

Shelby Britten
Armstrong County
Junior
Yogurt Dish

Strawberry Yogurt Pops

Serves 12

Prep Time: 10 minutes

Total Time: 4 hours 10 minutes

Ingredients:

- 1-½ Cups strawberries, roughly chopped
- 2 Tbsp. honey
- ½ Cup granola
- 4-½ Cups Yoplait® Strawberry Yogurt
- Equipment: 3 oz. paper cups, popsicle sticks

Instructions:

1. In a small bowl combine the chopped strawberries and honey. Toss to evenly coat. Place in a blender and blend until smooth. Set aside.
2. Spray 12 – 3 oz. paper cups with pan spray. Place on a sheet pan and sprinkle 1 – 2 Tsp. granola into the bottom of each cup.
3. Spoon strawberry yogurt on top of the granola layer, about ⅓ of the way up the cup. Sprinkle with another 1 -2 Tsp. of granola. Pour the strawberry puree on top of the granola layer, filling another ⅓ of the cup.
4. Place the sheet pan in the freezer and freeze for about 30 minutes or until the strawberry layer has firmed but has not frozen solid.
5. Remove from freezer, spoon another layer of strawberry yogurt on top of the strawberry layer, filling the remaining ⅓ of the cup. Gently, place a popsicle stick into the center of each cup. Return to the freezer and freeze until solid, 4 – 6 hours.
6. To serve, cut or tear the paper cup and peel away from the frozen pop.

Gage Whatley
Junior
Yogurt Dish
Carson County

PUMPKIN SPICE YOGURT PARFAIT

Ingredients for Crust:

- 2 cups vanilla Greek yogurt, divided in half
- 2 Tbsp. of pumpkin puree
- ½ tsp. pumpkin pie spice, divided in half
- ¾ cup of crumbled graham crackers, oats, granola, etc.

Directions:

1. In a small bowl, combine 1 cup of the vanilla Greek yogurt with the pumpkin puree and half (1/4 teaspoon) of the pumpkin pie spice.
2. In a separate bowl, combine the remaining 1 cup of yogurt with the remaining pumpkin spice.

Parfait Assembly

1. In a small glass, layer the vanilla yogurt, then the cinnamon granola (or filling of your choice) then the pumpkin yogurt, then another layer of granola.
2. Top both glasses with remaining vanilla yogurt.

Cecilia Linda Granadoz

Junior

Yogurt Dish

Collingsworth County

Apple Pie Yogurt

1 large apple, diced
2 tablespoons brown sugar
2teaspoons butter
pinch allspice
pinch cinnamon

1 cup vanilla yogurt
1/2 cup granola

Mix first set of ingredients together and microwave for two minutes, and let cool.

Then layer with yogurt and granola in a cup.

Enjoy!

Gracie Schniederjan

Junior

Yogurt Dish

Dallam

Meringues with Raspberry Yogurt Cream

For the meringues:

2 large eggs at room temperature

7 tablespoons of sugar

For the raspberry yogurt cream:

1 cup of vanilla yogurt

1 ½ cups heavy whipping cream

¼ to ½ cup sugar

1 cup fresh raspberries

Directions:

Preheat the oven to 225 degrees. Then line two cookie sheets with parchment paper.

Separate the eggs. Put the whites in a large shallow bowl. Reserve yolks for another recipe.

Beat the egg whites very quickly with a whisk or electric mixer, until they become very thick and foamy. Add tablespoons of sugar one at a time until it is all mixed in.

Put a heaping teaspoon of the mixture onto a cookie sheet. Continue until the mixture is used up. Leave gaps in between each teaspoonful.

Bake for 40 minutes. Turn off the oven. Leave meringues inside for 15 minutes. Then lift them out and leave them to cool.

Meanwhile make the raspberry yogurt cream. Rinse the raspberries in a strainer and shake them dry. Put them in a bowl and mash them until they are squashed and juicy. Pour the cream into a large bowl. Beat it with a whisk or electric mixer. Continue until it becomes thick. Add the yogurt and beat until incorporated. Finally add the raspberries and fold in gently with a spoon or spatula. When the meringues are cold, spread the flat side with some of the yogurt cream and then press the flat side of another meringue to the filling. Makes about 20.

