

Bake It Up!



***Tasty treats for
healthier school bake sales***

A Bit About ***Bake It Up!***

Bake It Up! is for parents, students, school councils, community volunteers and school staff to use when making baked goods to be sold in schools.

Inside, you will find recipes for healthier baked goods that comply with the Ministry of Education's School Food and Beverage Policy.

Bake It Up! can also be promoted to staff, students and parents who wish to make healthier baked goods for school events or classroom celebrations, or to enjoy at home.

“Bake It Up! is packed with healthy and delicious recipes that are easy to make. I invite students, parents, school staff and community volunteers to try a few recipes from the following pages for their next fundraising event. Special thanks to everyone who worked on this collection which is a great example of our commitment to making schools healthier places for children.”

MARGARETT BEST
Minister of Health Promotion and Sport

The School Food and Beverage Policy and Bake Sales

The Ministry of Education introduced the School Food and Beverage Policy in January 2010. The policy helps to create an environment where the healthiest choices are the easiest choices for students to make. All food and beverages sold in schools for school purposes must meet the nutrition standards set out in the policy. This includes food and beverages sold at school events, such as bake sales.

The nutrition standards are based on Canada's Food Guide and divide food and beverages into three categories: *Sell Most*, *Sell Less* and *Not Permitted for Sale*.

At least 80% of all food choices at a bake sale must meet the nutrition criteria for the *Sell Most* category. No more than 20% of all food choices can be from the *Sell Less* category. This is called the 80/20 rule.

For a bake sale, it could be a challenge to plan for the total number of choices to meet the 80/20 rule. To make it simple, always bake items that fit the *Sell Most* category.

Healthier Bake Sales = Healthier Schools

Bake sales are a long-standing tradition in some schools. Along with raising funds for the school or student activities, they create a sense of community and can be lots of fun for everyone involved.

Food items sold at bake sales tend to be sugary treats that are high in fat and calories and low in fibre.

By hosting a bake sale that features tasty, healthier treats, schools promote healthy eating, support student learning and raise funds all at the same time.

Healthier bake sales:

- **Support student learning.** Children and youth who eat healthier food feel energized and are more ready to learn and be successful in school.
- **Reinforce healthy eating lessons taught in the classroom.** Students see the messages that they hear in the classroom put into action.
- **Help create a healthy school.** Selling only healthier food tells students that their health matters.

Special-event days

The School Food and Beverage Policy allows for schools to designate up to 10 days (or fewer as determined by the school board) when they are exempt from the nutrition standards. A typical bake sale would need to be designated as a special-event day.

Schools are still encouraged to offer healthier options on special-event days.

Tip

Does your school hold a weekly or monthly bake sale? You may want to consider some non-food ideas. Fundraising without food can still make healthy profits.

Tip

Save money – shop smart

For baking ingredients, shop at a bulk food store or in the bulk section of a grocery store to buy just what you need for each recipe. It's a great way to buy small amounts of spices, dried fruit, cereals and other items such as unsalted pretzels that are used in the recipes for Snack Mixes and Kids' Caramel Corn.

The Bake It Up! Recipes

Each recipe has been carefully developed, prepared at least twice by different bakers, tested to make sure that the final product tastes great, and analyzed to ensure it meets the *Sell Most* nutrition criteria.

Taste great! Every recipe was taste-tested with kids and teens of all ages and has been given their stamp of approval. Taste-testers say that some of these recipes are now lunch-bag favourites.

Comply with the Trans Fat Standards Regulation. The trans fat content of the recipes does not exceed 5% of the total fat.

Comply with *Sell Most* nutrition criteria. The recipes in *Bake It Up!* use ingredients that make delicious baked goods for healthier bake sales as well as classroom and school celebrations.

One serving of each recipe in *Bake It Up!* contains:

- No more than 5 grams of fat
- No more than 2 grams of saturated fat
- At least 2 grams of fibre

Use basic ingredients. You can find the ingredients for these recipes in most grocery stores and bulk food stores across Ontario.

Engage kids and teens. Most of these recipes are simple enough that teens can make them on their own. Younger kids can read recipes, measure, mix, beat and scoop while parents supervise. What a fun way to introduce kids and teens to baking and healthier eating!

Follow the recipes!

Follow the recipes as they are written, using the exact ingredients in the amounts listed. Just a tablespoon more of oil or an extra sprinkle of chocolate chips will change the nutrient amounts, and the recipe may no longer fit the *Sell Most* nutrition criteria.

Also, make the number of servings indicated above the Nutrition Facts table for each recipe. If you change the number of servings, you will also change the serving size and the nutrient amounts. If the serving size is larger, the product may have too much fat or saturated fat. If the serving size is smaller, the product may not have enough fibre to fit the *Sell Most* category.



Healthier Baked Goods

The baked goods in *Bake It Up!* might be a little different than what you are used to making. They have a little more fibre and less fat and sugar than most baked goods.

More fibre

The fibre in the *Bake It Up!* recipes is increased by using whole wheat flour, bran cereal, whole grains like oats, and fresh and dried fruit. These healthy ingredients enhance the flavour too!

Lower fat

The recipes are lower in fat than typical baked goods; they use small amounts of canola oil, butter or soft, non-hydrogenated margarine. In recipes that call for butter, it is okay to replace it with soft, non-hydrogenated margarine. However, in recipes that call for soft, non-hydrogenated margarine, it is not okay to replace it with butter – each serving may be too high in saturated fat to fit the *Sell Most* nutrition criteria.

Less sugar

Cutting down on sugar is a healthy idea. That's why these recipes use less sugar than typical baked goods recipes. They are still tasty and sweet enough to be a treat.

Less salt

Salt is added to baked goods to help the flavours blend together and help with browning. Some of the recipes in this booklet have a small amount of salt added ($\frac{1}{2}$ teaspoon/2 mL or less for the entire recipe). There is also a small amount of salt in butter, soft margarine, baking powder and baking soda. Salt is not usually a concern in home-made baked goods because such small amounts are used in the recipes.

Tip

Still treats!

*Even though all the recipes in *Bake It Up!* make healthier baked goods, they are still treats to be enjoyed in small portions and only on occasion.*

Encourage students to bring containers to take home the treats they buy at the school bake sale.



Tip

Wash Your Hands

To prevent food-borne illnesses, wash your hands often while baking. Follow these simple steps:

- *Wet your hands with warm running water, add soap and rub hands together for at least 20 seconds. Make sure to wash the back of your hands, between fingers and under fingernails.*
- *Rinse your hands well under warm running water.*
- *Dry your hands with a clean towel or paper towel.*

Things to Think About When You Bake

Bake food safety-aware. Wash utensils and surfaces with hot, soapy water before you start baking. Wash your hands before and during baking (for example, after sneezing, touching your hair or answering the phone). Thoroughly wash all vegetables and fruit – even if you are using them in a recipe that will be baked. For more information on food safety, visit the Canadian Partnership for Consumer Food Safety Education at www.canfightbac.org.

Bake allergy-aware. Food allergies are a serious issue. Take the time to become familiar with any requirements or restrictions your school has in place around specific food allergens. Clearly labelling all items you make and listing all ingredients are always good ideas. For more information on food allergies, visit the Allergy/Asthma Information Association website at www.aaia.ca or Anaphylaxis Canada at www.anaphylaxis.org.

Bake environmentally aware. Reduce food waste (e.g., only buy ingredients in amounts you can use before the “best before” dates), compost food scraps, and recycle or reuse containers when possible.

Bake local. When available and where possible, use fresh ingredients that are grown or produced in Ontario, such as apples, carrots, zucchini, milk, eggs and honey. To find a local farm or farmers’ market, visit www.ontariofarmfresh.com or www.farmersmarketsontario.com. To help identify food products from Ontario when shopping, look for the Foodland Ontario logo.



Store-bought Baked Goods

No time to bake? If you're buying packaged baked goods, make sure that the product will be permitted for sale and meets any requirements or restrictions your school has in place around specific food allergens.

Check the Nutrition Facts table on the product label. It will show you the amount of fat, saturated fat, trans fat and fibre per serving. Check the serving size on the Nutrition Facts table. To fit the *Sell Most* category, each serving sold at the bake sale must contain:

- No more than 5 grams of fat
- No more than 2 grams of saturated fat
- No more than 5% of the total fat as trans fat
- At least 2 grams of fibre

Read the Nutrition Facts table and ingredient list for every item before you buy it. The nutrients in packaged food can vary depending on the serving size, ingredients or brand.

