

# **Bake it Healthier**

**Recipes that fit NB Policy 711  
Healthier Foods & Nutrition in Public Schools  
Moderate Nutritional Value Category**



Distributed by: Healthy Learners Program, Anglophone West School District

Source: "Bake it Up!"

Used with permission from the Nutrition Resource Centre, Toronto, Ontario

August 2011

## **Recipes from “Bake it Up!”**

with permission from the Nutrition Resource Centre

The Nutrition Resource Centre in Toronto created “Bake it Up!” to provide students, parents, schools and other community members with tasty treats that fit their provincial nutrition policy.

This booklet includes recipes from “Bake it Up!” that fit the New Brunswick Department of Education’s Policy 711, Healthier Foods & Nutrition in New Brunswick Schools.

The nutrient requirements for Policy 711 can be found in Appendix A on the Department of Education website at: <http://www.gnb.ca/0000/pol/e/711AA.pdf>.

No baked goods fit into the Maximum Nutritional Value Category. Although they may provide some healthy nutrients, they can be high in sugar and fat, and therefore cannot be offered daily.

Baked goods that meet the following standards fit into the Moderate Nutritional Value Category of Policy 711 and can be served a maximum of two times per week:

- Sugar – 10 grams or less per serving
- And must meet at least 2 of the 3 criteria below:
  - Fat – 5 grams or less per serving
  - Saturated & Trans Fat (combined) – 2 grams or less per serving
  - Fibre – 2 grams or more per serving

Would you like to know whether your own favourite baking recipes fit Policy 711? If your cookbook doesn’t provide nutrition information, you can use Dietitians of Canada’s recipe analyzer at: <http://www.eatracker.ca/>

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## 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:

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

<b>Nutrition Facts</b>	
<b>Valeur nutritive</b>	
Serving Size (33 g) / Portion (33 g)	
Amount	% Daily Value
Teneur	% valeur quotidienne
<b>Calories / Calories</b> 120	
<b>Fat / Lipides</b> 3.5 g	5 %
Saturated / saturés 2 g	11 %
+ Trans / trans 0.1 g	
<b>Cholesterol / Cholestérol</b> 5 mg	
<b>Sodium / Sodium</b> 115 mg	5 %
<b>Carbohydrate / Glucides</b> 23 g	8 %
Fibre / Fibres 3 g	12 %
Sugars/ Sucres 10 g	
<b>Protein / Protéines</b> 2 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	0 %
Iron / Fer	15 %

### 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.





## Cookies

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

Makes 36 cookies  
Nutrient analysis per cookie:

<b>Nutrition Facts</b>		<b>Valeur nutritive</b>	
Serving Size (24 g) / Portion (24 g)			
Amount		% Daily Value	
Teneur		% valeur quotidienne	
<b>Calories / Calories 100</b>			
<b>Fat / Lipides</b>	4.5 g	<b>7 %</b>	
Saturated / saturés	1.5 g	<b>8 %</b>	
+ Trans / trans	0 g		
<b>Cholesterol / Cholestérol</b>	10 mg		
<b>Sodium / Sodium</b>	110 mg	<b>5 %</b>	
<b>Carbohydrate / Glucides</b>	14 g	<b>5 %</b>	
Fibre / Fibres	2 g	<b>8 %</b>	
Sugars/ Sucres	7 g		
<b>Protein / Protéines 2 g</b>			
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.*





## 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.

### 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.*

Makes 32 cookies

Nutrient analysis per cookie:

<b>Nutrition Facts</b>	
<b>Valeur nutritive</b>	
Serving Size (32 g) / Portion (32 g)	
Amount	% Daily Value
Teneur	% valeur quotidienne
<b>Calories / Calories 120</b>	
<b>Fat / Lipides 3.5 g</b>	<b>5 %</b>
Saturated / saturés 0.5 g	3 %
+ Trans / trans 0 g	
<b>Cholesterol / Cholestérol 5 mg</b>	
<b>Sodium / Sodium 105 mg</b>	<b>4 %</b>
<b>Carbohydrate / Glucides 19 g</b>	
Fibre / Fibres 2 g	8 %
<b>Sugars/ Sucres 9 g</b>	
<b>Protein / Protéines 2 g</b>	
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	% Daily Value
Teneur	% valeur quotidienne
<b>Calories / Calories</b> 110	
<b>Fat / Lipides</b> 4.5 g	7 %
Saturated / saturés 1 g	5 %
+ Trans / trans 0 g	
<b>Cholesterol / Cholestérol</b> 5 mg	
<b>Sodium / Sodium</b> 95 mg	4 %
<b>Carbohydrate / Glucides</b> 15 g	5 %
Fibre / Fibres 2 g	8 %
Sugars/ Sucres 5 g	
<b>Protein / Protéines</b> 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
1 ½ cups	whole wheat flour	375 mL
1 ½ 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	% Daily Value
Teneur	% valeur quotidienne
<b>Calories / Calories 110</b>	
<b>Fat / Lipides 5 g</b>	<b>8 %</b>
Saturated / saturés 1 g	5 %
+ Trans / trans 0 g	
<b>Cholesterol / Cholestérol 10 mg</b>	
<b>Sodium / Sodium 85 mg</b>	<b>4 %</b>
<b>Carbohydrate / Glucides 13 g</b>	<b>4 %</b>
Fibre / Fibres 2 g	8 %
<b>Sugars/ Sucres 7 g</b>	
<b>Protein / Protéines 2 g</b>	
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:

<b>Nutrition Facts</b>	
<b>Valeur nutritive</b>	
Serving Size (28 g) / Portion (28 g)	
Amount	% Daily Value
Teneur	% valeur quotidienne
<b>Calories / Calories</b> 100	
<b>Fat / Lipides</b> 3 g	5 %
Saturated / saturés 2 g	10 %
+ Trans / trans 0 g	
<b>Cholesterol / Cholestérol</b> 15 mg	
<b>Sodium / Sodium</b> 110 mg	5 %
<b>Carbohydrate / Glucides</b> 17 g	6 %
Fibre / Fibres 2 g	8 %
Sugars/ Sucres 8 g	
<b>Protein / Protéines</b> 2 g	
Vitamin A / Vitamine A	2 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	2 %
Iron / Fer	8 %

### 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 tablespoons (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
1¼ 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.

\*Note: Sugar is the first ingredient listed for recipe instructions, but is not the first ingredient in terms of quantity.

Makes 48 cookies  
Nutrient analysis per cookie:

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

Recipes courtesy of: Nutrition Resource Centre, Ontario Public Health Association, “Bake it Up!”