

# DEERFIELD ACADEMY SNACK GUIDE

**2022-2023**

## Introduction

One of Deerfield's cherished residential traditions is providing snacks, formerly known as "Feeds," to students after Study Hall. This time provides wonderful opportunities for students to share stories, play games, have conversations, or reflect on their days. No matter the topic being discussed, food has brought students and faculty together.

In recent years, however, we have thought more about how we want to approach having snacks with students. We in the Student Life Office and our colleagues at the Chen Health Center have talked with students about their post-Study Hall snacks. Some are concerned that they aren't eating healthy food; others say they need more calories; some students don't care about eating a healthy snack, and others don't want to eat anything. Clearly, there is not a universal opinion on this topic, so we're seeking to provide as much range (in availability) and variety as possible. Those priorities are reflected in the Snack Guide – and in the following suggestions:

First, consider the framing of these shared moments with food. We suggest a Snack versus a Feed. When we asked students what they think of when they hear the word "feed," many replied that it reminded them of farms and animals getting called in to eat a meal. Thus, by changing the language to "snack time," there is less of a sense of animals called to a trough, but instead an opportunity to gather to share some food and get some calories.

Second, ask the students in your hall what ideas they have for a snack. It's also important to know what allergies they have as well. Having each student weigh in on something they would like as a snack also allows students to share a bit about themselves.

Thirdly, offer a range of snack options to your students. With the help of the Dining Hall, a variety of foods are available to order for you to share with your hall. This guide also has ample suggestions and recipes for you to try. When in doubt, talk with the students in your hall about what they like and how hungry they are, and then have fun!

Finally, if you ever have students in your hall who talk about whether or not food is healthy or that they can't eat certain things because of calories, that can be a great time to talk with them about the importance of a balanced diet, how active they are during the day, etc. Please read on for helpful ways to talk with students about food. This is guidance from our school nutritionist, Karyn Mancari.

## Helpful Hints Around Snack Time

Helpful hints when you notice a student regularly not eating or using some of the below statements related to food:

“I had a very big dinner.”

“I can’t eat that this late.”

“I’ll have to work that off.”

“This has a lot of calories.”

“I’ve been eating too much junk food.”

Try to keep in mind that the goal is to offer a range of foods and encourage eating when students are hungry. You should offer a brownie the same way as apples, without special wording or conversation about it: “Here’s the snack tonight.”

Remind students that a snack is fine in the evening and that it is normal to be hungry after going more than three to four hours without eating, sometimes sooner—every person’s needs will vary daily based on activity, stress, growth, etc. And no, their metabolism doesn’t turn off overnight, nor does eating at night mean it’s just stored.

Try to steer away from using terms like “good,” “bad,” “junk food,” “healthy,” or “unhealthy,” as they can trigger certain students’ emotions or opinions towards the food. Food is just food; there is no morality around it, and using these terms too often can further give those foods the power to generate guilt or shame over eating it. Feel free to ask them why a food is considered this way and maybe even start a conversation.

Remind students that they do not have to “earn” their food or calories. If their body is saying they’re hungry, they should eat. If they sometimes eat more than they want, it’s ok, as food can also serve an emotional and social purpose.

Remind students that they need fuel to perform academically and athletically—the brain uses extra calories when studying and under stress.

Feel free to reach out at [kmancari@deerfield.edu](mailto:kmancari@deerfield.edu) for more ideas on how to approach certain topics not above or a deeper explanation.

## Snack suggestions

There are many great and easy ways to provide snacks on a budget. BJ's will be your best friend for quick, inexpensive, and easy feeds. The following list is full of crowd-pleasers and easy to do.

