



GERMAN BLACK FOREST MUFFINS

YIELD: 42 servings
PER SERVING: 340 cal., 3 g pro.,
 58 g carb., 1 g fiber, 11 g fat,
 25 mg chol., 340 mg sod.

INGREDIENTS

Water, cool—4³/₄ cups or 2 lbs., 6 ozs.
 Almond extract—2 tsps.
 Muffin mix—1 box or 5 lbs.
 Cherry pie filling, canned—3 cups or 2 lbs.
 Chocolate chips—2¹/₂ cups or 1 lb.
 Prepared chocolate fudge icing—1 cup
 or 10 ozs.



DIRECTIONS

1. Pour the water (which should be approximately 72°F) and the almond extract into a mixing bowl. Stir until they are well blended.
2. Add the muffin mix to the liquid. Mix using a wire whip or rubber spatula until the batter is smooth.
3. Fold the cherry pie filling and the chocolate chips into the batter. Do not overmix.
4. Place one #10 scoop of batter into each muffin cup. If using a conventional oven, bake at 400°F for 22-24 minutes. If using a convection oven, bake at 350°F for 19-21 minutes and be sure to rotate the pans one-half turn (180°) halfway through baking.
5. Heat the chocolate icing until it is free flowing. Drizzle it over the cooled muffins. Serve one muffin per portion.

Note: This portion size was designed for adults; you may wish to adjust the portion size for students.

Photo, Recipe & Recipe analysis: Gold Medal® *Make More With Less* cookbook from General Mills Bakeries & Foodservice, www.gmifs.com

BELGIAN STRAWBERRY MOUSSE



YIELD: 48 servings
PER SERVING: 59 cal., 0.3 g pro., 9.2 g
 carb., 0.6 g fiber, 2.7 g fat, 2.7 g sat. fat,
 0 mg chol., 12 mg sod., 1.2 RE vit. A,
 8 mg vit. C, 5 mg ca., 0.1 mg iron

INGREDIENTS

Strawberry gelatin—24 ozs.
 Boiling water—1 qt. or 32 ozs.
 Applesauce, unsweetened—8 cups or
 64 ozs.
 Cinnamon—2 Tbsps.
 Non-dairy topping—32 ozs. or 2 bags

DIRECTIONS

1. Dissolve the strawberry gelatin in the boiling water. Add the applesauce and cinnamon and stir to blend. Chill the mixture until it has thickened slightly.
2. Fold the slightly thickened gelatin mixture into the whipped topping until it's blended.
3. Pour 3 ozs. each into individual serving dishes and chill before service.

Photo, Recipe & Recipe analysis: Rich Products, www.richs.com

coconut), **sliced bananas with ice cream**, **beyen** (Haitian fried bananas with cinnamon and vanilla), **coconut ice**, **baked mango**, **cassava pone** (yucca cakes sweetened with ginger, vanilla, nutmeg and brown sugar), **fruit soup**, guava turnovers. Another favorite is **rum cake**—not to be recreated back home for school meals, of course.

Europe

Our next stop is Europe, where a wide range of flavors and ingredients comes into play. In the northern and central European countries, we'll indulge in desserts whipped up with such delectable mainstays as pastry dough, chocolate, cream, butter, apples, pears, stone fruits, nutmeg, hazelnuts and marzipan.

Among the scrumptious choices we'll find are Great Britain's multi-layered **trifle**, with its colorful combination of custard, fruit and sponge cake; Scottish **shortbread cookies**; and **mincemeat pie**. Next, it's on to sample Denmark's famous **Danish butter cookies** and the sophisticated desserts of France, which include **clafouti**, a mixture of custard and pudding with fruit sauce; **tarte tatin**, the classic French apple pie; **crepes** stuffed with many fillings; and **crème brulee**, the French version of flan, or **crème caramel**, which features a layer of hard caramel on top that must be cracked with a spoon to reveal the sweet, soft custard inside. (For many, the sound of that crack is a significant part of the pleasure of eating this dessert.)