Here is an example of a muffin that meets the *Sell Most* nutrition criteria for baked goods:

Pumpkin Muffins

Serving size = 1 muffin (86 grams)

- No more than 5 grams of fat →
- No more than 2 grams of saturated fat →
- No more than 5% of the total fat is trans fat →
- At least 2 grams of fibre →

Nutrition Facts Valeur nutritive	
Serving Size (86 g) / Portion (86 g)	
Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 170	
Fat / Lipides 5 g	8 %
Saturated / saturés 1 g	6 %
+ Trans / trans 0.1 g	
Cholesterol / Cholestérol 25 mg	
Sodium / Sodium 170 mg	7 %
Carbohydrate / Glucides 29 g	10 %
Fibre / Fibres 3 g	12 %
Sugars / Sucres 15 g	
Protein / Protéines 4 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	4 %
Calcium / Calcium	4 %
Iron / Fer	10 %

Some baked goods found in small bakeries or the bakery section in the grocery store may not have a Nutrition Facts table. Ask the grocery store or bakery if it has nutrition information. If you cannot confirm that a serving of the baked good meets the *Sell Most* nutrition criteria, then you cannot include that item in your school's healthier bake sale.

For more information on reading the Nutrition Facts table and determining which category baked goods fit into, download the Quick Reference Guide from the Ontario Ministry of Education's website at www.edu.gov.on.ca/eng/healthyschools/policy.html.

Tip

Calculating Trans Fat

The formula for calculating the percentage of trans fat is:

$$\frac{\text{Trans fat (g)}}{\text{Total fat (g)}} \times 100\% = \% \text{ Trans fat}$$

For the Pumpkin Muffins, the percentage of trans fat is:

$$\frac{0.1 \text{ grams}}{5 \text{ grams}} \times 100\% = 2\%$$

This amount of trans fat is acceptable since it is below the allowable 5% of total fat.



Sample School Community Letter

School or student councils can customize this sample letter to promote the bake sale. It outlines the importance of making sure that baked goods meet the nutrition standards of the School Food and Beverage Policy.

SCHOOL BAKE SALE

Our school bake sale is getting a makeover!

To comply with the Ministry of Education's School Food and Beverage Policy, and to support student learning about healthy eating, we have decided to make our school bake sale a healthier school event. By selling tasty, healthier treats, we can still make money and encourage healthy eating.

This means that all baked goods – home-baked or store-bought – must meet the nutrition standards of the policy. Per serving, each baked good must contain:

- No more than 5 grams of fat
- No more than 2 grams of saturated fat
- No more than 5% of total fat as trans fat
- At least 2 grams of fibre

To find recipes that comply with the School Food and Beverage Policy, we recommend that you download *Bake It Up!* This resource includes over 20 recipes that meet the nutrition standards. The recipes are tasty and have been tested and kid- and teenager-approved!

Bake It Up! is available for downloading from the EatRight Ontario website, **www.eatrightontario.ca/en/Resources.aspx**.

We hope that you will support this fun event and help us create a healthier school for our students.

Thank you for your support and cooperation. If you have any questions, please contact the School/Student Council Chair,

_____ (name)

at _____ (email)

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Recipes have been tested and analyzed with Genesis R&D software using the Canadian Nutrient File or United States Department of Agriculture (USDA) data when necessary. All nutrient values are estimates and are rounded according to nutrition labelling regulations.

Stock images are used; baked goods will not look exactly as shown.

Tip

The apple peel boosts the fibre in this recipe, so make sure to keep it on; when the apple has been grated, you'll hardly notice it.



Makes 12 muffins

Nutrient analysis per muffin:

Nutrition Facts Valeur nutritive

Serving Size (76 g) / Portion (76 g)

Amount Teneur		% Daily Value % valeur quotidienne
Calories / Calories 170		
Fat / Lipides 5 g		8 %
Saturated / saturés 0.5 g		3 %
+ Trans / trans 0.1 g		
Cholesterol / Cholestérol 15 mg		
Sodium / Sodium 110 mg		5 %
Carbohydrate / Glucides 28 g		9 %
Fibre / Fibres 2 g		8 %
Sugars / Sucres 12 g		
Protein / Protéines 3 g		
Vitamin A / Vitamine A		15 %
Vitamin C / Vitamine C		4 %
Calcium / Calcium		2 %
Iron / Fer		8 %

Carrot and Apple Muffins

The carrot and apple in these muffins give them a natural mildly sweet flavour that's sure to please kids of all ages.

1 cup	whole wheat flour	250 mL
1 cup	all-purpose flour	250 mL
½ cup	granulated sugar	125 mL
1 ½ tsp	baking powder	7 mL
½ tsp	baking soda	2 mL
½ tsp	cinnamon	2 mL
1 cup	finely grated carrot	250 mL
1 cup	grated apple (not peeled)	250 mL
1	large egg	1
1	egg white	1
¾ cup	unsweetened applesauce	175 mL
¼ cup	vegetable oil	50 mL

1. Preheat oven to 350°F (180°C). Line a 12-cup muffin pan with paper liners.
2. In a large bowl, combine whole wheat flour, all-purpose flour, granulated sugar, baking powder, baking soda and cinnamon. Stir in carrot and apple.
3. In another bowl, whisk together egg, egg white, applesauce and vegetable oil until smooth. Pour over dry ingredients and stir until just moistened.
4. Spoon batter into prepared muffin pan. Bake for 25 minutes, or until tops are firm to the touch and a tester inserted in the centre of a muffin comes out clean. Let cool in pan for 10 minutes. Transfer to a rack to cool completely.

Adapted with permission from the Nutrition Resource Centre, Community Food Advisor Program.

Banana Applesauce Muffins

Bananas and applesauce make these muffins a little sweet and really moist without a lot of added sugar or oil. Our testers ate them up and asked for seconds!

2 cups	whole wheat flour	500 mL
1 tbsp	baking powder	15 mL
1 tsp	baking soda	5 mL
½ tsp	salt	2 mL
3	ripe bananas, mashed (about 1⅓ cups/325 mL)	3
1	large egg, lightly beaten	1
1 cup	unsweetened applesauce	250 mL
½ cup	granulated sugar	125 mL
¼ cup	vegetable oil	50 mL

1. Preheat oven to 400°F (200°C). Fill muffin pan with paper cup liners.
2. In a large bowl, combine flour, baking powder, baking soda and salt.
3. In a medium bowl, combine bananas, egg, applesauce, sugar and oil. Stir into flour mixture until just combined.
4. Divide batter evenly among prepared muffin cups.
5. Bake in preheated oven for 15-20 minutes or until tops are firm to the touch and a tester inserted in the centre of a muffin comes out clean. Let cool in tin for 10 minutes, then remove to a wire rack to cool completely.

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Makes 12 muffins
Nutrient analysis per muffin:

Nutrition Facts Valeur nutritive	
Serving Size (84 g) / Portion (84 g)	
Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 180	
Fat / Lipides 5 g	8 %
Saturated / saturés 0.5 g	3 %
+ Trans / trans 0.1 g	
Cholesterol / Cholestérol 15 mg	
Sodium / Sodium 290 mg	12 %
Carbohydrate / Glucides 31 g	10 %
Fibre / Fibres 3 g	12 %
Sugars / Sucres 13 g	
Protein / Protéines 4 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	8 %
Calcium / Calcium	4 %
Iron / Fer	8 %

Tip

Check for overripe bananas at the back of the produce section in the grocery store. These bananas are perfect for making moist muffins and are less expensive too.

You can also peel and freeze overripe bananas (whole or cut into chunks) in a freezer-safe container or bag. When you are ready to bake, simply thaw and mash.

Muffins

Tip

You can find flax seed, whole or ground, in the health food section or the bulk section of grocery stores.

Grind small amounts of whole flax seed in a clean coffee grinder until all seeds are broken up.

Store ground flax seed in an airtight container in the freezer.



Makes 12 muffins

Nutrient analysis per muffin:

Nutrition Facts

Valeur nutritive

Serving Size (60 g) / Portion (60 g)

Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 160	
Fat / Lipides 5 g	8 %
Saturated / saturés 0.5 g	3 %
+ Trans / trans 0.1 g	
Cholesterol / Cholestérol 15 mg	
Sodium / Sodium 150 mg	6 %
Carbohydrate / Glucides 25 g	8 %
Fibre / Fibres 3 g	12 %
Sugars / Sucres 12 g	
Protein / Protéines 4 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	2 %
Calcium / Calcium	4 %
Iron / Fer	8 %

Banana Muffins

This recipe is super-simple; all the ingredients are mixed in one bowl, making it easy for teens to prepare or younger kids to help. These tasty muffins are a big hit – they won't last long!

