

**RECIPES**

**IN A BAG**



18 USC 707

## PUMPKIN PIE IN A BAG

1. Combine the milk and instant pudding in the bag.
2. Remove the air from the bag and seal it.
3. Squeeze and knead with hands until the mixture is blended—about one minute.
4. Add the pumpkin, cinnamon and ginger.
5. Remove the air and seal the bag.
6. Squeeze and knead with hands until blended—about two minutes.
7. Place 1/2 tablespoon of graham cracker crumbs in the bottom of the small cups.
8. Cut the corner of the gallon freezer bag, and squeeze pie filling into the cups.
9. Garnish the cups with whipped topping.
10. Provide spoons. Enjoy!

(for 25 students)

1 gallon zip freezer bag  
2 2/3 cup cold milk  
2 pkgs. (four serving size)  
instant vanilla pudding mix  
1 15 ounces can of pumpkin  
1 t. ground cinnamon  
1/2 t. ground ginger  
1 can of lite whipped topping  
Graham cracker crumbs  
25 small cups  
25 spoons  
Scissors



## INDIVIDUAL SERVINGS

For individual servings, use quart-size zip freezer bags and the following ingredients per person:

1/8 cup milk  
2 T Canned pumpkin  
Dash cinnamon  
Dash ginger  
1 T pudding mix\*  
1 T graham cracker crumbs  
Whipped topping



Follow directions as above, leave in the bag and provide a spoon or squeeze mixture into tart-size pre-made graham cracker crusts, or place a ginger snap at the bottom of small cups to serve as crust.

\*The mix should have the consistency of pudding. If it is too thin, add pudding mix. If it is too thick, add milk.

Recipe courtesy of Ag in the Classroom.

## Smoothie in a Bag



### Equipment: Supplies:

¼ cup measure,  
1 teaspoon,  
1 tablespoon,  
snack size sealable bag, and festive straw for each participant

### Groceries:

Fat Free Vanilla Yogurt  
Frozen juice concentrate  
Low fat or skim milk

Measure ¼ cup yogurt, 2 teaspoons of frozen juice concentrate, and 1 tablespoon milk into sealable bag. Seal bag and squeeze until ingredients are blended. Open bag slightly, insert straw and drink.

Source: Professor Popcorn, Purdue University, 2006



# Tacos In A Bag

## INGREDIENTS:

Browned hamburger (can keep frozen until needed)

Individual bags of Doritos

Shredded cheese (lowfat)

Shredded lettuce

Chopped tomatoes

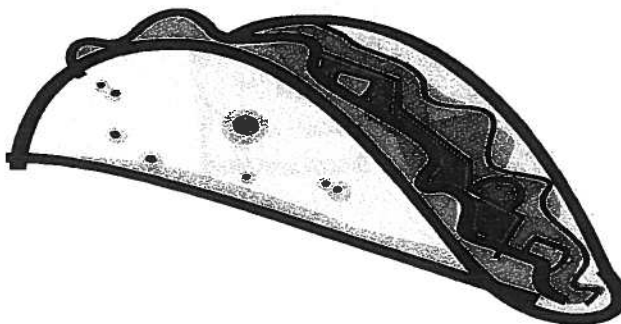
Sour cream (lowfat or fat free)

## PREPARATION:

Take an individual bag of Doritos and smash them up without opening the bag. Then open the bag and put in what you like on a taco from the ingredients above. Hold the bag closed and mix up. Eat right from the bag. Enjoy!

Servings: as needed

Preparation time: 5 minutes



**TRAIL MIXES**

Trail mixes were first used by hikers and backpackers, who needed high energy food that was easy to carry. Now they are a favorite snack of kids everywhere. They are easy to prepare. Just toss 3-8 ingredients into a large bowl and mix. Try to vary textures and tastes. For example, include some crunchy ingredients and some chewy ingredients, some salty ingredients and some sweet ingredients. Use foods from different food groups. Prepare  $\frac{3}{4}$  - 1 cup per child. Use a 1 cup measuring cup to portion into individual plastic bags.

Here are some ingredients that work well in trail mixes.

GRAINS	GRAINS	FRUITS	MEAT & BEANS
Alphabet cereal	Oyster crackers	Dried banana chips	Almond slivers
Animal crackers	Party crackers	Diced dried apples	Baked pumpkin seeds
Apple cinnamon oat ring cereal	Popcorn	Diced dried apricots	Cashews
Bagel chips	Pretzel nubs	Dried blueberries	Dry roasted peanuts
Bite size tortilla chips	Pretzel sticks	Dried cherries	Pecan halves or pieces
Bran cereal squares	Puffed corn cereal	Dried cranberries	Shredded coconut
Cheese square crackers	Rice cereal squares	Diced dried dates	Soy nuts
Fish shaped crackers	Seasoned croutons	Diced dried pears	Sunflower seeds
Flavored popcorn	Sesame sticks	Diced dried peaches	
Flour tortillas, cut into small pieces	Small crunchy bread sticks	Dried pineapple tidbits	<b>MILK</b>
Fruit flavored loops	Taco flavored crackers	Raisins	Cheddar cheese, chunks or shredded
Graham bears	Vanilla wafers		Jack cheese, chunks or shredded
Graham cereal	Vegetable crackers		
Honey nut oat ring cereal	Wheat cereal squares		
Mini pretzel twists	Wheat party crackers		
Oat ring cereal			

