

Recipe by Guest Chef Clare Langan



APPLE PEAR SCRAP JELLY

YIELD: 16-24 SERVINGS

INGREDIENTS

PEELS AND CORES FROM 12 TO 15 APPLES

1/2 GALLON OF WATER

8 TABLESPOONS OF LEMON JUICE,
ABOUT THE JUICE OF 4 LEMONS

DIRECTIONS

PUT APPLE CORES AND PEELS INTO A LARGE ENAMELED OR STAINLESS STEEL POT. ADD WATER AND BRING TO A BOIL. COOK UNTIL THE CORES ARE VERY SOFT AND THE WATER LEVEL HAS REDUCED BY HALF, APPROXIMATELY 30-40 MINUTES. IF NECESSARY, ADD MORE WATER AS THE MIXTURE THICKENS UNTIL DESIRED CONSISTENCY.

MASH WITH A POTATO MASHER OR SPOONS. ANOTHER OPTION IS TO PUREE IN A BLENDER OR FOOD PROCESSOR. STRAIN OUT THE APPLE SCRAPS THROUGH A WIRE MESH STRAINER. RETURN MIXTURE BACK TO HEAT AND BRING TO A BOIL. COOK, STIRRING OFTEN, UNTIL THE MIXTURE REACHES THE GEL POINT.

TIP: HOW TO TEST THE GEL POINT?

SCOOP A TEASPOON OF THE HOT JAM ONTO THE CHILLED PLATE AND LET IT REST FOR 30 SECONDS. TIP THE PLATE TO ONE SIDE; JAM SHOULD BE A SOFT GEL THAT MOVES SLIGHTLY. IF MIXTURE IS THIN AND RUNS DOWN SIDE OF PLATE, THE GEL IS TOO SOFT.

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WELLNESS IN
THE SCHOOLS



CARROT CAKE GRANOLA

YIELD: 6-8 BREAKFAST
SERVINGS

INGREDIENTS

2 CUPS OLD-FASHIONED OATS

1 CUP SHREDDED OR FINELY CHOPPED
CARROT PEELS

2 CUPS SUNFLOWER SEEDS

¼ CUP MAPLE SYRUP OR HONEY

¼ CUP VEGETABLE OIL

½ TEASPOON SALT

¼ TEASPOON GROUND GINGER

¼ TEASPOON GROUND NUTMEG

1 TEASPOON GROUND CINNAMON

½ CUP RAISINS

1 CUP SHREDDED UNSWEETENED
COCONUT (OPTIONAL)

DIRECTIONS

HEAT OVEN TO 350 DEGREES.

ADD THE OATS, CARROTS, SEEDS, COCONUT (IF USING), MAPLE SYRUP (OR HONEY), OIL, SPICES AND SALT TOGETHER IN A LARGE MIXING BOWL. TOSS WELL UNTIL COMBINED.

SPREAD THE MIXTURE OUT EVENLY ON A BAKING SHEET AND BAKE FOR 25 MINUTES, PULLING THE MIXTURE OUT AT THE HALFWAY POINT AND GIVING IT A GOOD STIR BEFORE THE FINAL ROUND OF BAKING. REMOVE AND LET COOL UNTIL THE GRANOLA REACHES ROOM TEMPERATURE. THEN ADD RAISINS AND TOSS TO COMBINE



BANANA ICE CREAM

YIELD: 4 SERVINGS

INGREDIENTS

4 OVER-RIPENED BANANAS, SLICED AND FROZEN

1/2 CUP OF MILK (OPTIONAL)

DIRECTIONS

ADD BANANAS ALONG WITH MILK TO THE FOOD PROCESSOR AND BLEND. OCCASIONALLY SCRAPE DOWN THE SIDES AND CONTINUE TO BLEND UNTIL SMOOTH, APPROXIMATELY 1-3 MINUTES. SCOOP INTO A BOWL AND ENJOY IMMEDIATELY AS A SOFT SERVE.

TIP: ADD A 1/2 CUP OF STRAWBERRIES, MANGO, OR PINEAPPLE. LOVE CHOCOLATE? ADD 2 TABLESPOONS OF COCOA POWDER.