

2ND ANNUAL EUGENE 4J



COOKING COMPETITION

SOUTH EUGENE HIGH SCHOOL
FEBRUARY 12, 2011

WINNING RECIPES

WELCOME!



To our 2nd Annual Future Chefs Culinary Competition! Eugene School District 4J and Sodexo is proud to sponsor this event. Instead of just "serving food" every day, we decided that we can help by providing some programs where we showcase the unprecedented achievement of students and staff. This is one of these programs in which the students of 4j can showcase their talents to the world!

Enjoy the competition!

Rick Sherman & Nicole Zammit, Your Nutrition Services Team

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Samosa's

Devon Brouhard
4th Grade
Adams Elementary

$\frac{1}{2}$ tsp vegetable oil
 $\frac{1}{2}$ onion, finely Chopped
 $\frac{1}{2}$ garlic clove, crushed
 $\frac{1}{4}$ tsp curry powder
 $\frac{1}{4}$ tsp ginger
 $\frac{1}{4}$ tsp cumin
Salt and pepper

1 c cauliflower florets
1 c finely chopped carrots
2 tsp powdered sugar
3 tsp plain yogurt
12 phyllo sheets
4 T melted butter

- 1) prepare all vegetables and put them all in a bowl. Heat oil in pan, put the following spices in pan: Curry powder, ground ginger, ground cumin. Let cook for 1 minute, then put the vegetables in the pan, let saute' in pan for 4 to 5 minutes. Stir occasional, then put the powdered sugar and plain yogurt in, stir.
- 2) Lay the phyllo out flat and cover with a damp dish towel. Place sheet of phyllo on the work surface, then brush with melted butter. Fold the phyllo in half and butter again.
- 3) Place a tablespoon of filling on one end of the phyllo. Fold over corner to make a triangle, then repeat. Seal the flap left at the end with melted butter. Repeat with the filling and phyllo
- 4) Place the samosas on a lightly greased pan and bake in a preheated oven for 20-25 minutes or until crisp.

Blueberry Pancakes

Miles Dixon
4th Grade
Adams Elementary

Dry Stuff

2 c flour
1 T brown sugar
1 T baking powder
1 tsp salt

Wet Stuff

1 c local blueberries
2c milk
 $\frac{1}{2}$ c melted butter or oil
three eggs, separated
Dash vanilla
-set aside egg whites, mix the rest

- 1) Mix the dry stuff with the wet stuff.
- 2) Beat egg whites until fluffy, and then mix with the rest
- 3) Pour or ladle onto hot griddle, flip when you see lots of bubbles.
- 4) Cook until golden brown
- 5) Serve with your favorite toppings. Ours are Nancy's local yogurt and maple syrup.

Banana Dogs

Frederick Verdugo
4th Grade
Awbrey Park Elementary

1 banana
2 T jelly, any flavor
1 hot dog bun
2T peanut butter (chunky)

- Take one hot dog bun and put it on the counter
- Spread jelly on one side of the bun
- Take peanut butter and put it on the other side of the bun
- Add one banana
- Bon appétit!

Pumpkin Custard

Katherine Langan
4th Grade
Buena Vista Immersion School

1 $\frac{1}{2}$ c sugar

1 tsp salt

2 tsp ground cinnamon

1 tsp ground ginger

$\frac{1}{2}$ tsp ground cloves

1 c egg beaters

1 can Libby's Pumpkin

2 cans evaporated milk, 12 oz

Mix sugar, salt, cinnamon, ginger and cloves in small bowl. Beat eggs in large bowl. Stir in pumpkin and sugar-spice mixture. Bake at 425 degrees for 15 minutes. Reduce temperature to 350 degrees for 40-50 minutes or until knife inserted comes out clean. Let cool for a little bit. If not eaten right after that, refrigerate.

Calories 66.8, Total fat 0.2g, sat. fat 0.1g, cho 1.4mg, sodium 154.7mg, potassium 214.1mg, carb 14.5g

Healthy Cheesecake

Jasmine Guyette

4th Grade

Buena Vista Immersion School

1 3 oz. pkg. cream cheese

1c blueberries

Graham crackers

You mix with a spoon one 3 oz package of cream cheese, and one cup of blueberries in a bowl and mix. Then spread with a knife on some graham crackers. Then put in the fridge for a half hour. Enjoy!