1 cup	mashed ripe bananas (about 2 medium bananas)	250 mL
½ cup	packed brown sugar	125 mL
⅓ cup	low-fat plain yogurt (1%)	75 mL
3 tbsp	canola oil	45 mL
1	large egg	1
1 ½ cups	whole wheat flour	375 mL
¼ cup	ground flax seed	50 mL
1 tsp	baking soda	5 mL
1 tsp	baking powder	5 mL
⅛ tsp	nutmeg	0.5 mL

1. Preheat oven to 350°F (180°C). Line a 12-cup muffin pan with paper liners.
2. In a large bowl, whisk together bananas, brown sugar, yogurt, oil and egg. Add flour, ground flax seed, baking soda, baking powder and nutmeg. Using a wooden spoon, stir just until blended. Make sure not to over-mix.
3. Spoon batter into prepared muffin pan. Bake for 18-20 minutes, or until tops are firm to the touch and a tester inserted in the centre of a muffin comes out clean.

Cinnamon Streusel Coffee Cake

Our kid testers loved this yummy cake with just the right hint of cinnamon.

Streusel

½ cup	lightly packed brown sugar	125 mL
1 tbsp	ground cinnamon	15 mL

Cake

1 cup	all-purpose flour	250 mL
1 cup	whole wheat flour	250 mL
1 tsp	baking powder	5 mL
¼ tsp	salt	1 mL
1 cup	low-fat plain yogurt (1%)	250 mL
1 tsp	baking soda	5 mL
¾ cup	granulated sugar	175 mL
¾ cup	unsweetened applesauce	175 mL
¼ cup	soft, non-hydrogenated margarine	50 mL
2	large eggs	2
1 tsp	vanilla	5 mL

1. Preheat oven to 350°F (180°C). Spray a 10-inch (3 L) Bundt pan with non-stick cooking spray and lightly flour.
2. In a small bowl, combine brown sugar and cinnamon. Set aside.
3. In a medium bowl, combine all-purpose flour, whole-wheat flour, baking powder and salt. Set aside.
4. In another bowl, combine yogurt and baking soda. (Be prepared, yogurt will foam up!)
5. In a large bowl, using an electric mixer, cream sugar, applesauce and margarine until well mixed (it may look curdled). Beat in eggs, one at a time, then stir in vanilla. Stir in flour mixture alternately with yogurt, making 3 additions of flour and 2 of yogurt mixture.
6. Spoon half of the batter into prepared Bundt pan. Sprinkle with three-quarters of the streusel. Cover with remaining batter and sprinkle with remaining streusel. With the back of a small spoon, pat streusel lightly into batter (to prevent streusel from falling off when cake is inverted and removed from pan).
7. Bake for 40-50 minutes or until a tester inserted in the centre comes out clean. Let cool on a wire rack for 10 minutes before removing from pan. Turn out onto rack to cool completely.

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Makes 12 slices

Nutrient analysis per slice:

Nutrition Facts	
Valeur nutritive	
Serving Size (93 g) / Portion (93 g)	
Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 220	
Fat / Lipides 5 g	8 %
Saturated / saturés 1 g	5 %
+ Trans / trans 0 g	
Cholesterol / Cholestérol 30 mg	
Sodium / Sodium 260 mg	11 %
Carbohydrate / Glucides 40 g	13 %
Fibre / Fibres 2 g	8 %
Sugars / Sucres 24 g	
Protein / Protéines 5 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	6 %
Iron / Fer	10 %

Tip

If you don't have a Bundt pan, use a 13x9-inch (3 L) cake pan sprayed lightly with non-stick cooking spray. Follow the recipe as it is written; bake at 350°F (180°C) for 30 minutes or until a tester inserted into the centre of the cake comes out clean. Let cool in pan on a rack for 10 minutes. Invert cake onto rack, remove pan and let cool completely.

Tip

If you don't have two loaf pans, make these into 24 muffins instead.

Just bake for about 20 minutes, or until a tester inserted in the centre of a muffin comes out clean.



Makes 24 slices

Nutrient analysis per slice:

Nutrition Facts	
Valeur nutritive	
Serving Size (60 g) / Portion (60 g)	
Amount	% Daily Value
Teneur	% valeur quotidienne
Calories / Calories 150	
Fat / Lipides 5 g	8 %
Saturated / saturés 1.5 g	8 %
+ Trans / trans 0.1 g	
Cholesterol / Cholestérol 15 mg	
Sodium / Sodium 85 mg	4 %
Carbohydrate / Glucides 24 g	8 %
Fibre / Fibres 2 g	8 %
Sugars / Sucres 13 g	
Protein / Protéines 3 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	4 %
Calcium / Calcium	4 %
Iron / Fer	10 %

Chocolate Zucchini Bread

This dark, delicious bread has the rich flavour of chocolate without as much fat. Kids will never know that they're eating zucchini – even with the green skin on, it's "hidden" by the cocoa.

1 cup	packed brown sugar	250 mL
¼ cup	canola oil	50 mL
2	large eggs	2
¾ cup	buttermilk, 1% M.F.	175 mL
½ cup	unsweetened applesauce	125 mL
1 tsp	vanilla	5 mL
1 ½ cups	whole wheat flour	375 mL
1 cup	all-purpose flour	250 mL
¼ cup	ground flax seed	50 mL
½ cup	unsweetened cocoa powder	125 mL
1 tsp	baking powder	5 mL
1 tsp	baking soda	5 mL
2 cups	finely grated zucchini	500 mL
¾ cup	dark chocolate chips	175 mL

1. Preheat oven to 350°F (180°C). Spray two 8x4-inch (1.5 L) loaf pans with non-stick cooking spray.

2. In a large bowl, beat together brown sugar and oil until mixed. Beat in eggs, one at a time, until creamy. With a wooden spoon, stir in buttermilk, applesauce and vanilla.

3. In a medium bowl, stir together whole-wheat flour, all-purpose flour, ground flax seed, cocoa powder, baking powder and baking soda. Using a wooden spoon, stir dry ingredients into buttermilk mixture until moistened. Fold in zucchini and chocolate chips just until combined. Do not over-mix.

4. Equally divide batter into prepared pans. Bake for 60-65 minutes, or until a tester inserted in the centre of the loaves comes out clean.

5. Let cool in pans on a rack for 25 minutes. Invert loaves onto a rack, remove pans and let cool completely.

Banana Bread

This bread is good, and good for you! The oats make this family-favourite recipe that much better by boosting heart-healthy fibre.

1 ½ cups	whole wheat flour	375 mL
1 cup	large-flake rolled oats	250 mL
1 tsp	baking powder	5 mL
1 tsp	baking soda	5 mL
¾ cup	packed brown sugar	175 mL
3	medium, very ripe bananas	3
¾ cup	buttermilk, 1% M.F.	175 mL
3 tbsp	canola oil	45 mL
1 tsp	vanilla	5 mL
1	large egg, lightly beaten	1

1. Preheat oven to 350°F (180°C). Spray a 9x5x3-inch (2 L) loaf pan with non-stick cooking spray.
2. In a medium bowl, combine flour, oats, baking powder, baking soda and brown sugar.
3. In a large bowl, mash bananas. Using a wooden spoon, mix in buttermilk, oil, vanilla and egg. Gently add dry ingredients to banana mixture and stir until just combined. Do not over-mix.
4. Pour batter into prepared loaf pan. Bake for 50-60 minutes, or until a tester inserted in the centre of the loaf comes out clean. Let cool in pan on a rack for 30 minutes. Invert loaf onto rack, remove pan and let cool completely.

Makes 12 slices

Nutrient analysis per slice:

Nutrition Facts Valeur nutritive

Serving Size (84 g) / Portion (84 g)

Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 190	
Fat / Lipides 5 g	8 %
Saturated / saturés 0.5 g	3 %
+ Trans / trans 0.1 g	
Cholesterol / Cholestérol 15 mg	
Sodium / Sodium 160 mg	7 %
Carbohydrate / Glucides 35 g	12 %
Fibre / Fibres 3 g	12 %
Sugars / Sucres 17 g	
Protein / Protéines 4 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	4 %
Calcium / Calcium	4 %
Iron / Fer	8 %



Tip

This recipe makes a big loaf. Make sure to use the correct pan size, a 9x5x3-inch (2 L) loaf pan.