- Bagel Bites (one box has 72 bagel bites!)
- Dino-nuggets (or veggie nuggets)
- Tater tots or mozzarella sticks
- French toast sticks (you'll want to get some syrup, too)
- Cheese, crackers, and grapes
- Veggies and dip
- Frozen pizza (Big Y has cooked party pizzas for about \$25, too)
- Fudgecicles or popsicles
- Ice cream (three or four flavors) and some toppings
- Mac and cheese
- Pasta and marinara sauce (don't forget the parmesan)
- Pancakes (with or without chocolate chips; these take a while to prepare)
- Frozen waffles
- Brownies
- Cookies
- Nachos (recipe below)
- Cereal and milk
- Spring rolls
- Potstickers
- Meatballs or meatball subs (veggie meatballs)
- Microwave popcorn
- Animal crackers
- Smoothies (you can buy frozen fruit in bulk)

### **“Going Out” feeds**

Students enjoy getting off campus as a corridor for bonding and fun. Easy places to take the corridors include the following:

- Friendly's
- The Diner
- Magpie

### **Easy take out or delivery is available from:**

- The Wok (413) 774-3606 or China Gourmet (413) 774-2299
- Dominos (413) 774-729
- Goodies (413) 772-2586

### **Dining Hall help/snacks**

Each term the Dining Hall will provide a feed to each dorm. It is often fun to pair dorms together for grilling or other activities seeing as it is something different and a time for the students to casually mingle. The Dining Hall also provides the following items:

- Apples
- Bagels
- Bread
- Chicken Ramen
- Chips
- Cookies
- Cream cheese
- Fruit cups
- Jam
- Nutri-Grain bars
- Peanut butter
- Oatmeal cups
- Oreos
- Rice Krispie treats

If you are interested in organizing a Dining Hall feed, contact a representative early in the week for a Thursday or Sunday feed. You can always contact [Janet Boston](#) or [Mike McCarthy](#) for help with this as well.

## Snack recipes from *The Deerfield Feed: The Essence of DA in a Bite* (plus some new ones)

### **Nachos**

(courtesy of the Creaghs)

#### Ingredients:

1. 3 bags Tostitos
2. 3 bags Mexican blend shredded cheese
3. 2 jars salsa

#### Directions:

1. Cover a cookie sheet with foil (to avoid doing dishes at the end)
2. Pour out one layer of chips on the cookie sheet
3. Cover chips with shredded cheese
4. Pour the second layer of chips on top
5. Cover again with cheese
6. Pour a third layer of chips
7. Cover top with cheese
8. Place in oven at high temperature for a few minutes before you want to serve the feed and until cheese is melted
9. Repeat for as many cookie sheets of nachos as desired

### **Mrs. O'Donnell's Ubiquitous Dip**

#### Ingredients:

1. 2 boxes of Knorr Vegetable of Spring Vegetable Soup Mix
2. 2 pints of sour cream (mix one "light" pint with a "regular" pint for the calorie-conscious)
3. Lots of veggies (your choice)
4. Big bag of baby carrots
5. Cape Cod potato chips

#### Directions

1. In a large glass bowl use a spatula to stir in the soup mix and the sour cream making sure the powder is evenly distributed
2. Let chill for as long as you like but for at least an hour before serving
3. Chop plenty of veggies into sticks and buy a big bag (BJ's size) of carrots and chips

## **Mexican Chip Dip**

(courtesy of Mr. Freda)

### Ingredients:

1. 1 pound ground beef
2. 1 cup diced onion
3. 1 (16-ounce) jar of salsa
4. 2 (16-ounce) cans of refried beans
5. 2 (4-ounce) cans of chopped green chile peppers
6. 1 (2-ounce) can sliced black olives, drained
7. 2 (8-ounce) packages of cream cheese, sliced
8. 2 cups shredded cheddar cheese

### Directions:

1. Preheat oven to 400 degrees F
2. Place ground beef and onions in a large deep skillet
3. Cook over medium-high heat, until onions are soft and ground beef is evenly brown
4. Remove from heat
5. Drain beef and mix in salsa, refried beans, green chile peppers, and black olives
6. Transfer the mix to a 9x13-inch baking dish
7. Layer with cream cheese slices
8. Top with Cheddar cheese
9. Bake in preheated oven for 10-15 minutes, or until the cheese is melted

## **The Donovan Dip**

(courtesy of the Donovan sisters)

### Ingredients:

1. Cream cheese
2. Jar of salsa
3. 3 packets of cheddar and mozzarella cheese
4. 3 bags of Tostitos

### Directions:

1. Spread cream cheese along the bottom of two baking pans (about 1/2" thick)
2. Pour salsa over the cream cheese
3. Layer the top with shredded cheddar cheese and mozzarella cheese
4. Put both pans in the oven at 410 degrees F for about 10 minutes
5. Serve with Tostitos chips

