

Anna



What's For Lunch?

Recipe card

Recipe

From the kitchen of: *chef anna*

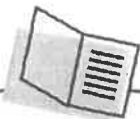
Ingredients:

- 1 1/4 purpose flour
- 1 1/4 Tsp Baking Powder
- 1 1/2 Tsp salt
- 1 lb C. butter
- 1 3/4 granulated sugar
- 2 Lrg Eggs
- 2 Tsp Vanilla
- 1/2 buttermilk

Instructions:

In a medium bowl, combine the flour, baking powder and salt whisk and set aside. In a large mixing bowl, combine butter and sugar. Mix with electric mixer for about five minutes that makes it thick and fluffy. Next add eggs one at a time. try to scrape the sides with a spatula. Once your done that add vanilla. Reduce your mixer to medium speed, and add flour in thirds, alternating with your room temp buttermilk. beat well! Line a 12-count muffin tin. pour batter evenly into each line. fill them about 2/3 full. Bake in the middle rack (if you have if you don't use whatever) for about 20 to 23 MIN!

ENJOY!



Classroom Energy Diet Challenge



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Jenna

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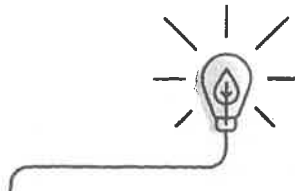
From the kitchen of:

Peanut Butter Oatmeal

Ingredients:

Instructions:

<p>1. 1-3/4 cups of water 2. 1/8 teaspoon of salt 3. 1 cup of old-fashioned oats 4. 2 tablespoons of creamy peanut butter 5. 2 tablespoons of honey 6. 2 teaspoons of ground flaxseed 7. 1/2-1 teaspoon of ground cinnamon</p>	<p>In a small saucepan, bring water and salt to a boil. Stir in oats; cook 5 minutes over medium heat, stirring occasionally. Transfer oatmeal to 2 bowls; in each bowl, stir half each peanut butter, honey, flaxseed, cinnamon and if desired, apple. Serve immediately.</p>
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Recipe: ~~Waffle Fries with Sauce~~

From the kitchen of: Taste of Home

Ingredients:

Instructions:

2 cups reduced fat sour cream
 2 cups shredded reduced-fat cheddar cheese
 8 center cut bacon or turkey bacon strips, chopped and cooked
 1/3 cup minced fresh chives
 2 teaspoons Louisiana style hot sauce
 Hot cooked waffle-cut fries

in a small bowl, mix the first 5 ingredients until serving, serve with the waffle fries.





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From the kitchen of: *Hrytsko*

Ingredients:

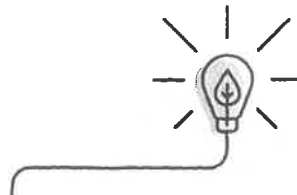
Instructions:

1 apple: Chopped
 1 lb ground pork
 1 cup Manitoba oats
 1/4 cup chopped onion
 1/4 cup chopped bell pepper
 2 egg whites, slightly beaten
 1/4 cup ketchup
 1 tsp salt
~~1/4 cup~~

1. Preheat oven to 375°F.
 2. Gently combine all ingredients.
 3. Put a 1/4 cup of the mixture into each muffin tin.
 4. Bake 25-30 mins until brown.



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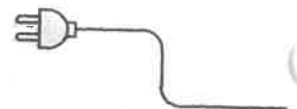
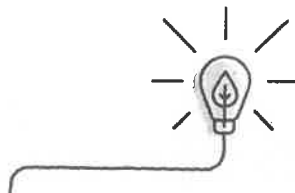
From the kitchen of:

Ingredients:

Instructions:

- 180 ml (3/4 cup) butter (or margarine).
- 125 ml (1/2 cup) honey
- 60 ml (1/4 cup) brown sugar
- 1000 ml (4 cups) rolled oats
- 250 ml (1 cup) flour (try to use whole wheat).
- 5 ml (1 tsp) baking soda
- 5 ml (1 tsp) vanilla extract
- 2 cups raisins, cranberries or a variety of dried fruit and seeds.

In a medium size pot melt butter with honey brown sugar and vanilla over medium heat. Cook until it comes to a boil and simmer on low 2 min. In a large mixing bowl combine oats flour and baking soda. Stir the butter mixture and dry fruit seeds. Press into a greased 9x13 inch baking dish. Bake for 20-25 min at 160 (325°F). Let it cool completely before cutting into bars.





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From the kitchen of:

Ingredients:

Instructions:

<p>moose meat caramelized onion melted bacon fat fresh savory egg beaten garlic clove aged chedd</p>	<p>1 moose meat 1/2 cups caramelized with 1/2 cup melted bacon fat 1/2 fresh savory 1/2 egg beaten 1 garlic clove 4 slices aged chedd</p>
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From the kitchen of: Chef Emily

Ingredients:

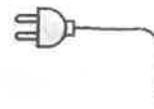
- 1 $\frac{1}{4}$ All purpose flour
- 1 $\frac{1}{4}$ TSP. Baking powder
- $\frac{1}{2}$ TSP. salt
- $\frac{1}{2}$ C. Softened butter
- $\frac{3}{4}$ C. Sugar
- 2 large eggs
- 2 TSP. vanilla
- $\frac{1}{2}$ buttermilk

PRE-HEAT OVEN
Instructions: TO 350 degrees F.

In a medium mixing bowl, combine flour, baking powder and salt. Whisk and set aside. In a large mixing bowl, combine butter and sugar. Mix with electric mixer for about 5 mins, that makes it thick and fluffy. Next, add eggs one at a time. Try to scrape the sides with a spatula. Once you're done that, add vanilla. Reduce your mixer to medium speed, and add flour in thirds, alternating with your room temp buttermilk. Beat well! Line a 12-count muffin tin. Pour batter evenly into each liner. Fill them about $\frac{2}{3}$ full. Bake in the middle rack for about 20 to 23 mins.



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kyle

What's For Lunch?

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Apple-Banana Smoothie

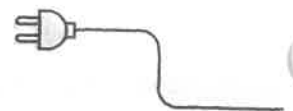
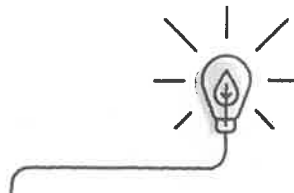
From the kitchen of:

Ingredients:

Instructions:

2 Apple slices
 7 ice cubes
 2 bananas
 1 blender
 5 ounces of milk

put 7 ice cubes
 in the blender
 then put the
 apples and
 banana
 and add
 the milk





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From the kitchen of: Chicken Curry

Ingredients:

Chicken
 potato
 Carrots
 Curry powder
 Bell pepper
 Bay leaves
 coconut
 milk
 onion
 garlic
 ginger
 Salt and
 pepper

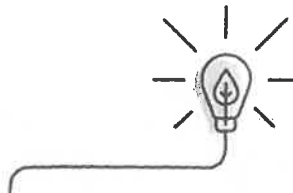
Instructions:

Cook the chicken with
 curry powder
 onion, garlic, bay leaves
 and ginger, when
 the chicken is half
 cooked add the
 potato, carrots
 and coconut milk
 and let them simmer
 in 20 minutes
 after add salt and
 pepper to taste

and wait 10 minutes
until cook



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