Makes 16 squares

Nutrient analysis per square:

Nutrition Facts Valeur nutritive

Serving Size (65 g) / Portion (65 g)

Amount Teneur	% Daily Value % valeur quotidienne
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Calories / Calories 160

Fat / Lipides 5 g	8 %
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Saturated / saturés 1.5 g	8 %
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+ Trans / trans 0.1 g	
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Cholesterol / Cholestérol 35 mg	
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Sodium / Sodium 105 mg	4 %
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Carbohydrate / Glucides 26 g	9 %
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Fibre / Fibres 4 g	16 %
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Sugars / Sucres 14 g	
----------------------	--

Protein / Protéines 4 g	
--------------------------------	--

Vitamin A / Vitamine A	0 %
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Vitamin C / Vitamine C	0 %
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Calcium / Calcium	2 %
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Iron / Fer	6 %
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Double Chocolate Brownies

These moist, cake-like brownies are fast to make and not overly sweet, and since you're mixing the batter in one bowl, cleanup is easy. P.S. No one will ever guess that there are beans in them. Kid testers gave this one "two thumbs up"!

1 ½ cups	canned black beans, drained, rinsed and mashed	375 mL
¾ cup	whole-wheat flour	175 mL
½ cup	unsweetened cocoa powder	125 mL
1 tsp	baking powder	5 mL
½ tsp	salt	2 mL
3	large eggs	3
1 cup	granulated sugar	250 mL
¼ cup	unsweetened applesauce	50 mL
3 tbsp	canola oil	45 mL
2 tsp	vanilla	10 mL
¼ cup	miniature semi-sweet chocolate chips	50 mL

1. Preheat oven to 350°F (180°C). Line an 8-inch (20 cm) square metal baking pan with foil, leaving a 2-inch (5 cm) overhang at opposite ends. Lightly spray foil with non-stick cooking spray.

2. In a large bowl, combine beans, flour, cocoa powder, baking powder and salt. With a wooden spoon, beat in eggs, sugar, applesauce, oil and vanilla until well blended. Stir in chocolate chips. Pour batter into prepared pan.

3. Bake for 30-35 minutes, or until just a few moist crumbs cling to a tester inserted in the centre. Do not over-bake. Let cool in pan on a wire rack. Using foil overhangs as handles, remove from pan and transfer brownies to a cutting board. Cut into squares.

Tip

Mash beans with a potato masher or a large serving fork until very smooth.



Crispy Vanilla Squares

These are definitely not your typical crispy rice cereal bars – but our kid testers loved them! The white chocolate chips add a little sweetness and fun to this healthier version of a popular treat.

¼ cup	butter	50 mL
4 cups	miniature marshmallows	1 L
1 tsp	vanilla	5 mL
5 cups	brown rice crisp cereal	1.25 L
1 cup	quick-cooking rolled oats, toasted*	250 mL
1 cup	bran cereal (not flakes)	250 mL
⅓ cup	white chocolate chips	75 mL

1. Line a 13x9-inch (3 L) baking pan with tin foil, leaving a 2-inch (5 cm) overhang at each end.
2. In a large saucepan, melt butter over low heat. Add marshmallows, stirring constantly until melted, about 10 minutes. Remove pan from heat. Moving quickly, stir in vanilla, rice cereal, oats and bran cereal, mixing well after each addition.
3. Press mixture into prepared baking pan. Sprinkle with white chocolate chips and press them in gently so that they stick.
4. Let cool until firm. Using foil overhangs as handles, remove from pan and place on a cutting board; cut into squares. Store in an airtight container for up to 2 days.

*To toast oats, spread on a baking sheet lined with foil. Bake in a 350°F (180°C) oven for 5-7 minutes, or until just starting to brown.



Makes 20 squares
Nutrient analysis per square:

Nutrition Facts	
Valeur nutritive	
Serving Size (31 g) / Portion (31 g)	
Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 120	
Fat / Lipides 4 g	6 %
Saturated / saturés 2 g + Trans / trans 0.1 g	11 %
Cholesterol / Cholestérol 5 mg	
Sodium / Sodium 55 mg	2 %
Carbohydrate / Glucides 22 g	7 %
Fibre / Fibres 2 g	8 %
Sugars / Sucres 9 g	
Protein / Protéines 2 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	2 %
Iron / Fer	6 %

Tip

Look for brown rice crisp cereal in the cereal aisle or health food section of the grocery store, or at bulk food stores. It looks like regular rice crisp cereal but has more fibre.

Make sure to use the “little sticks” type of bran cereal, not flakes.

Makes 20 squares
Nutrient analysis per square:

Nutrition Facts

Valeur nutritive

Serving Size (33 g) / Portion (33 g)

Amount Teneur	% Daily Value % valeur quotidienne
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Calories / Calories 120

Fat / Lipides 3.5 g	5 %
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Saturated / saturés 2 g	11 %
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+ Trans / trans 0.1 g	
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Cholesterol / Cholestérol 5 mg	
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Sodium / Sodium 115 mg	5 %
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Carbohydrate / Glucides 23 g	8 %
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Fibre / Fibres 3 g	12 %
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Sugars / Sucres 10 g	
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Protein / Protéines 2 g	
--------------------------------	--

Vitamin A / Vitamine A	0 %
------------------------	-----

Vitamin C / Vitamine C	0 %
------------------------	-----

Calcium / Calcium	0 %
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Iron / Fer	15 %
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Tip

Once you add the cereals to the marshmallows, it takes a bit of effort to stir them together. Work quickly to mix the ingredients well.

Use a spoon that has been dipped into cold water to press the mixture in the pan; this prevents the mixture from sticking to the spoon.

Crispy Chocolate Squares

This delicious, dark crispy treat is great for kids and teens who don't like to see bran cereal and oats in their squares; the cocoa "hides" those little extras and adds a yummy chocolate taste.

¼ cup	butter	50 mL
5 cups	miniature marshmallows	1.25 L
1 tsp	vanilla	5 mL
¼ cup	unsweetened cocoa powder	50 mL
4 cups	rice crisp cereal	1 L
1 cup	quick-cooking rolled oats	250 mL
1½ cups	bran cereal (not flakes)	375 mL
¼ cup	semi-sweet chocolate chips	50 mL

1. Line a 13x9-inch (3 L) baking pan with tin foil or parchment paper, leaving a 2-inch (5 cm) overhang at each end.
2. In a large saucepan, melt butter over low heat. Add marshmallows and stir constantly until melted, about 10 minutes. Remove pan from heat. Working quickly, stir in vanilla and cocoa powder until combined. Stir in rice cereal, oats, bran cereal and chocolate chips, mixing well after each addition.
3. Press mixture into prepared baking pan. Let cool until firm. Using overhangs as handles, remove from pan and place on a cutting board; cut into squares. Store in an airtight container for up to 2 days.



Tip

Kitchen scissors are great for cutting dried fruit, such as apricots or apples, into tiny pieces.

Be sure to wash the scissors in hot, soapy water before and after using.



No-Bake Mixed Cereal Squares

Kids of all ages will love to help make these tasty squares. The hardest part of this recipe is waiting for them to set!

¾ cup	packed brown sugar	175 mL
¼ cup	water	50 mL
3 tbsp	corn syrup	45 mL
¼ cup	butter, cut into cubes	50 mL
1 tsp	vanilla	5 mL
2 cups	quick-cooking rolled oats	500 mL
½ cup	finely chopped dried apricots	125 mL
3 cups	multi-grain O's cereal	750 mL

1. Line 9- or 8-inch (23 or 20 cm) square baking pan with foil, leaving a 2-inch (5 cm) overhang at opposite ends.
2. In a deep saucepan, whisk sugar, water and corn syrup. Add butter and bring to a boil over medium heat, stirring often. Increase heat and boil rapidly, stirring constantly, for 3 minutes. Remove from heat and stir in vanilla.
3. When bubbles subside, stir in oats and apricots until thoroughly coated. Stir in cereal until coated. Spread mixture into prepared baking pan. Let cool until firm (refrigerate if necessary). Using overhangs as handles, remove squares from pan and transfer to a cutting board. Cut into squares.

