



The Buzz

January 2024

HEALTHY COOKING METHODS

Experiment with new cooking methods that you may not be used to. Try chicken baked, roasted, stir fried or grilled. Pay attention to what method the children like the best. It might even be that they find a new favorite dish when prepared a different way. Remember in your cooking to always keep a colorful plate in mind. Make sure the result features a dish from all the food groups: protein, fruit, vegetable, grain, and dairy. Healthy cooking methods include:

- Air Fry
- Grill
- Steam
- Braise
- Saute
- Toast
- Stew
- Bake/Broil

Frying is not allowed as an option when preparing foods within the USDA Child and Adult Care Food Program.

Skip the Sweets

Healthy plates need not include a sugar-filled dessert at the end. As CACFP providers, we need to teach children that desserts and sweet treats should only be eaten in limited moderation on special occasions. Serve fruit instead of dessert and water instead of juice. Little bodies do not need to process the added extra sugars.



THE BEE ZONE



Zucchini-Banana Mini Muffins

- 1 1/2 cups of self rising flour
- 1 cup of mashed bananas, ripened
- 1 medium zucchini, shredded
- 1/2 cup of unflavored milk
- 1/4 cup of butter, melted
- 2 large eggs
- 1/4 cup of brown sugar
- 1 tsp of vanilla
- 1 tsp of cinnamon



Preheat oven to 400° F. Grease mini muffin tins with nonstick spray. Add shredded zucchini to a clean towel and squeeze out as much liquid as possible. Measure out 1 cup. In a medium bowl, add 1 cup of zucchini, banana, milk, butter eggs and sugar. Whisk until well combined. In a large bowl, add flour and cinnamon. Mix together with a fork or spatula. Make a well with the spatula. Add wet ingredients to the flour. Mix with the spatula until all ingredients are just combined. Scoop 2 tablespoons into each muffin cup. Bake for 12 minutes or until fully cooked.

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NON CREDITABLE GRAIN-BASED DESSERTS

- *Brownies*
- *Cakes, including coffee cakes and cupcakes*
- *Cereal bars, breakfast bars, and granola bars*
- *Cookies, including vanilla wafers*
- *Doughnuts, any kind*
- *Fig rolls/bars/cookies and other fruit-filled rolls/bars/cookies*
- *Gingerbread*
- *Ice cream cones*
- *Marshmallow cereal treats*
- *Pie crusts of dessert pies, cobblers, and fruit turnovers*
- *Sweet bread puddings*
- *Sweet biscotti, such as those made with fruits, chocolate, icing, etc.*
- *Sweet croissants, such as chocolate-filled*
- *Sweet pita chips, such as cinnamon-sugar flavored*
- *Sweet rice puddings*
- *Sweet scones, such as those made with fruits, icing, etc.*
- *Sweet rolls, such as cinnamon rolls*
- *Toaster pastries*



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