## Double Dip

(Courtesy of Amy Williams; serves 8 people)

### Ingredients:

1. 1 cup of softened cream cheese
2. 1 cup of sour cream
3. 1 cup of shredded sharp cheddar cheese
4. 1 Bermuda red onion (finely chopped)
5. 1 bunch of parsley (minced)
6. Vegetables or crackers

### Directions:

1. Beat together sour cream and cream cheese
2. Stir in remaining ingredients until well mixed
3. Serve chilled with vegetables or crackers

## Apple Pie

(Courtesy of Mrs. Bradley)

### Crust

#### Ingredients:

1. 1 cup flour
2. 1/3 cup shortening and 2 TBS
3. 1/3 cup COLD water
4. Dash of salt

#### Directions:

1. Mix all together with a fork
2. Roll out on floured board
3. Place in a 9-inch pie tin

### Pie

#### Ingredients:

1. 6-7 apples
2. 1 cup sugar
3. 1 tablespoon cinnamon

#### Directions:

1. Slice the apples and place them in the piecrust
2. Mix together sugar and cinnamon and pour over apples
3. Place two butter pats on top of the apples, and cover with another crust
4. Seal edges of crusts together with thumb and pointers
5. To prevent leakage and for decoration, make three one-inch-long slices in the top piecrust to allow venting
6. To help the crust brown, dip your fingers in milk and rub it on top of the crust
7. Sprinkle with a little sugar and bake for 45 minutes – 1 hour at 350 degrees until apples are tender
8. Pie may drip in over, so place a cookie sheet on the bottom rack of the oven to catch spillage



## **Banana Boats**

(Courtesy of Mrs. Cullen)

### Ingredients:

1. Enough bananas for everyone in the hall
2. 1 bag of small marshmallows
3. 10 Hershey bars

### Directions:

1. Give each person their own banana
2. Cut each banana through the skin down the middle (trying not to cut through the bottom)
3. Pull sides apart, and stuff the inside of the banana with as much chocolate and marshmallows as desired
4. Wrap banana and fillings in foil, and place in fire or in the oven at 450 degrees for 15 minutes
5. Unwrap, scoop and eat the inside!

*This feed is best when done outside on the grill.*

## **Banana Bread**

(Courtesy of Mrs. Ellis)

### Ingredients:

1. 1-1/2 cup unbleached flour
2. 2-1/4 teaspoons double-acting baking powder
3. 1/2 teaspoon salt
4. 1/3 cup of shortening/canola oil works, too
5. 2/3 cup sugar
6. 2 eggs
7. 1 to 1-1/2 cup of ripe banana pulp
8. 1/2 cup of nuts or 1/4 cup of apricots (if desired)

### Directions:

1. Preheat oven to 350 degrees F
2. Mix the flour, baking powder, and salt in a bowl
3. Blend the sugar, or oil, and sugar in a separate bowl until creamy
4. Beat in the eggs and add the banana to the creamy mix
5. Slowly mix in the sifted ingredients
6. Add other fruit or nuts into the mix if you want
7. Pour batter into a 9x9-inch baking pan and bake for 30 minutes

*The trick is to serve it warm out of the oven with some milk.*

## **Crepalicious!**

(Courtesy of Mrs. Ellis)

### Ingredients:

1. 2 eggs
2. 1/3 cup milk
3. 1/3 cup water
4. 3/4 cup flour (pre-sifted all-purpose)
5. 1 tablespoon of soft butter (melted)
6. 2 tablespoons of sugar
7. 2 tablespoons cognac (optional)
8. Tablespoon of vanilla extract

### Directions:

1. In a mixing bowl beat the eggs and add milk and water
2. Slowly beat in flour
3. Add remaining ingredients and beat to the smoothness of cream
4. Heat the crepe pan and set at low to medium heat
5. Smear butter on the pan using a paper towel
6. When sizzling, not burning, pour about 1 and 1/2 tablespoons of batter into the pan and turn the pan until the batter covers the pan
7. When one side of the crepe is brown and shakes loose, turn and brown the other side
8. Serve with any type of sauce you would like: chocolate sauce, strawberries, or whipped cream ... anything you can imagine!