Gram's Savory Rice Pancakes

Palmer Campbell-Koswell

5th Grade

Camas Ridge Community School

2 $\frac{1}{4}$ c rice flour

1 tsp salt

4 tsp baking powder

2 T minced onion

1 grated carrot

1 lb ground beef, pork, chicken or tofu

3 eggs

2-3 T mild curry powder

1 $\frac{3}{4}$ c almond milk

safflower or olive oil

sauté onion in a small amount of butter or oil until the onion pieces are clear. Add ground beef or tofu, carrot and seasonings and cook until meat is well done, making sure to break up the beef or tofu into tiny pieces while cooking. Set aside until cool.

Mix flour, baking powder and salt together in a large bowl. Add eggs, almond milk and oil and mix until well blended. Add meat mixture to the batter and stir well.

Heat griddle or frying pan with a small amount of butter. When the pan is hot enough to make a few drops of cold water sizzle when dropped onto it, carefully spoon enough batter to make a couple of small pancakes onto the pan. Allow to cook until the edges are dry and the tops of the pancakes are full of bubbles and then flip them over to cook on the other side. They should be a nice golden brown when done. Can be made ahead and frozen.

The Smiley Face Art

Mackenzie Hancock

5th Grade

César Chavez Elementary

Strawberries, mangos, grapes, oranges, cream cheese

First you cut up the oranges and mangos, and then you take the strawberries and put them on the plate as they are eyes. Then you use the mangos as the smiley face, then you spread the cream cheese for hair and then put one grape on the side, then put grapes around it to make a flower in her hair.

Fruity Crunchy Parfait

Olivia Dorsing
4th Grade
Coburg Elementary

2 c banana nut cheerios
Vanilla yogurt
1 sliced peeled kiwi

$\frac{1}{4}$ c sliced almonds
1 c sliced strawberries

Find a clear glass container and get out the banana nut cheerios, sliced almonds, vanilla yogurt, blueberries, and one peeled kiwi. Then layer them in your cup. Then get a spoon and eat it.

Oregon "O" With a Twist

Zachary Paton
5th Grade
Coburg Elementary

$\frac{1}{2}$ whole wheat bagel thin

1 T creamy peanut butter

$\frac{1}{2}$ tsp honey

4 tiny twists pretzels

1 tsp sweet commute all natural cinnamon apple granola

1 packet of Lyfonda Farms chocolate covered sunflower seeds,
"U" drops (for decorative purposes)

1. Lightly toast bagel
2. spread peanut butter on bagel with knife or spatula
3. squirt honey over peanut butter along middle of bagel
4. arrange 4 pretzels side by side around a bagel edge and pat down onto peanut butter and honey
5. drop granola by "dash" teaspoon into pretzel openings
6. arrange Oregon Duck green and yellow "u" drops for finishing touch
7. EAT!! YUM!!

Happy Face Bagel

Daphne Faber
4th Grade
Crest Drive Elementary

2 slices cherry tomatoes	1 T cream cheese
1 oz smoked salmon	1 olive
1 oz sliced avocado	$\frac{1}{2}$ bagel

1. Toast the bagel lightly
2. Spread on cream cheese
3. Sprinkle on salmon evenly
4. Place 2 tomatoes where eyes go
5. Place one olive in middle of bagel for a nose
6. Place slice of avocado so it's curved upwards where a mouth goes
7. Optional- put completed bagel in microwave for ten seconds
8. Eat and enjoy!

Super Duper Big Pancakes

Elijah Reed
4th Grade
Edgewood Elementary

3 c flour	<u>Toppings</u>
3 eggs	strawberries
2 c milk	raspberries
	Maple syrup
	Banana, almonds, whipped cream

First, put 3 cups of flour in the bowl. Next, put 2 cups of milk in the bowl. After that put 3 eggs in the bowl and stir with spoon. Pour in frying pan until the mix is covering the pan. Then set burner to medium and put pan on top of the burner. Once the top of the pancake is bubbly, flip it. In about a

minute or two flip it again. Make sure both sides are light brown. Then put the pancake on a plate and pour syrup on, then whip cream. After that, put almonds on a plate and crush them with a spoon and sprinkle on top. Finally put the strawberries and raspberries on. Then slice up the banana and pour them on top and you've got yourself breakfast. PS take the peel off the banana before slicing.