Cadence Copeland

Junior

Yogurt Dish

Deaf Smith

Perfect Parfait

One 17 1/2 ounce container plain Greek yogurt

1/2 cup heavy cream

1 teaspoon vanilla extract

1/2 cup brown sugar

Blueberries

Raspberries

Granola

1. Pour the yogurt into a bowl.
2. Add the cream and vanilla.
3. Whisk carefully until combined. Consistency should be thick.
4. Sprinkle brown sugar evenly over the top of the yogurt mixture. Do not stir the mixture.
5. Tightly cover the bowl with foil. Seal the edges. Place in the refrigerator for at least 20-30 minutes.
6. Place a small handful of berries into a bowl or cup.
7. Spoon the yogurt over the berries. There will be creamy areas and brown sugar areas.
8. Add a handful of granola over the yogurt covered berries.
9. Repeat the layers once ending with berries on top.

Name Hannah Porter

Junior

Yogurt Dish

County Name Gray



Greek Yogurt Fruit Pizza

1 Stick of butter, room temperature
1 cup of sugar
1 large egg
1 teaspoon of vanilla
1 1/2 cups of flour, spooned and leveled
1/4 teaspoon baking powder
1 teaspoon cornstarch
1/2 teaspoon of salt
1/2 cup vanilla greek yogurt
fruit of your choice

Preheat the oven to 350 degrees. Cream the butter and sugar until light and fluffy, about 5 minutes. Mix in egg and then vanilla. Scrape down the sides of the bowl and mix some more. Slowly incorporate flour, baking powder, cornstarch and salt. Turn dough out onto parchment sheet covered cookie sheet. Coat your hands with flour to keep the dough from sticking, and gently form dough into a circle about 1/2 inch thick. Refrigerate dough for about 20 minutes until firm. Bake 7-20 minutes, until edges are golden brown and the center is slightly underdone. Let cool completely on cookie sheet. Once completely cooled cover with the greek yogurt and fruit of your choice. Enjoy!

Blair Dahl

Junior

Yogurt Dish

Hartley County

Banana Oat Greek Yogurt Muffins

Recipe yields 12 regular size muffins

Ingredients:

- 1 cup plain Greek yogurt
- 2 medium ripe bananas (1 cup mashed)
- 2 large eggs
- 2 cups rolled oats (old fashioned or quick)
- 1/4 cup brown sugar
- 1 1/2 tsp baking powder
- 1/2 tsp baking soda
- 1/2 cup chocolate chips, mini or regular
- *dollop of whip cream and/or chocolate sauce to the top (optional)

Directions:

1. Preheat oven to 400 degrees Fahrenheit and prepare a muffin pan with cooking spray or paper liners and set aside. *Please note that liners should be lightly sprayed because the lack of oil in muffins could make them stick to the liners after baking.
2. Add all ingredients except for the chocolate chips to a blender or food processor and process on high until the oats are broken down and the batter is smooth and creamy. Stir in chocolate chips by hand.
3. Pour batter into prepared muffin pan, filling each paper liner or compartment until it is about 3/4 full.
4. Bake 15-20 minutes, until the top of the muffins are set and a toothpick inserted into the middle comes out clean. Allow muffins to cool in pan for about 10 minutes before removing. Store in an air-tight container for up to a week.
5. Optional: Add a dollop of whip cream and/or chocolate sauce to the top of the muffins for presentation.



Name Ashley Perry

Junior

Yogurt Dish

County Name Hemphill

Yogurt Grape Salad

Type recipe here:

Ingredients:

1 package cream cheese (8 oz), softened

1 cup (8oz) Greek Yogurt

1/3 cup sugar

2 teaspoons vanilla extract

2 pounds seedless red grapes

2 pounds seedless green grapes

2 Tablespoons brown sugar

3 Tablespoons chopped walnuts

Directions:

In a large bowl, beat the cream cheese, yogurt, sugar and vanilla until blended well. Add grapes and toss to coat.