## **Ego Delight**

(Courtesy of Ms. Buron)

### Ingredients:

1. 3-4 boxes of Ego Waffles
2. Whipped cream or ice cream
3. Chocolate syrup
4. Chopped nuts
5. Chopped strawberries
6. Heath Bar crumbles (any topping will suffice)

### Directions:

1. Toast egos in the oven until browned
2. Serve egos on plates
3. Add toppings at your pleasure

## **Cinnamon Buns**

(Courtesy of Mrs. Friends)

Ingredients:

1. 4 packs of Pillsbury Grands! Cinnamon Rolls (the big ones)

Directions:

1. Open the package and lay out each individual cinnamon bun on a cookie sheet (make sure that they are packed tightly together)
2. Put them in the oven for 20 to 25 minutes (take them out a little early if you want them nice and gooey)
3. When you remove them from the oven, spread the icing over each bun (one spoonful each)
4. Serve them straight off the cookie sheet, and make sure that there is plenty of milk

## **Fro-Yo Mess**

(Good for proctors to give)

Ingredients:

1. A large bowl of Vanilla Frozen Yogurt (from the Greer)
2. Lots of candy (M&M's, Reeses, Butterfingers ...)

Directions:

1. Fill a large bowl with frozen yogurt from the Greer
2. Smash up the candy bars and pour the candy into the frozen yogurt
3. Mix everything together, and remember to get a lot of spoons!

## **Gingerbread**

(Courtesy of Ms. Lyman)

Ingredients:

1. 2 boxes Betty Crocker Gingerbread mix
2. Heavy whipping cream
3. Confectioner's sugar
4. Vanilla extract

Directions:

1. Cook gingerbread according to the directions on the box
2. Whip heavy cream
3. Add a little confectioner's sugar
4. Add a dash or two of vanilla
5. Bake in the dorm so the smells permeate the corridor
6. Serve warm

### **Dulce de leche**

(Courtesy of Ms. Invernezzi)

#### **Ingredients:**

1. 1 can of sweetened condensed milk

#### **Directions:**

1. Remove the label from the can of condensed milk (don't open the can yet)
2. Place the can in a pot
3. Cover the can with water
4. Put the pot of the stove and turn up the heat
5. Let the pot and can simmer gently for about 1 1/2 to 2 hours for runny dulce de leche or up to four hours for solid dulce de leche
6. Add more water, as necessary, when the level boils down to too much
7. When it's done, let it cool, and then carefully open the can
8. Eat it by itself or spread it over desserts (cookies, banana bread ...)

### **Grilled Chocolate Sandwiches**

(Courtesy of Ms. Kyle)

#### **Ingredients:**

1. 2 loaves of soft white bread, sliced
2. 1 container (or batch of homemade) of good, thick, rich chocolate sauce, the kind you can spread with a knife when it's room temperature (or Nutella, in a pinch— it has hazelnuts so be careful of food allergies)
3. Good chocolate chips
4. Softened butter

#### **Directions:**

1. Lay out 1/2 bread slices on the table, spreading a nice layer of chocolate in the middle of each (don't get too close to the crusts or you'll make a big mess)
2. Sprinkle chocolate chips on top
3. Put the other slices of bread on top, then spread butter on the outside of the bread
4. Place sandwiches buttered-side-down onto a hot sandwich press of George Foreman grill, or a griddle
5. Butter the top slices of the bread and grill each side for 3-4 minutes (if you're using a Foreman grill or the sandwich press, 3-4 minutes total should do it)
6. The bread should look golden and crispy, but not darkened. Serve with mild and hot tea!

Alternatives: offer crunchy peanut butter, walnut butter, Marshmallow Fluff, and raspberry jam ... just remember not to put too much inside, or it will come out the sides and make cleaning up more difficult.