Makes 16 squares
Nutrient analysis per square:

Nutrition Facts	
Valeur nutritive	
Serving Size (44 g) / Portion (44 g)	
Amount	% Daily Value
Teneur	% valeur quotidienne
Calories / Calories 160	
Fat / Lipides 4 g	6 %
Saturated / saturés 2 g	11 %
+ Trans / trans 0.2 g	
Cholesterol / Cholestérol 10 mg	
Sodium / Sodium 60 mg	3 %
Carbohydrate / Glucides 29 g	10 %
Fibre / Fibres 2 g	8 %
Sugars / Sucres 14 g	
Protein / Protéines 3 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	2 %
Iron / Fer	10 %

Makes 24 bars

Nutrient analysis per bar:

Nutrition Facts Valeur nutritive

Serving Size (58 g) / Portion (58 g)

Amount Teneur	% Daily Value % valeur quotidienne
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Calories / Calories 170

Fat / Lipides 5 g	8 %
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Saturated / saturés 1.5 g	8 %
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+ Trans / trans 0 g	
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Cholesterol / Cholestérol 15 mg	
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Sodium / Sodium 95 mg	4 %
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Carbohydrate / Glucides 29 g	10 %
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Fibre / Fibres 3 g	12 %
---------------------------	-------------

Sugars / Sucres 15 g	
----------------------	--

Protein / Protéines 4 g	
--------------------------------	--

Vitamin A / Vitamine A	0 %
------------------------	-----

Vitamin C / Vitamine C	0 %
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Calcium / Calcium	4 %
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Iron / Fer	10 %
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Chocolate Banana Breakfast Bars

Parents, don't let the title fool you – these fun breakfast bars are filled with all the good stuff you want your kids to eat, such as whole-wheat flour, ground flax, oats, yogurt and banana. The chocolate chips add the fun that kids want!

¾ cup	packed brown sugar	175 mL
½ cup	granulated sugar	125 mL
¼ cup	soft, non-hydrogenated margarine	50 mL
½ cup	mashed banana (1 medium)	125 mL
1 cup	plain non-fat yogurt	250 mL
2	large eggs	2
2 tsp	vanilla	10 mL
1 ½ cups	whole wheat flour	375 mL
¼ cup	ground flax seed	50 mL
1 tsp	baking soda	5 mL
1 tsp	cinnamon	5 mL
3 cups	quick-cooking rolled oats	750 mL
¾ cup	semi-sweet chocolate chips	175 mL

1. Heat oven to 350°F (180°C). Lightly spray a 13x9-inch (3 L) baking pan with non-stick cooking spray.
2. Beat sugars and margarine together. Add banana, yogurt, eggs and vanilla.
3. Combine flour, flax, baking soda and cinnamon in a separate bowl. Add flour mixture to the wet ingredients. Mix well. Stir in oats and chocolate chips.
4. Spread dough into the baking pan. Bake for 25-30 minutes. Once cooled, cut into 24 bars.

Adapted with permission of the Heart and Stroke Foundation. To receive more heart-healthy recipes and healthy living tips for families, please subscribe to the Foundation's free monthly e-newsletter, *He@lthline for Parents*, at www.heartandstroke.ca/subscribe.

Tip

This awesome, chocolatey treat is more like moist cake than a bar and holds together well.

Cut these bars just before the bake sale so that they stay super-fresh.



Tip

Look for dried apples in the health food or bulk food section of the grocery store.



Yummy Apple Cookies

The buttery, spicy apple scent of these cookies will fill your kitchen and tempt your taste buds. They're loaded with apple-y goodness, and it's hard to resist eating these cookies fresh and warm right out of the oven.

2 cups	whole wheat flour	500 mL
1 cup	bran cereal (not flakes)	250 mL
2 tsp	cinnamon	10 mL
½ tsp	nutmeg	2 mL
1 tsp	baking soda	5 mL
½ cup	butter, softened	125 mL
¾ cup	packed brown sugar	175 mL
1	large egg	1
1 ½ cups	peeled, finely chopped apple	375 mL
½ cup	finely chopped dried apple	125 mL
¼ cup	unsweetened apple juice	50 mL

1. Preheat oven to 375°F (190°C). Line a large baking sheet with parchment paper or spray lightly with non-stick cooking spray.
2. In a medium bowl, combine flour, cereal, cinnamon, nutmeg and baking soda.
3. In a large bowl, using an electric mixer, beat butter and sugar until light and fluffy. Add egg and mix until creamy. Using a wooden spoon, stir in apple, dried apple and apple juice. Add flour mixture and stir until well combined.
4. Drop heaping tablespoonfuls (15 mL) of batter onto prepared baking sheet at least 2 inches (5 cm) apart. Bake for 10-12 minutes, or until lightly browned. Let cool for 3 minutes; transfer cookies to a rack to cool completely. Let baking sheet cool and repeat with remaining batter.

Makes 36 cookies

Nutrient analysis per cookie:

Nutrition Facts Valeur nutritive

Serving Size (28 g) / Portion (28 g)

Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 80	
Fat / Lipides 3 g	5 %
Saturated / saturés 1.5 g	8 %
+ Trans / trans 0.1 g	
Cholesterol / Cholestérol 10 mg	
Sodium / Sodium 75 mg	3 %
Carbohydrate / Glucides 14 g	5 %
Fibre / Fibres 2 g	8 %
Sugars / Sucres 8 g	
Protein / Protéines 1 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	2 %
Calcium / Calcium	2 %
Iron / Fer	4 %

Makes 36 cookies

Nutrient analysis per cookie:

Nutrition Facts		
Valeur nutritive		
Serving Size (24 g) / Portion (24 g)		
Amount Teneur		% Daily Value % valeur quotidienne
Calories / Calories 100		
Fat / Lipides 4.5 g		7 %
Saturated / saturés 1.5 g		8 %
+ Trans / trans 0 g		
Cholesterol / Cholestérol 10 mg		
Sodium / Sodium 110 mg		5 %
Carbohydrate / Glucides 14 g		5 %
Fibre / Fibres 2 g		8 %
Sugars / Sucres 7 g		
Protein / Protéines 2 g		
Vitamin A / Vitamine A		0 %
Vitamin C / Vitamine C		0 %
Calcium / Calcium		2 %
Iron / Fer		6 %

Best-Ever Chocolate Cookies

Your family and friends will never know that bran cereal is one of the ingredients in these delicious cookies. Make a couple of batches of these – they are sure to be a best-seller!

1 cup	all-purpose flour	250 mL
½ cup	unsweetened cocoa powder	125 mL
1 tsp	baking soda	5 mL
¼ tsp	salt	1 mL
2	large eggs	2
½ cup	soft, non-hydrogenated margarine	125 mL
¾ cup	packed brown sugar	175 mL
1 ½ cups	quick-cooking rolled oats	375 mL
1 cup	bran cereal (not flakes)	250 mL
¾ cup	white chocolate chips	175 mL

1. Preheat oven to 350°F (180°C). Use ungreased baking sheets or line baking sheets with parchment paper.
2. In a small bowl, sift flour, cocoa powder, baking soda and salt.
3. In a large bowl, beat eggs, margarine and brown sugar. Fold in flour mixture. Stir in oats, bran cereal and chocolate chips.
4. Drop dough by heaping tablespoonfuls (15 mL), about 2 inches (5 cm) apart, onto baking sheets.
5. Bake for 7-9 minutes or until just crisp. Let cool on baking sheets on a wire rack for 5 minutes, then remove to rack to cool completely.

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Tip

Great baking results

When using two baking sheets at once, position the oven racks in the top and bottom thirds of the oven.

Switch baking sheet positions halfway through the suggested baking time. Always place dough on a cooled baking sheet.



Tip

If the cookie dough is too crumbly, add a tablespoon or two of water.

Not a fan of raisins? Try these cookies with dried cranberries for a tasty twist. They're great for holiday bake sales.



Oatmeal Cookies

A healthier bake sale wouldn't be complete without an oatmeal cookie. These tasty cookies are soft and chewy with just the right amount of raisins. Our adult and kid testers gave this cookie "a big yes!"

½ cup	soft, non-hydrogenated margarine	125 mL
¾ cup	packed brown sugar	175 mL
1	large egg	1
2 tsp	vanilla	10 mL
2½ cups	quick-cooking rolled oats	625 mL
2 cups	whole wheat flour	500 mL
1½ tsp	baking soda	7 mL
¼ cup	milk, 2% M.F.	50 mL
1 cup	raisins	250 mL

1. Preheat oven to 375°F (190°C). Lightly spray baking sheets with non-stick cooking spray or line with parchment paper.
2. In a large bowl, using an electric mixer, beat margarine and sugar until light and fluffy. Beat in egg until creamy. Stir in vanilla.
3. In a medium bowl, combine oats, whole wheat flour and baking soda. Using a wooden spoon, mix half of oat mixture into wet ingredients. Add milk and stir just until combined. Mix in remaining oat mixture and raisins.
4. Roll heaping tablespoonfuls (15 mL) of dough into balls. Place on prepared baking sheets and flatten slightly with a fork. Bake for about 10-12 minutes, or until cookies just start to turn golden. Let cool on baking sheets on a wire rack for 5 minutes. Remove cookies to a rack to cool completely.