Smoked Salmon Toast

Adam McNichols

4th Grade

Edgewood Elementary

4 oz smoked salmon, minced
2 oz shredded reduced-fat mozzarella cheese
 $\frac{1}{2}$ c fat-free mayonnaise
Bread, parsley

1. Heat oven to 350 degrees. In a medium bowl, combine salmon, cheese, mayo and mix well. Spread 1 heaping teaspoon salmon mixture on each slice of bread, round to cover. Place on ungreased cookie sheet
2. Bake at 350 degrees for 9 to 10 minutes or until thoroughly heated. Sprinkle with parsley. Serve warm.

Miso Soup

Kai Brown

4th Grade

Edison Elementary

Miso (soy bean paste) -5 T Fish Broth, 1 T
Water, 2 c tofu, $\frac{1}{2}$ block
Seaweed- handfull

1. boil water
2. add fish broth and miso.
3. cut tofu into small cubes.
4. put tofu and seaweed into soup.
5. Eat with chopsticks

Choco-Banno-Smooth

Lena Lamoureux
5th Grade
Edison Elementary

2 bananas
1/ $\frac{1}{2}$ c milk

1 spoonful cocoa powder
3 ice cubes

You chop up the bananas small, then put the cocoa powder in. then pour the milk last. Put the ice cubes in and blend it up. Finally, drink it.

Tortilla Pizza

Zoe Wright
4th Grade
Fox Hollow/Charlemange Elementary

$\frac{1}{4}$ c and 2 T mayo
 $\frac{1}{4}$ c shredded mozzarella cheese
2 T minced green bell pepper
1 $\frac{1}{2}$ garlic cloves, minced
1/8 tsp salt

$\frac{1}{4}$ c grated parmesan cheese
 $\frac{1}{4}$ c minced red onion
2 T minced sweet red pepper
1 T dried basil
2 flour tortillas - 7inch.

In a bowl, combine the ingredients (except the tortillas), mix well. Plate tortillas on greased baking sheets; spread with cheese mixture. Bake at 400 degrees for 8-10 minutes or until golden. Cut into wedges.

Low Fat Oatmeal Raisin Cookies

Mia LaRiccia
5th Grade
Fox Hollow/Charlemange Elementary

Dry ingredients

2 c all purpose flour
1 tsp baking soda
 $\frac{1}{2}$ tsp ground cinnamon
 $\frac{1}{2}$ tsp salt
3 c quick or old fashioned oats
1 c raisins

Wet ingredients

$1\frac{1}{4}$ c packed dark brown sugar
 $\frac{1}{2}$ c sugar
 $\frac{1}{2}$ c (1 stick) margarine
 $\frac{1}{2}$ c unsweetened applesauce
2 lg. egg whites
1 tsp vanilla extract

Preheat oven to 375 degrees. Lightly grease baking sheet. Combine dry ingredients in a bowl and wet ingredients in another bowl. Once both bowls have been thoroughly mixed, mix them together. Roll a little into a ball and put it on the cookie sheet. Bake for 9 to 10 minutes for chewy cookies and 12 to 13 minutes for crisp cookies. Cool on cookie sheet for 2 minutes, remove to wire racks to cool completely. Makes about 4 dozen cookies. Enjoy with a glass of skim milk when done.

Hunter's Healthy Oatmeal Cookies

Hunter Davis
4th Grade
Gilham Elementary

1 c whole wheat flour
1 tsp baking powder
 $\frac{1}{2}$ tsp baking soda
 $\frac{1}{2}$ tsp salt
2 T unsalted butter
 $\frac{1}{2}$ c cranberries

$\frac{1}{2}$ c unbleached organic sugar
 $\frac{1}{2}$ c brown sugar
 $\frac{1}{4}$ unsweetened organic applesauce
1 lg. organic egg
1 tsp vanilla
 $1\frac{1}{3}$ c rolled oats

1. Heat oven to 375 degrees. Lightly spray two baking sheets with cooking spray.
2. In a bowl, combine flour, baking powder, baking soda and salt.
3. Put both sugars and butter and cream together in electric mixer until smooth. Then add applesauce, egg and vanilla and mix until blended

- will. Add the flour to the applesauce mixture and mix well. Remove bowl from mixer and stir in rolled oats and cranberries.
4. Drop spoonfuls onto prepared baking sheets about 2 $\frac{1}{2}$ inches apart
 5. Bake until slightly golden brown about 11-12 minutes.
 6. Remove from baking sheets and cool on wire racks for 15 minutes. Store in airtight containers for up to two weeks.