## Ice Cream Cake

(Courtesy of Ms. Loftus)

### Ingredients:

1. 1 bag Oreos
2. 1 (6-count package) of Skor bars
3. 2 gallons of ice cream – you choose the flavors
4. Hershey chocolate syrup
5. (You need a spring-form a pan and two-gallon size Ziploc bags, and a hammer or other flat crushing tool)

### Directions:

1. Leave the ice cream on the counter for 15 minutes, and while you do the following;
  - a. Put all the Oreos in a Ziploc bag and crush them with a hammer
  - b. Put all 6 Skor bars into the other Ziploc bag and crush with a hammer
  - c. Pour  $\frac{3}{4}$  of the crushed Oreos into the bottom of the spring form pan and flatten down (crushing) with your hand to make the bottom crust
2. With a large spoon-scoop (in workable chunks) the first half gallon on top of (cover) the Oreos
3. You may need to run your spoon (or hands) under warm water to flatten out this layer of ice cream
4. Pour and distribute the crushed Skor bars on top of the ice cream
5. Pour on a layer of Hershey's syrup
6. Next comes the second half-gallon of ice cream, same method as above
7. Round the top and sprinkle the remaining Oreos on top
8. Cover with plastic wrap and put it in the freezer for at least 3-4 hours before serving (you may want to make it the night before or that morning)
9. Remove sides of spring form pan to cut and then serve with Hershey's syrup

## **Ms. Hemphill's Monkey Bread**

### **Ingredients:**

1. 4 cans of Pillsbury Buttermilk Biscuits
2. 1/2 cup sugar
3. 1-1/2 stick of margarine or butter
4. 1/2 cup brown sugar

### **Directions:**

1. Cut biscuits into four pieces
2. Roll biscuits into cinnamon and sugar mixture and put pieces into a lightly greased bunt pan (if extra cinnamon or sugar is left over just add it on)
3. Boil margarine/butter and brown sugar and pour over pieces
4. Bake at 350 degrees F for 40-45 minutes
5. Turn out immediately onto a serving plate
6. Pull apart to eat!

## **Peanut Butter Crunch!**

(Courtesy of Mr. Freda)

### **Ingredients:**

1. 1 large tub of peanut butter (from the Dining Hall)
2. Rice Krispies Cereal
3. Apples

### **Directions:**

1. Scoop all of the peanut butter into a large pot
2. Heat the peanut butter on the stove (on medium to low) until the peanut butter is really soft
3. Pour all the Rice Krispies into the pot and mix
4. Bring the pot out to the feed and bring sliced apples
5. Make sure you bring a lot of knives and scoop as much of it on your own apple as you want

## Chocolate Pretzels

(Courtesy of Ms. Nilsson)

### Ingredients:

1. 4 bags of semi-sweet chocolate chips
2. Olive oil
3. Rold Gold Pretzels
4. Mint extract (optional)
5. Strawberries, oranges, cantaloupe, bananas, and any other fruit you would like!

### Directions:

1. Turn the stove on low and pour a little olive oil into the pan to create a non-stick effect
2. Once the pan is lightly covered with oil, pour the chocolate chips in
3. Melt the chocolate completely, and it is imperative that the heat does not exceed low temperature because otherwise, the chocolate will burn
4. While the chips are melting, line cookie sheets with aluminum foil and make sure there is ample space in your freezer to lay these sheets flat
5. Turn off the stove and take the pretzels and dip them into the chocolate leaving enough room on the bottom of the pretzel to hold in your hands (you do not want a lot of excess chocolate so lightly shake the pretzel over the pan)
6. Put the chocolate-covered pretzels on the aluminum foil and lift the aluminum foil into the freezer to allow the chocolate to harden
7. Pour the chocolate into a bowl next to a bowl of chopped fruit and dig in

*If you want to be a little more adventurous, once the chocolate is melted, add two drops of mint extract to get a mint chocolate pretzel.*

## Pizza Muffins

### Ingredients:

1. English muffins
2. Mozzarella cheese
3. 1 jar of tomato sauce
4. Milk

### Directions:

1. Preheat oven to 350 degrees F
2. Cut the muffins in half, and put about 3-4 tablespoons of tomato sauce (more or less if you want)
3. Sprinkle cheese on top
4. Put muffins on a cookie sheet and leave in the oven for about 10 minutes or until cheese is melted and slightly crisp
5. Serve with milk

## **Quesadillas**

(Courtesy of Mr. & Mrs. Ellis)

### Ingredients:

1. 2-3 packages of flour tortillas
2. 4 cups of cheese
3. 2 jars of salsa
4. Sour cream