Makes 32 cookies
Nutrient analysis per cookie:

Nutrition Facts	
Valeur nutritive	
Serving Size (32 g) / Portion (32 g)	
Amount	% Daily Value
Teneur	% valeur quotidienne
Calories / Calories 120	
Fat / Lipides 3.5 g	5 %
Saturated / saturés 0.5 g	3 %
+ Trans / trans 0 g	
Cholesterol / Cholestérol 5 mg	
Sodium / Sodium 105 mg	4 %
Carbohydrate / Glucides 19 g	6 %
Fibre / Fibres 2 g	8 %
Sugars / Sucres 9 g	
Protein / Protéines 2 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	2 %
Iron / Fer	6 %

Tip

Make sure to use the “little sticks” type of bran cereal, not flakes.

The dough is a little crumbly to work with, but the result is worth the effort.

Be sure not to over-bake these cookies or they’ll be too crispy.



Makes 34 cookies
Nutrient analysis per cookie:

Nutrition Facts Valeur nutritive

Serving Size (25 g) / Portion (25 g)

Amount Teneur	% Daily Value % valeur quotidienne
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Calories / Calories 110

Fat / Lipides 4.5 g 7 %

Saturated / saturés 1 g 5 %
+ Trans / trans 0 g

Cholesterol / Cholestérol 5 mg

Sodium / Sodium 95 mg 4 %

Carbohydrate / Glucides 15 g 5 %

Fibre / Fibres 2 g 8 %

Sugars / Sucres 5 g

Protein / Protéines 2 g

Vitamin A / Vitamine A 0 %

Vitamin C / Vitamine C 0 %

Calcium / Calcium 2 %

Iron / Fer 6 %

Chewy Chocolate Chip Cookies

With mini chocolate chips, a little goes a long way to delivering big chocolate taste that kids and teens love. A bit crispy, a bit chewy, these cookies got “two thumbs up” from all of our testers!

½ cup	soft, non-hydrogenated margarine	125 mL
¾ cup	packed brown sugar	175 mL
1	large egg, beaten	1
1 tbsp	canola oil	15 mL
2 tsp	vanilla	10 mL
1½ cups	whole wheat flour	375 mL
1½ cups	quick-cooking rolled oats	375 mL
1 cup	bran cereal (not flakes)	250 mL
1 tsp	baking soda	5 mL
½ cup	miniature semi-sweet chocolate chips	125 mL

1. Preheat oven to 350°F (180°C). Lightly spray baking sheets with non-stick cooking spray or line with parchment paper.

2. In a large bowl, using an electric mixer, beat margarine and sugar until light and fluffy. Beat in egg until creamy. Stir in oil and vanilla.

3. In a medium bowl, combine flour, oats, bran cereal and baking soda. Using a wooden spoon, mix dry ingredients into wet ingredients. Stir in mini chocolate chips.

4. Drop heaping tablespoonfuls (15 mL) of dough onto prepared baking sheets. Flatten slightly with a fork. Bake for about 9-10 minutes, or until cookies just start to turn golden. Let cool on baking sheets on a wire rack for 5 minutes. Remove cookies to a rack to cool completely.

Charlie and Emma's Favourite Carrot Cookies

These cookies are great for a healthy snack as they are made with whole grains that provide fibre, and they are lower in sugar than typical cookies. The texture is like that of a muffin, and the flavour is like carrot cake without the icing, making this our favourite carrot cookie too.

1 cup	whole wheat flour	250 mL
¾ cup	quick-cooking rolled oats	175 mL
½ cup	ground flax seed	125 mL
1 tsp	ground cinnamon	5 mL
½ tsp	baking soda	2 mL
1	large egg	1
¾ cup	lightly packed brown sugar	175 mL
½ cup	soft, non-hydrogenated margarine	125 mL
1 tsp	vanilla	5 mL
1 cup	grated carrots	250 mL

1. Preheat oven to 350°F (180°C). Lightly spray baking sheets with non-stick cooking spray.
2. In a medium bowl, combine flour, oats, flax seed, cinnamon and baking soda.
3. In a large bowl, using an electric mixer, beat egg, brown sugar, margarine and vanilla until smooth. Fold in flour mixture. Stir in carrots.
4. Drop dough by heaping tablespoonfuls (15 mL), about 2 inches (5 cm) apart, onto prepared baking sheets.
5. Bake for 10-15 minutes or until lightly browned. Let cool on baking sheet on a wire rack for 5 minutes.

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Makes 24 cookies
Nutrient analysis per cookie:

Nutrition Facts Valeur nutritive	
Serving Size (29 g) / Portion (29 g)	
Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 110	
Fat / Lipides 5 g	8 %
Saturated / saturés 1 g	5 %
+ Trans / trans 0 g	
Cholesterol / Cholestérol 10 mg	
Sodium / Sodium 85 mg	4 %
Carbohydrate / Glucides 13 g	4 %
Fibre / Fibres 2 g	8 %
Sugars / Sucres 7 g	
Protein / Protéines 2 g	
Vitamin A / Vitamine A	8 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	2 %
Iron / Fer	4 %

Tip

Finely grate the carrots into short strips so that no big pieces stick out of the cookies. Kids will notice the bright orange flecks, but it won't stop them from loving the taste. One of our kid testers even said there wasn't enough carrot!

Makes 36 large cookies
Nutrient analysis per cookie:

Nutrition Facts

Valeur nutritive

Serving Size (28 g) / Portion (28 g)

Amount Teneur	% Daily Value % valeur quotidienne
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Calories / Calories 100

Fat / Lipides 3 g	5 %
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Saturated / saturés 2 g	10 %
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+ Trans / trans 0 g	
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Cholesterol / Cholestérol 15 mg	
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Sodium / Sodium 110 mg	5 %
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Carbohydrate / Glucides 17 g	6 %
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Fibre / Fibres 2 g	8 %
--------------------	-----

Sugars / Sucres 8 g	
---------------------	--

Protein / Protéines 2 g	
--------------------------------	--

Vitamin A / Vitamine A	2 %
------------------------	-----

Vitamin C / Vitamine C	0 %
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Calcium / Calcium	2 %
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Iron / Fer	8 %
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Tip

To prevent dough from sticking to hands, dust them lightly with flour.

Pumpkin pie spice is a blend of spices, generally including some or all of the following: cinnamon, ginger, allspice, cloves and nutmeg.

For a tasty variation, stir in up to 1 cup (250 mL) of golden raisins after adding the bran mixture.

Spice Cookies

Traditional spice cookies take on a new twist with the addition of whole wheat flour and bran cereal. Be sure to use "little sticks" bran cereal, not flakes.

2½ cups	whole wheat flour	625 mL
2 cups	bran cereal	500 mL
1 tbsp	pumpkin pie spice	15 mL
1 tsp	baking powder	5 mL
1 tsp	baking soda	5 mL
¼ tsp	salt	1 mL
1 cup	packed brown sugar	250 mL
½ cup	butter, softened	125 mL
⅓ cup	fancy molasses	75 mL
¼ cup	unsweetened applesauce	50 mL
2	large eggs	2
3 tbsp	granulated sugar (optional)	50 mL

1. Preheat oven to 375°F (190°C). Lightly spray a large baking sheet with non-stick cooking spray or line with parchment paper.
2. In a medium bowl, combine whole wheat flour, bran cereal, pumpkin pie spice, baking powder, baking soda and salt.
3. In a large bowl, using an electric mixer, beat sugar and butter until light and fluffy. Beat in molasses, applesauce and eggs until creamy. Using a wooden spoon, stir in flour mixture in three portions, mixing well after each addition.
4. Place granulated sugar, if using, in a small bowl. Roll heaping tablespoonfuls (15 mL) of dough into balls and roll in sugar to coat. Place on prepared baking sheet at least 2 inches (5 cm) apart and flatten slightly with a fork.
5. Bake for 7-9 minutes, or until golden around the edges yet soft in the centre. Do not over-bake. Let cool for 3 minutes; transfer cookies to a rack to cool completely. Let baking sheet cool and repeat with remaining dough.



Tip

Make sure to buy the “little sticks” type of bran cereal, not flakes.

This recipe uses unsweetened, shredded coconut, but if you want it to blend in a little more with the oats, use medium or fine unsweetened coconut instead.



Yummy Chocolate Mountains

One of our testers named these tasty, no-bake cookies for us. We think she's right – they're loaded with oats, bran, coconut and cocoa, and they look like little chocolate mountains!

