

13001: Food Challenge Class

Rules:

1. Open to all 4-H members & Clover Kids.
2. New: Entries in this class will be eligible for State fair, too, but you must put together 2 entries (plates) – one to be judged by the Food & Nutrition judges and one to be judged by the Challenge Class judge. Both entries will be conferenced judged.
3. An entry should include 3 cookies on a paper plate/flat piece of cardboard. Limit – one entry in this class (Food Challenge) per exhibitor.
4. Entries should be brought to fairgrounds on judging day with their other exhibits.
5. 4-H members and Clover Kids will need to include the fair entry tag with their entry. This should be attached in the same manner as with any of their other static exhibits. (These will be already printed and ready to attach at arrival to the fairgrounds if exhibit was entered in the FairEntry program.)
6. All entries will receive a blue, red, or white ribbon with the exception of Clover Kids who will get a special ribbon. 4-Hers will receive a premium for their entry just like they do for their other entries: Blue - \$2.00, Red - \$1.50, White - \$1.00
7. An overall champion and reserve champion will be selected from the entries. Medallions will be awarded to these top two entries.
8. All entries are to remain in the Exhibits Building until the release of all other exhibits which will be Sunday afternoon, TBD. The fair board has the right to withhold premiums to exhibitors who take their exhibits home earlier than the release time.

Challenge Class Recipe: Please follow this recipe exactly.

Oatmeal Cookies

Ingredients:

- 1 cup whole wheat flour
- 1 teaspoon baking powder
- ½ teaspoon baking soda
- ½ teaspoon cinnamon
- ¾ cup packed brown sugar
- ½ cup applesauce
- 2 tablespoons oil (canola or vegetable)
- 1 egg
- 1 ½ cups oats
- Optional: ½ cup coconut, dried fruit, or white chocolate chips



Nutrition Facts	
30 servings per recipe	
Serving Size: 1 cookie	
Amount Per Serving	
Calories	60
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 40mg	2%
Total Carbohydrates 12g	4%
Dietary Fiber 1g	4%
Total Sugars 6g	
Includes 5g Added Sugars	10%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 18mg	2%
Iron 0mg	0%
Potassium 42mg	0%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Instructions:

1. Combine flour, baking powder, baking soda, and cinnamon in a small bowl.
2. Combine sugar, applesauce, oil, and egg in a large bowl. Add the flour mixture and stir until combined. Stir in the oats and optional ingredients, if desired. Refrigerate for 30 minutes.
3. Preheat oven to 375 degrees F. Spray a cookie sheet with nonstick cooking spray.
4. Drop the batter by rounded teaspoonfuls on the greased cookie sheet. Make sure they are 2 inches apart. Bake for 8-10 minutes or until golden brown. Let stand on the baking sheets for 4 minutes. Then remove onto wire racks or paper towels to cool.
5. Store in an airtight container.

Source: Spend Smart. Eat Smart (Iowa State University Extension and Outreach)

AWARDS:

Champion & Reserve Champion Food Challenge Entry