

In another bowl, whisk together flour, baking powder, soda and cinnamon.

Stir sugar, melted margarine, remaining milk, egg and vanilla into quinoa mixture and pour over flour mixture. Stir until moistened. Stir in raspberries. Divide batter among 2 dozen lightly greased mini-muffin cups or 10 lightly greased or paper lined regular muffin cups.

Bake in 200 C (400 F) oven for about  10 minutes (18 minutes for regular sized muffins)  or until cake tester inserted in centre comes out clean.

Cinnamon Coffee Cake (from Heart & Stroke Foundation)

Makes 12 slices

250 mL (1 cup) low-fat plain yogurt

5 mL (1 tsp) baking soda

50 mL (1⁄4 cup) soft margarine

250 mL (1 cup) lightly packed brown sugar

1 egg

5 mL (1 tsp) pure vanilla extract

375 mL (1 1⁄2 cups) all-purpose flour

10 mL (2 tsp) baking powder

Topping:

125 mL (1⁄2 cup) lightly packed brown sugar

15 mL (1 tbsp) cinnamon

In small bowl, combine yogurt and baking soda, mixing well; set aside. (Mixture will increase in volume.)

In large mixing bowl, beat margarine with sugar until well mixed.

Add egg and vanilla; beat well, about 2 minutes.

Mix flour and baking powder; add to margarine mixture alternately with yogurt mixture, making 3 additions of dry and 2 of wet.

Spread half the batter in greased and floured 2.5L (9-inch) square cake pan.

Topping: Combine sugar and cinnamon, mixing well. Sprinkle half over batter in pan. Cover with remaining batter. Sprinkle with remaining topping.

Bake in 180°C (350°F) oven for 35 minutes or until toothpick inserted in centre comes out clean.

Let cool for 10 to 15 minutes in pan. Cut into squares.

MAKE AHEAD: Wrap in foil or plastic wrap and store at room temperature for up to 4 days or freeze for up to 1 month.

**SNACK LOAF RECIPES**

Apple Spice Loaf

Preparation Time: 20 minutes

Baking Time: 40 – 45 minutes

2  c flour (up to half can be whole-wheat)

¾  tsp. baking soda

¾  tsp. cinnamon

½  tsp. baking powder

¼  tsp. ground nutmeg

2 slightly beaten eggs

1  c. brown sugar (packed)

1  c. finely shredded and peeled apple

¼  c. canola oil

¾  tsp. finely shredded orange peel (use grater or mince fresh orange zest)

In a small mixing bowl, combine first 5 ingredients. Set aside. In a large mixing bowl, combine remaining ingredients. Add the dry mixture to the apple mixture, stirring just until moistened. If batter seems too dry, add more finely shredded peeled apple, about 2 tbsp. at a time, until proper loaf batter consistency.

Spray a standard loaf pan with non-stick coating, such as Pam. Spread batter in prepared pan.

Bake at 400 degrees F. for 40 – 45 minutes or until a wooden toothpick inserted in center of loaf comes out clean. Leave the bread in the pan and cool on a wire rack for 10 or 15 minutes. Remove from pan; cool completely on the wire rack. Wrap the bread (foil, plastic wrap or plastic bag) and store overnight in fridge. If desired, serve with cream cheese. Makes 1 loaf (16 servings).

NOTES:

This loaf is best when stored at least overnight in the refrigerator before serving.

You can use pretty much any variety of apple to make this loaf: granny smith, fuji, cameo and red delicious all work just fine.

Simple and Delicious Banana Bread

3 - 4 ripe bananas

2 cups spelt flour

½ cup cane sugar (or brown sugar)

¼ cup molasses

1 tsp baking soda

2 eggs

½ cup butter, softened

1 tsp vanilla

1 tsp cinnamon

pinch of salt

Grease and dust loaf pan with flour.

Mix ingredients together, pour into pan and bake at 350° F for 45 - 50 mins

Pumpkin Loaf with Orange Glaze (from Anne Lindsay’s Lighthearted Everyday Cooking)

1 c (250 mL) whole wheat flour

⅔ c (150 mL) all-purpose flour

1 ½ tsp (7 mL) cinnamon

1 tsp (5 mL) baking soda

½ tsp (2 mL) baking powder

½ tsp (2 mL) nutmeg

¼ tsp (1 mL) salt

1/3 c (75 mL) softened non-hydrogenated margarine

⅔ c (150 mL) sugar

½ tsp (2 mL) vanilla

2 eggs

1 c (250 mL) cooked pumpkin, fresh or canned (not pumpkin pie filling)

⅓ c (75 mL water)

¾ c (175 mL) raisins or dried cranberries

Glaze:

2 Tbsp (25 mL) icing sugar

¼ c (50 mL) orange juice

Lightly grease and flour 9 x 5 inch (2 L) loaf pan.

In small bowl, combine whole wheat flour, all-purpose flour, cinnamon, baking soda, baking power, nutmeg and salt.

In large bowl, cream margarine, sugar and vanilla; add eggs one at a time, beating well after each addition. Stir in pumpkin. Alternately stir in flour mixture and water just until smooth. Stir in raisins or dried cranberries and pour into prepared pan.

Bake in 350 F (180 C) oven for 1 hour or until cake tester inserted in center comes out clean. Let cool in pan for 10 minutes; turn out onto rack.

Glaze:  Pierce hot loaf with fork. Mix icing sugar with orange juice. Pour over loaf. Let cool completely.

Makes 16 slices.