Sunshine 6-Layer Dip

Sophie Brennan
5th Grade
Gilham Elementary

nonfat refried beans (1 c)
guacamole (1/3 c)
salsa (1/4 c)
taco seasoning-optional

light sour cream (1/2 c)
grated cheddar cheese (1c)
tortilla chips

On a dinner plate, spread refried beans with a spoon. Mix $\frac{1}{2}$ teaspoon taco seasoning into sour cream, then spread on top of beans. Spread guacamole on top of sour cream. Sprinkle cheese over layers. Spoon salsa over cheese. Surround with tortilla chips. Enjoy!

Granola Poppers

Emily Erdmann
5th Grade
Bertha Holt Elementary

1/3 c honey
2 T unsalted butter
1 c old fashioned rolled oats

$\frac{1}{4}$ c natural peanut butter
1 c crisp rice cereal
 $\frac{1}{4}$ c dried fruit, (I like cranberries)

In a small saucepan over medium, heat honey, peanut butter and butter. Stir until loosened and smooth, 1 to 2 minutes. Remove from heat; stir in cereal, oats and dried fruit. Drop mixture by the table spoon into mini paper

cupcake or candy liners. Place on a rimmed baking sheet and refrigerate until set, about 15 minutes. To store, refrigerate in an airtight container up to a week.

Greek Salad

Kara Ryker

5th Grade

Howard Elementary

1 green pepper, sliced

1 red pepper, sliced

1 yellow pepper, sliced

1 unpeeled cucumber, sliced

2 T lemon juice

3 T red wine vinegar

$\frac{1}{4}$ tsp dried oregano

$\frac{1}{2}$ brick (4 oz) feta cheese

Mix peppers and cucumber in a bowl. Add lemon juice, vinegar and oregano. Mix well. Cover and marinate. Toss well before serving and top with crumbled feta cheese. .

Ceviche'

Adriana Peraza

5th Grade

Howard Elementary

2 tomatoes

1 bunch cilantro

1 onion

Tostadas (corn chips) or saltine crackers

*optional: one can shrimp or 20 med size cooked shrimp

3 cans tuna

5 or 6 lemons

$\frac{1}{4}$ tsp salt

Dice tomatoes, onion. Chop cilantro. Cut lemons. Drain tuna and/or shrimp. Mix tomatoes, cilantro, onion, cans of tuna, salt and shrimp. Squeeze all lemons over mixture and stir. Scoop on to corn chip or saltine crackers.

Rat Treats

Jaden Waterman
4th Grade
McCornack Elementary

1 egg
1 radish
1 tiny swiss cheese wedge
black olives
1 chive

First boil one egg. Then cut the hard boiled egg in half. Now cut one radish in slices, cut one slice in fourths. Take two of the fourths and stick them in to the hard boiled egg for ears. Next cut two holes where the eyes go. Cut a circle in an olive, stick it in the hole. Finally take a chive and put it in the back end.

The Caterpillar Wrap

Lindsey Galloway
5th Grade
McCornack Elementary

Green herb wraps
Sliced deli ham
Thin sliced cucumber
Avocado
Sesame seeds, black sesame seeds
cream cheese
fresh spinach
grated cheddar cheese
fresh green beans

Get a herb wrap, lay down on cutting board. Spread whipped cream cheese on herb wrap. Lay sliced deli ham on the cream cheese. Lay spinach on top of the ham. Lay thin sliced cucumber on top of the spinach. Sprinkle grated cheddar cheese. Squirt on long strip of mustard on everything. Roll herb wrap very tightly. Cut avocado thin and lay on top. Poke two green beans for antennas. Shake sesame seeds on top of avocado. Shake black sesame seeds on top of avocado. Cut into slices and enjoy!

Taco Popcorn

Cora Zitek

5th Grade

Parker Elementary

Low fat microwave popcorn

1 tsp chili powder

$\frac{1}{2}$ tsp salt

$\frac{1}{8}$ tsp ground red pepper (optional)

butter flavored cooking spray

1 tsp curry powder

$\frac{1}{2}$ tsp garlic powder

Pop popcorn and place in small cardboard bowls / plastic cups - first make in big bowl. Depends on how much people you have. Combine chili powder, salt, garlic powder and red pepper in small/big bowl, sprinkle over popcorn. Mix lightly to coat evenly. Use spray first to coat popcorn lightly to make ingredients stick.

