

# P ntry News

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We hope you are enjoying *Pantry News*. A newsletter designed with you in mind! You will have the opportunity to try out new recipes using food items that you receive in your bag.

This month we have included dried fruit and nut mix, dried milk, and chicken in a pouch. Dried fruit and nuts are loaded with nutrients and are an excellent source of protein.

## Healthy Snack Bars with Dried Fruit & Nuts

- 5 cups of dried fruit and nut mix
- 4 oz almond flour (Can use white flour)
- 1 tsp Cinnamon
- 1/8 tsp of salt
- 1/3 to 1/2 cup honey



### Instructions:

1. Pulse the dried fruit and nut mix in a food processor or blender until finely chopped but not powder.
2. Pour the mixture into a big bowl. Mix in the flour, cinnamon, & salt.
3. Pour honey over the top of nut mixture and use your hands to mix everything together. Don't worry if the mixture seems dry at first, the honey will be enough to hold all the ingredients together.
4. Once combined, press it into a greased 8-inch baking pan with wet fingers.
5. Bake for 55-60 minutes in a preheated 275 degree oven.
6. When cool, cut into bars and enjoy. 😊

Add-in suggestions for dried fruit & nuts, figs, and raisins  
You can add any or all of these to yogurts, cereals, salads, and even cookies for a little extra Zing.

**WAYNE COUNTY FOOD PANTRY 570-253-4262**



# BBQ Chicken Pizza



## Ingredients:

1 12 inch pizza crust

1-2 tsp olive oil

1/3 cup + 2 TB of your favorite BBQ sauce

1 cup chopped cooked chicken (Can use 1-10 ounce packet)

½ small red onion, sliced, optional

1 ½ cups shredded mozzarella cheese, can use part cheddar if you want

## Directions:

Preheat oven to 425 degrees. Brush pizza crust with olive oil. Top the dough evenly with 1/3 cup BBQ sauce. Toss the cooked chicken with the remaining BBQ sauce, then scatter all around the pizza. Add the cheese and the red onion, if using.

Bake pizza for 12-15 minutes.

### ***Here are some interesting substitutions you can make with the powdered milk:***

**Sour Cream-** Mix 1/3 cup powdered milk with 3/4 cup plain yogurt to replace sour cream in dips and other recipes.

**Cocoa or Chocolate Milk-** Mix 1 cup cocoa, 4 cups powdered milk, 1/2 teaspoon salt, 3/4 cup sugar, combine and store in airtight container. To make 1 cup hot cocoa- add 1/2 cup mix and 1 cup hot water and mix well. To make chocolate milk- stir a little water into the mix to make a smooth paste, then add the rest of the water.

**Whipped Topping-** Mix 1/2 cup ice cold water, 1/2 cup sugar, 1/2 cup powdered milk, 2 tablespoons lemon juice. Put water in ice-cold bowl (put bowl & beaters in the freezer for a few minutes before starting) Add milk and beat with cold beaters until stiff. Add sugar slowly while beating, then add lemon juice and beat just until mixed.

**White Sauce-** Over a low heat, mix 1/3 cup powdered milk, 3 tablespoons melted butter, 3 tablespoons flour to form a paste, slowly add 1 cup water or milk and whisk until smooth. You can add cheese, mushrooms, broccoli, or whatever you like.

**Homemade Powdered Creamer-** 3 cups powdered milk, 1 cup powdered sugar (or 1/2 to 2 cups to achieve your desired sweetness), 1 tablespoon vanilla powder or cocoa powder (optional)- Combine the powdered milk and powdered sugar in a bowl and whisk together. Store in an air-tight container. It can last up to six months on your shelf! To use- just add a scoop or two to your coffee or hot cocoa for a creamy kick!