2 cups	sugar	500 mL
½ cup	unsweetened cocoa powder	125 mL
½ cup	milk, 2% M.F.	125 mL
⅓ cup	butter	75 mL
1 tbsp	canola oil	15 mL
1 tsp	vanilla	5 mL
3 cups	quick-cooking rolled oats	750 mL
1 ¼ cups	bran cereal (not flakes)	300 mL
1 cup	unsweetened shredded coconut	250 mL

1. Line 3 large baking sheets with parchment paper.
2. In a large saucepan, combine sugar, cocoa powder, milk, butter, oil and vanilla. Stir over medium-high heat until mixture comes to a boil. Boil 1 minute, stirring constantly.
3. Remove from heat. Stir in remaining ingredients and mix well. Drop heaping tablespoonfuls (15 mL) into mounds on prepared baking sheets. Work fast as mixture hardens quickly. Let cool completely before removing from baking sheets.
4. Store in an airtight container in the refrigerator or at room temperature for up to 2 days.

Makes 48 cookies
Nutrient analysis per cookie:

Nutrition Facts Valeur nutritive	
Serving Size (22 g) / Portion (22 g)	
Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 90	
Fat / Lipides 3.5 g	5 %
Saturated / saturés 2 g	11 %
+ Trans / trans 0.1 g	
Cholesterol / Cholestérol 5 mg	
Sodium / Sodium 25 mg	1 %
Carbohydrate / Glucides 14 g	5 %
Fibre / Fibres 2 g	8 %
Sugars / Sucres 9 g	
Protein / Protéines 1 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	0 %
Iron / Fer	6 %

Makes 12 cupcakes
Nutrient analysis per cupcake:

Nutrition Facts		
Valeur nutritive		
Serving Size (95 g) / Portion (95 g)		
Amount		% Daily Value
Teneur		% valeur quotidienne
Calories / Calories 230		
Fat / Lipides 4.5 g		7 %
Saturated / saturés 0.5 g		3 %
+ Trans / trans 0.1 g		
Cholesterol / Cholestérol 15 mg		
Sodium / Sodium 210 mg		9 %
Carbohydrate / Glucides 44 g		15 %
Fibre / Fibres 3 g		12 %
Sugars / Sucres 26 g		
Protein / Protéines 4 g		
Vitamin A / Vitamine A		0 %
Vitamin C / Vitamine C		4 %
Calcium / Calcium		4 %
Iron / Fer		10 %

Tip

Use bananas that are very ripe, with brown spots all over the peel, and mash well with a potato masher or a fork.

No buttermilk on hand? Place 1 tbsp (15 mL) lemon juice or white vinegar in a glass measuring cup and fill with 1% milk to make 1 cup (250 mL). Let stand for 5 minutes and then stir.

Big-Top Banana Chocolate Cupcakes

These cupcakes are incredibly moist and delicious. For perfect results, store unglazed cupcakes in a covered container. Glaze several hours before serving or selling. For added fun, use brightly coloured paper liners.

Cupcakes

1 cup	whole wheat flour	250 mL
1 cup	all-purpose flour	250 mL
1/3 cup	unsweetened cocoa powder	75 mL
1 tsp	baking powder	5 mL
1 tsp	baking soda	5 mL
1/4 tsp	salt	1 mL
1 cup	mashed ripe bananas (about 2)	250 mL
1 cup	buttermilk, 1% M.F.	250 mL
3/4 cup	granulated sugar	175 mL
3 tbsp	canola oil	45 mL
1 tsp	vanilla	5 mL
1	large egg	1

Glaze

1 cup	icing sugar	250 mL
5 tsp	warm water	25 mL

1. Preheat oven to 375°F (190°C). Line a 12-cup non-stick muffin pan with cupcake liners.

2. In a large bowl, whisk whole wheat flour, all-purpose flour, cocoa powder, baking powder, baking soda and salt.

3. In another bowl, whisk bananas, buttermilk, sugar, oil, vanilla and egg. Pour banana mixture over flour mixture and stir just until moistened. Spoon into prepared muffin pan.

4. Bake for 20 minutes, or until cupcakes are firm to the touch and a tester inserted into the centre of a cupcake comes out clean. Let cool in pan for 5 minutes. Transfer to a rack to cool completely.

5. To make glaze, combine icing sugar and water in a small bowl; stir until smooth. Spoon glaze over cupcakes, spreading to edges with a small knife; let set.



Tip

These cupcakes are best glazed just a couple of hours before serving or selling. Do not cover them, or the icing will get a little runny and sticky.



Apple-licious Cupcakes

These are definitely not your typical cupcakes topped with buttery icing, but kids love them just the same. In fact, our testers enjoyed them even without the glaze (we just called them muffins instead).

Cupcakes

½ cup	packed brown sugar	125 mL
½ cup	granulated sugar	125 mL
¼ cup	canola oil	50 mL
1	large egg	1
1 tsp	vanilla	5 mL
1 cup	whole wheat flour	250 mL
1 cup	all-purpose flour	250 mL
2 tsp	baking soda	10 mL
1 tsp	nutmeg	5 mL
1 tsp	cinnamon	5 mL
2 cups	coarsely grated apple (not peeled)	500 mL
¾ cup	unsweetened applesauce	175 mL

Glaze

1 cup	icing sugar	250 mL
2 tbsp	unsweetened apple juice	30 mL
1 tsp	vanilla	5 mL

1. Preheat oven to 350°F (180°C). Line a 12-cup muffin pan with extra-large paper liners.
2. In a large bowl, using an electric mixer, beat brown sugar, granulated sugar and canola oil until well mixed. Beat in egg and vanilla until blended.
3. In a medium bowl, mix whole wheat flour, all-purpose flour, baking soda, nutmeg and cinnamon. Using a wooden spoon, stir into sugar mixture until combined. Stir in grated apple and applesauce.
4. Spoon batter into prepared muffin pan. Bake for 20-25 minutes, or until a tester inserted in the centre of a cupcake comes out clean. Let cool in pan for 10 minutes. Transfer to a rack to cool completely.
5. To make glaze, whisk together icing sugar, apple juice and vanilla in a small bowl until smooth. Spread on cupcakes. Store uncovered until ready to sell.

Makes 12 large cupcakes
Nutrient analysis per cupcake:

Nutrition Facts Valeur nutritive

Serving Size (97 g) / Portion (97 g)

Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 250	
Fat / Lipides 5 g	8 %
Saturated / saturés 0.5 g	3 %
+ Trans / trans 0.1 g	
Cholesterol / Cholestérol 15 mg	
Sodium / Sodium 220 mg	9 %
Carbohydrate / Glucides 49 g	16 %
Fibre / Fibres 2 g	8 %
Sugars / Sucres 31 g	
Protein / Protéines 3 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	4 %
Calcium / Calcium	2 %
Iron / Fer	8 %

Makes 18 cupcakes
Nutrient analysis per cupcake:

Nutrition Facts**Valeur nutritive**

Serving Size (78 g) / Portion (78 g)

Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 170	
Fat / Lipides 4 g	6 %
Saturated / saturés 0.4 g	3 %
+ Trans / trans 0.1 g	
Cholesterol / Cholestérol 20 mg	
Sodium / Sodium 150 mg	6 %
Carbohydrate / Glucides 31 g	10 %
Fibre / Fibres 2 g	8 %
Sugars / Sucres 20 g	
Protein / Protéines 3 g	
Vitamin A / Vitamine A	25 %
Vitamin C / Vitamine C	4 %
Calcium / Calcium	2 %
Iron / Fer	6 %

Carrot Cupcakes with Orange Glaze

This is a healthier version of a traditional carrot cupcake with cream cheese frosting. All our testers agreed that a little glaze on the top makes these deliciously light and moist muffins into kid- and teen-friendly cupcakes.

Cupcakes

¾ cup	granulated sugar	175 mL
¼ cup	canola oil	50 mL
2	large eggs	2
1 tsp	vanilla	5 mL
2½ cups	finely grated carrots	625 mL
1 cup	unsweetened applesauce	250 mL
½ cup	drained crushed pineapple*	125 mL
1 cup	whole wheat flour	250 mL
1 cup	all-purpose flour	250 mL
1½ tsp	baking powder	7 mL
1½ tsp	baking soda	7 mL
2 tsp	cinnamon	10 mL

Glaze

1¼ cups	icing sugar, sifted	300 mL
2 tbsps	unsweetened orange juice	30 mL

1. Preheat oven to 350°F (180°C). Line two muffin pans with a total of 18 paper liners.

2. In a large bowl, using an electric mixer, beat sugar, oil and eggs until light and creamy. Stir in vanilla. Using a wooden spoon, stir in carrots, applesauce and pineapple; combine well.