Pumpkin Muffins

Seth Salle

5th Grade

River Road Elementary

DRY

1 c whole wheat flour

1 c white flour

$\frac{2}{3}$ c packed brown sugar

$\frac{1}{3}$ c sugar

1 tsp baking powder

1 tsp salt

1 tsp cinnamon

$\frac{1}{4}$ tsp baking soda

$\frac{1}{4}$ tsp ginger

Dash of allspice

WET

$\frac{1}{4}$ c melted butter

$\frac{1}{2}$ c applesauce

$\frac{1}{3}$ c buttermilk

or 1 tsp vinegar in milk

2 eggs

1 c cooked pumpkin

raisins or nuts (optional)

In a large bowl, stir together all dry ingredients. In a medium bowl mix all wet ingredients. Add wet to dry stir lightly but well. Place into greased muffin pan, bake at 350 degrees for 15-17 minutes, let stand 5 minutes and remove from pan.

Organic Nachos

Rachael Schuder
5th Grade
River Road Elementary

2 chopped broccoli florets $\frac{1}{2}$ bell pepper, chopped
Organic grated cheese, 1 c swiss and regular.
Unsalted tortilla chips.

Chop broccoli florets. Chop half of a bell pepper. Grate swiss and regular organic cheese. Put all in a bowl, then place in and pour it over a handful of unsalted tortilla chips.

Salad Wrap

Rose Ruland
5th Grade
Spring Creek Elementary

4 butter lettuce leaves 1 apple
1 orange 1 medium carrot
1.2 tsp lemon juice

Wash and pat dry 4 butter lettuce leaves. Wash apple, quarter and thinly slice, and put in a small bowl, sprinkle with lemon juice. Peel orange, separate sections, set aside in a small bowl. Peel carrot, grate into a small bowl. Mix apple, orange and carrot together in a mixing bowl, divide equally into lettuce leaves. Then roll and serve on a small plate. Try this at home, it only takes 15-20 minutes to make! It's good and healthy!

Fruit Salsa

Sanjuanita Moore
5th Grade
Spring Creek Elementary

2 kiwis, peeled and diced
2 golden delicious apples, peeled, cored and diced
8 oz raspberries
1 lb. strawberries
3T orange juice
3 T fruit preserves, any flavor. We use strawberry jam.
Cinnamon sugar pita chips

In a large bowl, thoroughly mix kiwis, apples, raspberries, strawberries, orange juice and fruit preserves. Cover and chill in the refrigerator at least 15 minutes. Serve with cinnamon sugar pita chips

Banana Bread

Kira Stone
4th Grade
Twin Oaks Elementary

1/3 c butter	2/3 c sugar
2 eggs	3 mashed ripe bananas
1 $\frac{3}{4}$ c flour	1 $\frac{1}{2}$ tsp baking soda
$\frac{1}{2}$ tsp baking powder	$\frac{1}{2}$ tsp salt

Cream eggs, butter and sugar. Combine flour baking soda, baking powder, and salt in a separate bowl. Add half of flour mixture and half mashed banana to the butter mixture until combined. Stir in rest of flour and bananas. Pour into greased loaf pan. Bake at 350 degrees for 40-45 minutes. Slice and enjoy.

Bow Tie Pasta & Peas

Laurel Whitley

4th Grade

Twin Oaks Elementary

3 c (6oz) uncooked bow tie pasta 1 $\frac{1}{2}$ c frozen baby sweet peas
1 c prepared alfredo sauce $\frac{1}{2}$ c real bacon pieces

Fill large saucepan (4 qt) about half full with water. Heat the water over medium-high heat until boiling. Add pasta to water and return to boil. Cook 6 minutes. Add the peas to the boiling water, return to boil. Boil the pasta and peas for 4 minutes, stirring occasionally. Drain. Return the pasta and peas to the saucepan. Stir the alfredo sauce and bacon pieces into pasta. Float the pasta mixture over low heat, stirring occasionally, until heated throughout.

