

Brookings County



4-H Special Foods Recipes 2006

Dairy Group

Fruity Delight Rebecca Apland-10 West Sioux II

1/2 cup cherry pie filling 1 1/2 cups strawberry ice cream
1/2 cup low fat raspberry yogurt 1 cup milk
1/2 cup low fat blueberry yogurt 1 cup sliced fresh strawberries

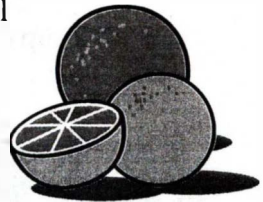
Put all ingredients in blender. Blend on high speed until well blended.

Serves: 3



Orange Dream Mariah VanderWal-8 Big Sioux 4 Hers

1 fresh orange, peeled and sliced
1 1/2 cups vanilla ice cream
1/2 cup orange juice
5 cubes frozen Ginger Ale
1 cup vanilla yogurt



Combine fresh orange, vanilla yogurt, vanilla ice cream, orange juice and frozen Ginger Ale cubes in blender and mix until smooth.

Serves: 2

Archives

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Strawberry Apple Dream

Andrew Berndt-10

Northview Lads and Lassies



- 1 cup apple juice
- 1 cup strawberries
- 2 cups strawberry yogurt
- 1 sliced frozen banana
- 3 to 4 ice cubes

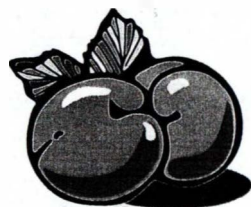
Put all items in a blender and process until smooth.

Serves: 2

Sunrise Smoothies

Kylie Eckman-10

West Sioux II



- 2 cups milk
- 2 cups frozen peach slices, thawed
- 1/2 cup frozen orange juice concentrate, thawed
- 1/4 tsp. vanilla flavoring
- 2 cups vanilla ice cream

In a blender, combine all ingredients, cover and process until smooth. Serve immediately.

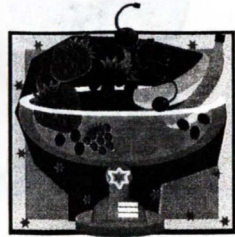
Serves: 3

Fruit Group

Patriotic Fruit Salad

Jeanette Klein-9

White Go-Getters



1 cup strawberries, sliced

1 cup blueberries

1 banana, sliced

1 Tbsp. cornstarch

1 (8 1/4 oz.) can diced pears, reserve juice

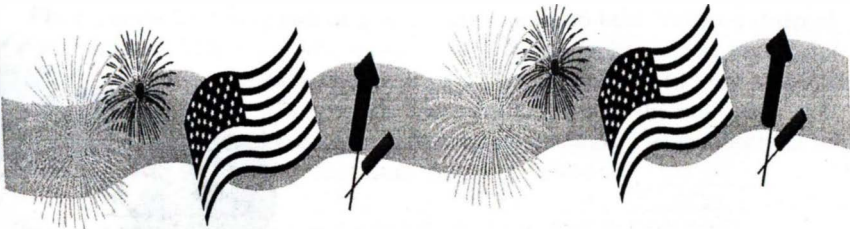
1/4 cup maraschino cherries

Apple juice- enough to make 3/4 cup fruit juice

1 (6 oz.) carton yogurt, banana crème pie flavor

Drain pears. Add apple juice to pear juice to make 3/4 cup of fruit juice. Add cornstarch and cook over medium heat until thick. Add yogurt. Set aside. Slice strawberries and banana. Add all fruit to sauce.

Serves: 5



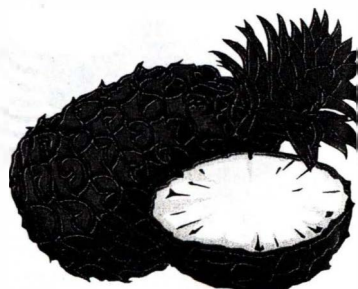


Tropical Delight
Joshua Klosteman-8
Poinsett Pioneers

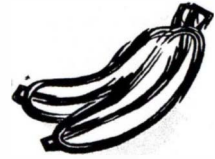
- 1 1/2 cup orange yogurt
- 1 cup strawberries, sliced
- 1 cup crushed pineapple, drained
- 1 large banana
- 1 cup baby carrots
- 1 T. honey
- 1 cup ice cubes
- 1 kiwi for garnish

Wash and cut up strawberries. Peel the banana. Put yogurt, fruit pieces, carrots, honey, and ice cubes in blender. Blend until smooth. Cut kiwi in slices, and cut off skin. Use kiwi slice for garnish on the glass. Pour into 2 tall glasses.

Serves: 2



Grain Group



Banana Oatmeal Hotcakes

Dayton VanderWal-11

Big Sioux 4 Hers

1/2 cup maple syrup	1/2 cup all-purpose flour
1/2 cinnamon stick	1 1/2 tsp. baking powder
3 whole cloves	1/4 tsp. baking soda
1/2 cup old-fashioned rolled oats	1/4 tsp. ground cinnamon
1 cup water	1/2 cup 1% low fat milk
2 Tbsp. canola oil	1/4 cup nonfat plain yogurt
1/2 cup whole wheat flour	1 banana, peeled and mashed
2 Tbsp. firmly packed light brown sugar	1 egg, lightly beaten

In a small sauce pan, combine maple syrup, cinnamon stick, and cloves. Place over medium heat and bring to a boil. Remove from the heat and let steep for 15 minutes. Remove the cinnamon stick and cloves with a spoon. Set the syrup aside and keep warm.

Then in a large microwave safe bowl, combine the oats and water. Microwave on high until the oats is creamy and tender, about 3 minutes. Stir in brown sugar and canola oil. Set aside to cool slightly.

In a bowl, combine the flours, baking powder, baking soda, salt, and ground cinnamon. Whisk to blend.

Add the milk, yogurt and mashed banana to the oats and stir until well blended. Beat in the egg. Add the flour mixture to the oats mixture and stir just until moistened.

Place a nonstick frying pan or griddle over medium heat. When a drop of water sizzles as it hits the pan, spoon 1/4 cup pancake batter into pan. Cook until the top surface of the pancake is covered with bubbles and the edges are lightly browned, about 2 minutes. Turn and cook until the bottom is well browned and the pancake is cooked through, 1-2 minutes longer. Repeat with the remaining pancake batter.

Place the pancakes on warmed individual plates. Drizzle with the warm syrup and serve immediately. Serves 6



Sweet Blueberry Muffins

Vanessa Brown-11

Poinsett Pioneers

1 egg
1/2 cup milk
1/4 cup salad oil
2 tsp. baking powder
1/2 tsp salt
1 1/2 cup all purpose flour
1/2 cup sugar
1 cup fresh blueberries

Preheat oven to 400°. Fill muffin tins with liners. Beat egg. Stir in milk and oil. Mix in remaining ingredients just until flour is moistened. Batter should be lumpy. Fold in blueberries. Fill cups 2/3 full. Bake for 17-20 minutes or until golden brown.

Makes: 8 -10