3. In a medium bowl, mix whole-wheat flour, all-purpose flour, baking powder, baking soda and cinnamon. Using a wooden spoon, stir into egg mixture just until combined.

4. Spoon batter into prepared muffin pans. Bake both pans, rotating halfway through baking. Bake for 20-25 minutes, or until a tester inserted in the centre of a cupcake in each pan comes out clean. Let cool in pans for 10 minutes. Transfer to a rack to cool completely before glazing.

5. To make glaze, whisk together icing sugar and orange juice in a small bowl until smooth; spread glaze over cupcakes a couple of hours before serving or selling. Store uncovered until ready to sell.

Tip

Great baking results

When using two muffin pans at once, position the oven racks in the top and bottom thirds of the oven.

Switch muffin pan positions halfway through the suggested baking time.

*If desired, mince larger chunks of pineapple into smaller pieces.



Kids' Caramel Corn

For a fast-selling bake sale item, pack this fun and tasty treat in clear bags and seal them with brightly coloured ribbon.

5 cups	air-popped popcorn (about ¼ cup/50 mL kernels)	1.25 L
2 cups	multi-grain O's cereal	500 mL
½ cup	bran cereal (not flakes)	125 mL
½ cup	broken unsalted pretzel twists	125 mL
½ cup	mixed dried fruit (apples, cranberries, blueberries, apricots, raisins)	125 mL
½ cup	packed brown sugar	125 mL
¼ cup	corn syrup	50 mL
2 tbsp	butter	30 mL
1 tsp	vanilla	5 mL
¼ tsp	baking soda	1 mL

1. Preheat oven to 325°F (160°C). Line a large baking sheet with parchment paper.
2. In a large bowl, combine popcorn, cereals, pretzels and dried fruit. If you are using large dried fruit (e.g., dried apple or apricots), chop into small pieces before adding to popcorn mixture.
3. In a deep saucepan, combine brown sugar, corn syrup and butter. Bring to a boil over medium heat, stirring until sugar is dissolved and butter is melted. Increase heat to high and boil rapidly, without stirring, for 2 minutes. Remove from heat and stir in vanilla and baking soda; quickly pour over popcorn mixture and toss to coat.
4. Spread mixture evenly on prepared baking sheet. Bake for 15 minutes, or until popcorn is glazed, stirring twice. Remove from oven and let cool slightly. Break into chunks and let cool completely. Store in an airtight container until ready to divide into bags.



Makes 8 cups (2 L), or about ten ¾-cup (175 mL) servings
Nutrient analysis per serving:

Nutrition Facts	
Valeur nutritive	
Serving Size (48 g) / Portion (48 g)	
Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 170	
Fat / Lipides 3 g	5 %
Saturated / saturés 1.5 g	8 %
+ Trans / trans 0.1 g	
Cholesterol / Cholestérol 5 mg	
Sodium / Sodium 140 mg	6 %
Carbohydrate / Glucides 36 g	12 %
Fibre / Fibres 3 g	12 %
Sugars / Sucres 15 g	
Protein / Protéines 2 g	
Vitamin A / Vitamine A	-- %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	4 %
Iron / Fer	15 %

Tip

Plain, air-popped popcorn is the healthiest kind of popcorn. If you use microwaveable popcorn, it must meet the Sell Most nutrition criteria for Grain-Based Snacks. Read the Nutrition Facts table on the package to make sure the product has per serving no more than:

- 5% of total fat as trans fat
- 3 grams of fat
- 2 grams of saturated fat
- 240 milligrams of sodium

Tip

Make it fun!

Package individual bake sale items or snack mixes in small food storage bags, small coloured paper bags or treat bags sealed with colourful ribbons.

Snack Mixes

These tasty snack mixes are made with healthier ingredients. In the amounts listed, these treats will meet the *Sell Most* nutrition criteria.

Each of the major ingredients in these snack mixes is a *Sell Most* ingredient. The crackers, popcorn and pretzels meet the following nutrition criteria per serving for Grain-Based Snacks, and the cereals meet the nutrition criteria for Cereals.

Grain-Based Snacks

Fat: no more than 3 grams of fat
Saturated fat: no more than 2 grams
Sodium: no more than 240 milligrams
Trans fat: no more than 5% of fat

Cereals

Whole grain is the first ingredient
Saturated fat: no more than 2 grams
Fibre: at least 2 grams
Trans fat: no more than 5% of fat

Check Nutrition Facts tables to make sure that all of the products used in these mixes meet the above nutrition criteria.

O, So Yummy!

- ½ cup (125 mL) multi-grain O's cereal
- 1 cup (250 mL) plain, air-popped popcorn
- 1 tbsp (15 mL) chocolate chips
- 1 tbsp (15 mL) dried cranberries

Twisted Treats

- 10 plain mini rice cakes
- ½ cup (125 mL) unsalted pretzel twists
- 2 tbsp (30 mL) raisins
- 1 tbsp (15 mL) chocolate chips
- 1 tbsp (15 mL) unsalted roasted soybeans

Red 'n' White Delight

- ½ cup (125 mL) frosted wheat square cereal
- ½ cup (125 mL) O's cereal
- 2 tbsp (30 mL) dried cherries or dried cranberries
- 1 tbsp (15 mL) white chocolate chips



Fresh No-Bake Snacks

Fresh vegetables and fruit are always *Sell Most* choices and a super addition to bake sales. Think kids won't accept veggies and fruit as bake sale snacks? You might be surprised. Teachers have told us that kids gobble up fresh veggies and fruit when they share them as a class.

When available and where possible, use fresh, Ontario-grown vegetables and fruit. To help identify what's in season, visit Foodland Ontario's website, www.foodlandontario.ca, for great local food resources, such as the Availability Guide or Nutrition Guide.

Try these fresh and tasty ideas at your bake sale:

- Fresh fruit kabobs (for safety, use sticks or skewers that aren't sharp)
- Baggies of orange wedges, watermelon slices or grapes
- Whole fresh fruit, such as apples, pears and bananas (choose fruit that's fresh and free of spots or bruises – fruit that looks tasty will sell better)
- Baggies of fresh-cut veggies, such as grape tomatoes, baby carrots and celery
- Fresh-cut veggies or fruit in paper cups (add low-fat salad dressing to the bottom of the cups for veggies, or low-fat yogurt for fruit, and keep chilled)



Tip

Be Food Safe

To prevent food-borne illness, wash all vegetables and fruit under running water before cutting or slicing, even fruit with a rind that you don't eat, such as oranges, pineapples and melons. Store fresh produce in a cooler with ice packs to keep it cold before selling.



Need More Information?

School Food and Beverage Policy

For more information on the School Food and Beverage Policy, visit www.edu.gov.on.ca/eng/healthyschools/policy.html, which has a variety of tools and resources.

To learn more about what's happening with the School Food and Beverage Policy in your school, contact your school principal.

Healthy Eating

For answers to questions about healthy eating, contact a registered dietitian by phone or email (free of charge). Call the EatRight Ontario toll-free information service at 1-877-510-510-2 or visit www.ontario.ca/eatright.

To learn more about healthy eating, check out Canada's Food Guide, available online at www.healthcanada.gc.ca/foodguide.

For more information on food safety, visit the Canadian Partnership for Consumer Food Safety Education at www.canfightbac.org.

To learn more about food allergies, visit the Allergy/Asthma Information Association at www.aaia.ca or Anaphylaxis Canada at www.anaphylaxis.org.

To find a local farm or farmers' market, visit www.ontariofarmfresh.com or www.farmersmarketsontario.com.

Additional Resources

The "At-A-Glance Guide to the School Food and Beverage Policy," a resource for parents and students, is available for downloading at www.eatrightontario.ca/en/Resources.aspx.

For more information about reading nutrition labels, download the Quick Reference Guide at the Ontario Ministry of Education's website. www.edu.gov.on.ca/eng/healthyschools/policy.html, or watch the EatRight Ontario nutrition labelling videos at www.eatrightontario.ca/en/NutritionLabelling.aspx.

Need additional copies of *Bake It Up!?*
Visit www.eatrightontario.ca/en/Resources.aspx.

To find your local public health unit, go to the Association of Local Public Health Agencies' website, at www.alphaweb.org/ont_health_units.asp. The health unit can provide additional information and resources on healthy eating and food safety.

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