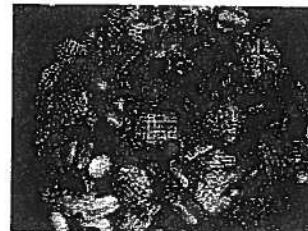
Here are some other ingredients that provide flavor and calories but few other nutrients. Check state regulations and your school's wellness policies before adding these ingredients.

- |   |                                   |
|---|-----------------------------------|
| Butterscotch chips                          | Mini marshmallows                 |
| Candies                                     | Peanut butter chips               |
| Caramel popcorn                             | Potato sticks                     |
| Chocolate chips                             | Sugar sweetened cereals           |
| Chocolate covered peanuts or raisins        | Yogurt covered peanuts or raisins |
| Cookies (ginger snaps, other small cookies) |                                   |

## MyPyramid Trail Mix

### Ingredients:

- 1 package vanilla covered raisins
- 1 package dried cranberry
- 1 large box whole grain oats
- 1 package dried snap peas or carrots
- 1 package beef jerky



### Directions

1. Cut beef jerky into small squares
2. Mix the first four ingredients together in bowl
3. Mix beef jerky in with the rest of mix **just before serving** (jerky will make mix soggy)

## **Coleslaw in a bag (individual serving)**

### **Ingredients:**

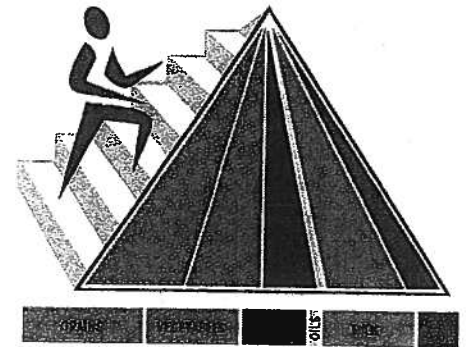
- ¼ c shredded coleslaw mix
- 1 slice green pepper
- ¼ t onion
- Pinch sugar
- Pinch salt
- Pinch pepper
- ½ t salad dressing
- 1 t crushed pineapple

### **Procedure:**

In a small zip lock bag, combine cabbage mix, green pepper and onion. Add salad dressing, salt, sugar and pepper. Then add pineapple. Toss. Enjoy!



## Food Pyramid Salad In A Bag



### Ingredients:

Shredded lettuce  
Shredded carrots  
Radishes  
Cherry tomatoes  
Green pepper  
Onion  
Shredded cheese of choice  
Croutons  
Bacon bits  
Ham, turkey or chicken pieces  
Dried cranberries  
Pecans  
Hardboiled egg  
Olives  
Dressing of choice

### Procedure:

In a small zip lock bag, mix ingredients of choice. Add dressing of your choice. There are fat free, sugar free, low fat and regular salad dressings.

Remember – the more variety put in your bag, the healthier your salad will be!

## Ice Cream in a Bag Recipe



### Ingredients:

- 1/2 cup of Milk
- 1tbsp of Sugar
- 1 tsp of Pudding (chocolate or vanilla)
- Quart size Ziploc bag
- Gallon size Ziploc bag
- At least 2 cups of Ice
- 1/4 cup Rock Salt



### Procedure:

1. Mix the milk, sugar, and pudding in the quart size bag
2. Pour Ice and Salt in the gallon bag
3. Place the quart size bag inside the gallon size bag
4. Make sure both bags are fully closed
5. Shake bags till the ice cream is formed





## *Shamrock Shake*



Instant Pistachio pudding  
Sandwich bag  
Milk  
Plastic spoon for each child

### **How To Make:**

Put a teaspoon of pistachio pudding in each sandwich bag, add milk and let them shake and shimmy for about three minutes until the pudding thickens up and turns green.

## Kids' Banana Shake-Up™

- 1 box (3.4 oz.) vanilla instant pudding
- 2 cups low-fat milk
- 1 box (12 oz.) vanilla wafers
- 4 bananas
- 4 sandwich size zipper storage bags, or pint jar with lid



In each sandwich bag or jar, place two tablespoons of instant pudding. Pour  $\frac{1}{2}$  cup milk into bag or jar. Zip tightly or secure lid, and shake until pudding forms, about 2 minutes. Open bag and slice 1 banana into the bag. Drop eight vanilla wafers into the bag and sit aside. Eat the snack right from the bag!

**Nutrition Info per  $\frac{1}{2}$  cup serving: 280 calories; 7g fat; 10mg cholesterol; 320mg sodium; 53g carbs**