Transfer to a serving bowl. Cover and refrigerate until ready to serve. Sprinkle with brown sugar and walnuts just before serving.

Serves 6



Name Angelena Rowland

Junior

Yogurt Dish

County Name Hutchinson

Fruity-Tooty Frozen Cupcakes

Type recipe here:

Ingredients:

1 5.3 oz. cup lemon greek yogurt
1 5.3 oz cup vanilla greek yogurt
8 fresh strawberries
1/2 cup + 6 frozen blueberries
1 banana, halved
30 mini, semi-sweet chocolate chips

1. Place 12 silicone baking cups on a baking tray. Place yogurt into separate storage bags and cut off one corner from each bag; use as a piping bag to fill the baking cups.
2. Fill 6 cups halfway with about 4 oz. of the vanilla yogurt. Reserve the remaining vanilla yogurt, storing it in the refrigerator.
3. Rinse and slice the strawberries. Place in a blender with 1/2 of the banana. Puree until smooth. Spoon the puree over the vanilla yogurt so that the yogurt is covered.
4. Fill the 6 remaining silicone cups halfway with about 4 oz. of the lemon yogurt. Reserve the remaining lemon yogurt, storing it in the refrigerator.
5. Puree 1/2 c of blueberries with the other 1/2 of the banana. Spoon the puree over the lemon yogurt so that the yogurt is covered. Place the tray of filled cups into the freezer for one hour.
6. Remove the tray from the freezer and pipe a dollop of vanilla yogurt in the center of the strawberry puree. Sprinkle with 5 mini chocolate chips.
7. Pipe a dollop of lemon yogurt in the center of the blueberry puree and top with a whole blueberry.
8. Return tray to freezer for another hour then place cupcakes in a plastic freezer bag or storage container and store in freezer.
9. Let cupcakes thaw 10 minutes before serving.

Recipe makes 4 servings, 3 cupcakes per serving.

Kadin Villa

Junior

Yogurt Dish

Lipscomb

HEALTHIER STRAWBERRY OREO PARFAIT

Ingredients:

2 cups Fresh strawberries, sliced

1 cup Vanilla yogurt

8 Oreo cookies, crumbled

6 small Mason jars

Directions:

Layer half of each ingredient into the 6, 8oz mason jars. Repeat layers twice in each jar.

Refrigerate for 15 minutes. Serve chilled.

Justin Hill

Junior

Yogurt Dish

Moore

Brownie Baked Oatmeal

Serves 8

Ingredients:

2 3/4 cups oats (rolled or quick)
2 Tbsp. chia
2 tsp. baking powder
3/4 tsp. salt
1/4 cup cocoa powder
2 tsp. cinnamon
2 Tbsp. coconut oil
2 ripe mashed bananas
1 cup Greek Yogurt
1 cup buttermilk (any kind - cow, almond, soy, or coconut)
2 eggs
2 tsp. vanilla
2 cups chopped strawberries

Directions:

Preheat the oven to 350 degrees.

Mix together the dry ingredients (the first six ingredients, through the cinnamon) in a large bowl.

In another bowl, whisk together the wet ingredients (coconut oil, bananas, Greek yogurt, milk, eggs, and vanilla).

Pour the wet ingredients into the dry ones. Mix well. Add the chopped strawberries.

Grease a 9 x 13 pan. Pour the batter into the pan. Bake for 20-25 minutes until a toothpick comes out clean.

Canon Huddleston

Junior

Yogurt Dish

Ochiltree County

Fast & Fruity Salad

1 pound seedless red grapes, halved
1 cup sliced mangoes
1 pint fresh blueberries
1 pints fresh strawberries, sliced
1 can mandarin oranges, drained
1 cup strawberry yogurt

In a large bowl, toss together the fruit and the yogurt. Serve immediately.
Serves 12

Can be adapted with any fruit and any flavor yogurt!

