



BACK TO SCHOOL SNACK RECIPES



From CFBNJ Pastry Chef Instructor
Brandon Snyder

ABOUT THE CHEF



CFBNJ PASTRY CHEF INSTRUCTOR **BRANDON SNYDER**

Brandon is a Magna Cum Laude graduate of Johnson & Wales University with an Associates Degree in Science of Baking and Pastry Arts.

He has been baking professionally since he was 14 years old. Brandon specializes in alternative and diet-restrictive baking and pastry methods including, Gluten Free, Keto, Vegan, and Diabetic.

As an entrepreneur, he enjoys decorating elaborate and elegant cakes and chocolate art. Brandon enjoys a good laugh and a well-placed pun.



Banana Oat Truffles

Truffle Filling

- 1 medium banana
- 1 cup quick oats
- $\frac{1}{4}$ cup honey
- $\frac{1}{2}$ cup ground sunflower seeds
- $\frac{1}{4}$ tsp vanilla extract
- $\frac{1}{2}$ cup raisins, m&ms, reese's pieces or mini chocolate chips



Coating

- $\frac{1}{4}$ cup chocolate chips
- 1 tbsp vegetable oil



Banana Oat Truffles

Instructions

1. Place bananas and ground seeds in a medium bowl
2. Mash with a fork until the mixture is noticeably less chunky
3. Add honey, oats, and vanilla to the bowl
4. Fold everything around by hand till it starts to ball
5. Fold in your added flavor (raisins, m&ms, etc)
6. Ball into tablespoon sized portions and place them on a plate or tray after rounding them
7. Place the rounded truffles into the refrigerator for an hour to stiffen
8. Once the truffles are firm, we can make the coating
9. Place the chocolate chips and oil into a microwaveable container and heat for 10 seconds at a time till melted and mix thoroughly between heating
10. Dip the truffles into the melted chocolate and set on a tray covered in parchment paper
11. Decorate as you like



Granola Protein Dippers

Granola Topping

- $\frac{3}{4}$ cup quick rolled oats
- $\frac{1}{2}$ cup pumpkin seeds
- $\frac{1}{2}$ cup choice of crushed nuts
- $\frac{1}{4}$ tsp salt
- $\frac{1}{2}$ tsp cinnamon
- 2 tbsp dark brown sugar
- $\frac{1}{4}$ cup honey or maple syrup

Protein Dip

- $\frac{1}{4}$ cup cream cheese
- 2 tbsp granulated sugar
- $\frac{1}{2}$ cup vanilla greek yogurt
- $\frac{1}{4}$ cup cottage cheese
- 1 tbsp sour cream
- 2 tbsp peanut butter or alternative

Additions

- $\frac{3}{4}$ cup fresh fruit of choice
- $\frac{3}{4}$ cup fresh berries of choice
- $\frac{1}{2}$ cup frozen fruit or berries

Dipper Options

- Pretzels
- Crackers
- Baby carrots
- Celery
- Sandwich Cookies



Granola Protein Dippers

Instructions

Granola

1. Combine all ingredients into a medium bowl
2. Mix thoroughly with clean hands
3. Once mixed either toast in oven @ 350°F for 10-15 minutes;
Alternative, Air fry the mixture for 5 minutes @400°F
4. Should be golden brown around the edges and toasted slightly on top
5. Allow to cool for 10-15 minutes

Protein Dip

1. Soften the cream cheese and peanut butter in microwave for 30 seconds on high
2. Add sugar, sour cream and cottage cheese to the softened mixture
3. Whisk until the cottage cheese is mostly dissolved
4. Whisk in the Greek yogurt lightly
5. Fold in your additions, if any
6. Refrigerate for 10 mins so the mixture stiffens slightly

To Finish

1. In a serving bowl, layer the bowl with alternating layers of dip and granola
2. Decorate the top with granola and different dipper options