Cinnamon Tango

Dylan Waggoner

4th Grade

Willagillespie Elementary

1 crispy flat corn tostada shell 2 T of refried pinto beans
1 T of tomato Small handful of shredded lettuce
 $\frac{1}{4}$ c mango $\frac{1}{4}$ tsp sugar and cinnamon

Gently spread the beans around on the tostada shell and microwave for 1 $\frac{1}{2}$ - 2 minutes. When its done cooking, spread the tomatoes evenly on top of the beans and do the same with the lettuce, then with the cinnamon and sugar. Mix them together and sprinkle it on top of the tostada and then put the mango on top and eat.

Hummus

Jacob Oueis

4th Grade

Willagillespie Elementary

1 can garbanzo beans

$\frac{1}{2}$ cup tahini

Pinch salt

$\frac{1}{8}$ c lemon juice

4 cloves garlic

$\frac{1}{8}$ c water

Pita bread

Food processor or blend to smooth texture. Eat with pita bread

Satsuma Imo Mochi

Yulia Nakogome

4th Grade

Yujin Gakuen Elementary

Mix: 16 oz Satsuma Imo (Japanese sweet potato)

1 $\frac{1}{2}$ T sugar

Toppings

1 egg

$\frac{1}{2}$ c kinako

4 oz mochi powder/mochiko

1 T sugar

1 $\frac{1}{2}$ c milk

Slice the Japanese sweet potato into pieces that are about 1.5 inches thick. Throw away the ends. Put in the microwave for 5 minutes. Peel off the skin and smush the potato. Add the other ingredients and mix. Put the mix in the microwave for 7 minutes or until it has risen slightly. In a separate bowl, put in the kinako. Mix with sugar. Spoon the toppings onto the mochi and serve/eat.

Teriyaki Chicken

Millie Carpenter
5th Grade
Yujin Gaguén Elementary

4 boneless chicken breasts	$\frac{1}{4}$ red bell pepper-bite size
2 T corn starch	1 c Yoshidas teriyaki sauce
2 T oil	2 c broccoli -bite size
3 stalks celery	rice
1 c petite mini carrots	3 green onions, sliced
5 lg. white mushrooms, sliced	

Cut chicken breasts into bite size pieces. Toss in a bowl with corn starch. Add chicken to heated oil in large wok or frying pan. Sauté until chicken is white all the way through (3-5 minutes). Add veggies and stir fry for about one minutes, then add teriyaki sauce. Cook for one more minute then serve over rice. Serves 2-3 people

Great Granola Bars

Ivonne Perez
5th Grade
O'Hara Catholic School

2 c crispy cereal (multigrain cheerios, etc)
 $\frac{1}{2}$ c chopped peanuts
 $\frac{1}{2}$ c dried fruit (raisins, apricots, mangos , cranberries)
 $\frac{1}{2}$ c honey
 $\frac{1}{2}$ c brown sugar
 $\frac{1}{2}$ c peanut butter

$\frac{1}{2}$ c sunflower seeds

Grease baking pan. Mix crispy rice cereal, peanuts, sunflower seeds, and dried fruit together in a bowl, set aside. In a small pot, melt the honey, brown sugar, and peanut butter together over low heat, stirring constantly with 2 wooden spoons. Then pour the honey mixture and stir until cereal mixture is completely coated. Press the cereal mixture into the pan and let cool. Once the cereal mixture is cool, cut into bars and serve.

Zucchini Bread

Sam Graf

5th Grade

O'Hara Catholic School

3 eggs

3 tsp cinnamon

3 c flour

2 c sugar

2 c grated, peeled zucchini

3 tsp vanilla

1 c oil

14 c baking powder

1 tsp salt

1 tsp baking soda

Beat eggs until light and foamy. Add the rest and mix. Bake in two greased and floured loaf pans at 325 degrees for 1 hour and 20 minutes.

Pretty in Pink Princess Fantasy Rockin' Raspberry Tea Sandwiches

Grace Marie Gibson

5th Grade

St. Paul School

8 slices wheat bread

1 T raspberry preserves

$\frac{1}{2}$ c soft spread cream cheese

1 pt fresh raspberries

$\frac{1}{2}$ c whole fresh blueberries

Cut bread into heart shapes with a cookie cutter

In a small mixing bowl, combine cream cheese and raspberry preserves.

Spread a thin layer of the mixture on each bread cut-out, and then place raspberries on top of each sandwich. Garnish with two sliced plump blueberries. Makes eight fresh, delicious, healthy, amazing sandwiches!