Lynlee Spinhirne

Junior

Yogurt Dish

Oldham County

Yo Cup Ice

1/2 cup unsalted butter, melted
1 cup sugar
1 cup vanilla greek yogurt
2 large eggs
1 teaspoon vanilla extract
1 and 1/2 cups all-purpose flour
1/2 teaspoon baking powder
1/4 teaspoon baking soda
1/4 teaspoon salt
1/4 cup milk

Cone Cake Instructions:

Preheat the oven to 350°F.

In a large mixing bowl whisk together the melted butter and sugar. Beat in the yogurt & vanilla. Add the eggs one at a time, beat well after each addition. In a medium mixing bowl combine flour, baking powder, baking soda, and salt. Gradually add flour mixture to butter mixture alternating with milk. Mix until well blended. Place flat-bottomed ice cream cones into a special baking pan. Pour enough batter into each cone to fill approximately 2/3 full. Bake for 35 to 40 minutes or until a wooden toothpick inserted into the center comes out clean. Remove cupcakes immediately from pans, and cool on a wire rack. You can add your favorite toppings, if desired.

Name Keelyn Meador

Junior

Yogurt Dish

Potter County

Very Very Strawberry Chocolate Parfait

Ingredients:

1/2 to 3/4 Cup Greek Strawberry Yogurt
2/3 Cup Chocolate Chex Cereal
5 to 6 Strawberries, cut in half or quartered
1- 2 ounce Dark Chocolate Bar, cut into small slivers
8 ounce Mason Jar

Directions:

- Start by layering your parfait with a 1/4 cup of strawberry yogurt
- Top with Chocolate Chex
- Add a layer of Strawberries
- Repeat layers
- Add a dollop of yogurt on top with strawberries and chocolate slivers

* Recipe may be made ahead of time. Use the Mason Jar lid to cover, and store in the refrigerator overnight.

* For smaller portion size, use a 4 ounce Mason Jar and do not repeat layers.



Kyle Guerrero

Junior

Yogurt Dish

Randall County

Yogurt Zucchini Bread

Ingredients

- 1 cup vanilla Greek yogurt
- 3 teaspoons vanilla extract
- 2 large egg
- 2/3 cup coconut oil
- 4 tablespoons honey
- 1 very ripe mashed banana
- 1 cup lightly packed brown sugar
- 1 cup oat flour (blended oats)
- 2 cups white flour
- 2 teaspoons baking soda
- 2 teaspoons cinnamon
- 2 cups lightly packed grated zucchini
- 1/2 cup chopped pecans

Instructions

1. Preheat the oven to 325 degrees F. Lightly grease and flour two bread pans.
2. In a bowl, stir together the Greek yogurt, vanilla extract, eggs, coconut oil (measured when melted), and honey.
3. Stir in the banana and brown sugar.
4. Blend oats in a blender or food processor until they resemble flour. Then measure and add to the mixture.
5. Add white flour, baking soda, and cinnamon.
6. Stir in the grated zucchini and pecans.
7. Pour the mixture into the prepared pans.
8. Bake for 40-50 minutes or until a toothpick when inserted into the center comes out clean and the bread has begun to slightly pull away from the sides.

Bryce Braden
Junior
Yogurt Dish
Sherman

Fruit Parfait with Baked Oatmeal

BAKED OATMEAL

1/2 Cup Oil
2 Eggs
1 Cup Sugar
3 Cups Oatmeal
2 tsp Baking Powder
1 tsp Salt
1 Cup Milk

Combine oil, sugar, & eggs. Add remaining ingredients. Bake in greased 9 x 13 at 350 for 40-45 minutes. Serve with **vanilla yogurt and fruit**. If you need to double the recipe, bake in two dishes.

Savvy Fuller

Junior

Yogurt Dish

Wheeler County

Rainbow Fruit Parfait

2 Strawberry, sliced
1/8 cup Orange, peeled and sliced
1/8 cup Pineapple, peeled and diced
1/8 cup kiwi, peeled and diced
1/8 cup blue berries
1 cup plain yogurt
1/4 cup of granola

In a glass layer yogurt, fruit and granola. Start with strawberries and then go in order listed in the ingredient list. Yield: 1