### Directions:

1. Preheat the oven to 200 degrees F to keep the quesadillas warm until it is time to serve
2. Place on stove several frying pans with a small amount of oil in the pans
3. Place one flour tortilla at the bottom, and let it crisp a little
4. Add a layer of salsa, then cheese of your choice (may add other ingredients if you would like)
5. Place another flour tortilla on top, and flip so the second tortilla is not at the bottom of the pan
6. Remove, cut in six wedges, and put in the oven on a baking sheet
7. Repeat the process until all tortillas are used

## **Mr. Scialabba's Buffalo Wings**

### Ingredients:

1. Frozen chicken wings
2. 23 oz of Frank's Red Hot cayenne pepper sauce
3. 2 tbs. crushed red pepper
4. ¼ lb of butter
5. Wesson cooking oil

### Directions:

1. Pre-heat the oven to 200 degrees F
2. Mix the pepper sauce, red pepper, and butter and heat on the stove
3. While the sauce is simmering, cook the chicken in oil in the deep fryer for about 12 minutes
4. Allow chicken to dry out in the pan
5. When the wings are dry, pour the sauce over them and put them in the oven until they are nice and warm
6. Put them on a platter, bring extra sauce for some Ritz crackers and set it down in front of your hungry students

## **English Muffins**

(Courtesy of Mr. Brush)

### **Ingredients:**

1. 4 boxes of English muffins
2. 3 cups of cheddar cheese
3. Cinnamon and sugar
4. Butter
5. Peanut Butter and Jelly

### **Directions:**

1. Simply slice each muffin half
2. Toast English muffins in over
3. Toasted or not, place English muffins on a large platter and bring different toppings such as butter, cinnamon and sugar, peanut butter or jelly

## **Kielbasas**

(Courtesy of Mr. Kapetyn)

### **Ingredients:**

1. Hillshire kielbasa
2. Baguettes
3. Ketchup
4. Mustard

### **Directions:**

1. Light coals 30 minutes before using them
2. Cut bread into small pieces and slice in half
3. Unwrap the kielbasa and cut them into small pieces and slice them in half
4. When the coals are ready, grill the kielbasa
  - a. Personal preference: you may grill the bread and add ketchup and mustard
5. Place kielbasas (one or two slices) in bread and eat!

## **Apple Crisp**

(makes about 12-16 servings so double if needed – Courtesy of Mrs. Bishop)

### Ingredients:

1. 12 cups peeled, cored, sliced apples
2. 2 tsp. cinnamon
3. Juice of 1 lemon
4. 1 1/3 cup brown sugar
5. 10 T. cold butter, plus more for greasing the pan
6. 1 cup rolled oats
7. 1 cup flour

### Directions:

1. Preheat oven to 400.
2. Toss fruit with half the cinnamon, lemon juice, and 2 tablespoons of sugar, and spread in two lightly buttered 8"-square pans.
3. Combine all other ingredients—including remaining cinnamon and sugar—in the container of a food processor and pulse a few times until all is well-mixed.
4. Spread the topping over the apples and bake 30-40 minutes until the topping is browned.
5. Serve warm with vanilla ice cream.

## **Taco Dip**

(Courtesy of Mrs. McVaugh)

### Ingredients:

1. 1 package of cream cheese
2. 1 jar of sour cream
3. 1 packet of taco seasoning mix
4. 1 packet of Mexican blend shredded cheese
5. 1 jar of salsa
6. 1 green bell pepper (for garnish)

### Directions:

1. In a mixing bowl, blend together the cream cheese and sour cream.
2. Stir in the taco seasoning mix.
3. Place the mixture in a square baking dish.
4. Pour salsa on top of that layer.
5. Spread the cheese out as the top layer.

If you want to serve it cold, simply garnish the dip with the chopped-up green pepper.

6. (optional) If you prefer to serve it hot, bake the dip at 350 degrees for 10-15 minutes, or until the cheese is completely melted.
7. Garnish with green pepper before serving.

