



4-H Food Chef Challenge

Pantry Items for County and State Level:

Fat free cottage cheese
Skim milk or 2 % milk
Granulated sugar
Brown sugar
Cornstarch
Honey
Bouillon cubes, low sodium
Flour, white whole wheat or all purpose
Low fat sour cream
Cream cheese (reduced fat –Neufchatel)
Cheddar cheese, preferably reduced fat
Canola oil
White or cider vinegar
Vanilla extract
Oatmeal
Almond extract
Margarine /butter

Suggested spices:

Black Pepper
Cinnamon
Curry Powder
Onion Powder
Garlic Powder
Ginger
Salt