## Baked Brie and Brown Sugar (courtesy of Ms. Melvoin)

### Ingredients:

1. 2 pounds of brie
2. Some brown sugar
3. Baguettes (2-3)
4. Tostitos for gluten-free students

### Directions:

1. Cut off the rind from the brie
2. Cube the brie into bite-size pieces
3. Put a layer of brie down in a glass/oven-safe bowl
4. Sprinkle brown sugar on top of the Brie
5. Repeat steps 3 and 4 as many times as needed
6. Bake in the oven at 350 degrees for 10-15 minutes or until the cheese is melted.
7. Still up the cheese and brown sugar so when one dips a piece of baguette or chip in, then cheese comes out on it
8. Rip up the baguette and let students dip it in the brie/brown sugar

## Fruit Nachos

### Ingredients:

1. 2 large Red Delicious apples
  2. 2 Bartlett pears (green)
  3. 3 Kiwi
  4. 1-pint strawberries
  5. 1/2 cup caramel
  6. 1/2 cup chocolate syrup or melted chocolate
- Toppings: mini chocolate chips, granola, melted peanut butter, Nutella, sliced bananas, chopped nuts, raisins, etc.

### Directions:

1. Thinly slice your apples and pears. Arrange like you would tortilla chips.
2. Chop kiwi and strawberries and spread across "chips."
3. Melt caramel and chocolate in separate bowls. Place in a microwave-safe bowl and heat in increments of 30 seconds on a lower power level. Stir and heat until melted. Drizzle onto your fruit.
4. Sprinkle with other toppings.

## **Blueberry Yogurt Dip**

### **Ingredients:**

1. 1 cup low-fat vanilla Greek yogurt
2. 1 cup fresh or frozen blueberries
3. 2 tablespoons honey

### **Directions:**

1. In a blender, purée yogurt, blueberries, and honey until smooth. Spoon into a serving dish.
2. Serve with blueberries, watermelon, apple, pretzels, popcorn, cheese, tortilla chips, crackers, etc.

## **Homemade Pizza Bagels**

### **Ingredients:**

1. Pack of full-sized plain bagels cut in half
2. 1 jar store-bought or homemade pizza sauce
3. 2 packs of shredded mozzarella cheese
4. Toppings: Vegetables, mini pepperoni, basil, etc.

### **Directions:**

1. Preheat the oven to 400 °F.
2. Assemble the pizza bagels (sauce, cheese, toppings)
3. Bake for 8 to 10 minutes, until the cheese is melted and bubbly, and the bagels are crispy around the edges. Serve.

## **Peanut Butter Rice Krispie Treats**

### Ingredients:

1. 4 Tablespoons salted butter
2. 5 cups mini marshmallows
3. ½ cup creamy peanut butter
4. 5-¾ cups Rice Krispies or puffed cereal

### Directions:

1. Spray a 9"x 13" (or 8"x 8" for thicker bars) casserole dish with nonstick cooking spray.
2. In a 4-quart saucepan, melt butter on low heat. Do this slowly, you don't want burned or brown butter here.
3. Once the butter has melted, keep the heat on low and add mini marshmallows.
4. Once marshmallows begin to soften and melt, add peanut butter (you will need to constantly stir the mixture so the peanut butter does not burn and the marshmallows can evenly melt, about 5 minutes or so).
5. Once the mixture is combined and melted, add cereal to the saucepan and stir until evenly coated with the mixture.
6. Pour the mixture into a casserole dish (it will look very loose.) Spray your hand with some nonstick cooking spray and pat down the mixture until firmly compacted.
7. Allow 30-45 minutes for treats to set up.

## **Pumpkin Bread**

(Courtesy of Mrs. Bishop, makes two loaves)

### Ingredients:

1. 2 cups of canned pumpkin
2. 3 cups sugar
3. 1 cup water
4. 1 cup canola oil
5. 4 eggs
6. 3 1/3 cups flour
7. 2 tsp. baking soda
8. 2 tsp. cinnamon
9. 1 tsp. salt
10. 1 tsp. baking powder
11. ½ tsp. nutmeg
12. ¾ tsp. ground cloves
13. ½ cup chocolate chips

Directions:

1. Heat oven to 350 degrees
2. Combine pumpkin, sugar, water, oil, and eggs, then beat until well-mixed
3. Combine dry ingredients in a separate bowl
4. Slowly add the dry ingredients to the pumpkin mixture, and beat until smooth
5. Stir in chocolate chips
6. Grease two 9 x 5- inch loaf pans and then dust them with flour
7. Divide the batter into the pans.
8. Bake for 60-70 minutes until a toothpick comes out clean
9. Cool for 10-15 minutes before removing from pans