



# Collection of Gluten-Free School Lunches



Monday



Tuesday



Wednesday



Thursday



Friday



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Bunch of Lunches at Kinnikinnick.

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ASSOCIATION  
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## Collection of Gluten-Free School Lunches.

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## Chocolate Bagel Bento Box

**Prep time**  
**20 mins**

**Cook time**  
**170 mins**

**Total time**  
**470 mins**

### Ingredients



### Nut Free Chocolate Spread

- ¼ cup water (50 g)
- ½ cup granulated sugar (110 g)
- ½ tsp salt (2 g)
- 1 tbsp cocoa powder (15 g)
- 1 tsp vanilla extract (5 g)
- 4 oz semi-sweet chocolate - chopped (112 g)
- 5 oz butter (140 g)

### Apple Slices

- 2 large Red Delicious apples (200 g)
- 2 tsp granulated sugar (30 g)
- ½ tsp cinnamon (2 g)

### Bento Box

- 1 individual **Kinnikinnick Plain Bagel** (86 g)
- ¼ cup Nut Free Chocolate Spread - prepared (50 g)
- 8 Apple Slices - prepared (59 g)
- ¾ cup fresh berries (140 g)
- ¼ cup plain cream cheese - whipped (44 g)
- ⅓ cup plain yogurt (81 g)
- Optional: gluten-free granola

...continued



## Directions

### Nut Free Chocolate Spread

1. In a medium pot combine water, granulated sugar, salt and cocoa powder. Mix until combined and sugar has dissolved over medium-low heat.
2. Add vanilla extract, chopped chocolate and butter.
3. Continue to cook over medium-low heat until butter and chocolate have melted.
4. Continue cooking until mixture is smooth and shiny.
5. Remove from heat and let cool for 10 minutes.
6. Store in air-tight container for up to 1 week.

### Apple Slices

1. Preheat oven to 200°F (93°C). Place a wire cooling rack on top of a baking tray. Repeat with a second tray.
2. Remove stems from apples and cut off bottom.
3. Slice each apple into thin slices (skin on). Carefully remove any seeds keeping apple slices intact.
4. Place apple slices in a large bowl.
5. In a small bowl combine sugar and cinnamon.
6. Carefully toss apple slices in sugar mixture.
7. Place coated apple slices on wire rack trays (single layer). Allow enough space in between slices to not touch.
8. Bake in preheated oven for 2½ hours (no peeking or touching).
9. Leave pan in the oven, turn oven off and leave light on. Let dry out overnight.
10. Carefully remove apple slices from trays and store in a bag on the counter. Do not refrigerate or freeze.

### Assembly

1. Slice **Kinnikinnick Plain Bagel** in half lengthwise and toast.
2. Stack in Bento Box for kids to assemble themselves.
3. Fill remaining Bento Box spaces with Nut Free Chocolate Spread, Apple Slices, fresh berries, plain cream cheese and yogurt. Top yogurt with optional gluten-free granola.
4. Bento Boxes are perfect for breakfast, lunch or a snack on the go!

### Tips & Variations

- Works well as individual bars or a crumble on yogurt and ice cream.





## Berry Bagel Bento Box

**Prep time**  
**20 mins**

**Cook time**  
**150 mins**

**Total time**  
**430 mins**

### Ingredients



### Raspberry Blood Orange Cream Cheese Spread

½ package cream cheese (125 g)

¼ cup plain Greek yogurt (58 g)

¼ cup fresh raspberries (40 g)

1 tbsp blood orange juice (16 g)

½ medium blood orange zested (2 g)

### Apple Slices

2 large Red Delicious apples (200 g)

2 tsp granulated sugar (30 g)

½ tsp cinnamon (2 g)

### Bento Box

1 individual **Kinnikinnick Blueberry Bagel** (86 g)

¼ cup Raspberry Blood Orange Cream Cheese Spread - prepared (50 g)

8 Apple Slices - prepared (59 g)

¾ cup fresh berries (140 g)

¼ cup plain cream cheese - whipped (44 g)

*...continued*

## Directions

### Raspberry Blood Orange Cream Cheese Spread

1. In a medium bowl, mix cream cheese until smooth.
2. Add remaining ingredients to cream cheese and mix until combined and smooth.
3. Store in the refrigerator for up to 2 weeks.

### Apple Slices

1. Preheat oven to 200°F (93°C). Place a wire cooling rack on top of a baking tray. Repeat with a second tray.
2. Remove stems from apples and cut off bottom.
3. Slice each apple into thin slices (skin on). Carefully remove any seeds keeping apple slices intact.
4. Place apple slices in a large bowl.
5. In a small bowl combine sugar and cinnamon.
6. Carefully toss apple slices in sugar mixture.
7. Place coated apple slices on wire rack trays (single layer). Allow enough space in between slices to not touch.
8. Bake in preheated oven for 2½ hours (no peeking or touching).
9. Leave pan in the oven, turn oven off and leave light on. Let dry out overnight.
10. Carefully remove apple slices from trays and store in a bag on the counter. Do not refrigerate or freeze.

### Assembly

1. Slice **Kinnikinnick Blueberry Bagel** in half lengthwise and toast.
2. Stack in Bento Box for kids to assemble themselves.
3. Fill remaining Bento Box spaces with Raspberry Blood Orange Cream Cheese Spread, Apple Slices, fresh berries and plain cream cheese.





## Vice Versa Kitty Cat Bento Box

Prep time  
**20 mins**

Cook time  
**3 mins**

Total time  
**53 mins**

### Ingredients



### Candied KinniKritters®

- 1 package Kinnikinnick KinniKritters® Animal Cookies (220 g)
- 1 tbsp butter (15 g)
- 2 cup granulated sugar (420 g)
- ½ cup water (125 g)
- Optional: food colouring/confetti sprinkles [gluten-free]

### Vice Versa Kitty Sandwich

- 2 slices of Kinnikinnick Wide Loaf Seeded (82 g)
- 1 slice of Kinnikinnick Wide Loaf White (41 g)
- 1 slice cheddar cheese (20 g)
- 1 slice Havarti cheese (20 g)
- 2 slices black forest ham (30 g)
- 1 piece lettuce (15 g)
- Optional: favourite condiments

### Additional Items

- 8 small strawberries - sliced (56 g)
- 1 celery stick - thinly sliced (22 g)
- 1 medium carrot - sliced into sticks (45 g)
- 1 mini cucumber - sliced into sticks (82 g)
- Optional: favourite gluten-free dip

...continued



## Directions

### Candied Kinnikritters®

1. Place **Kinnikinnick KinniKritters®** on a wire rack in a single layer.
2. In a medium size pot, combine butter, sugar and water. Bring to a boil over medium heat stirring occasionally.
3. Boil mixture for 3 minutes (do not stir during this stage). Remove mixture from burner.
4. If using food colouring, add at this point (you can divide mixture to create different colours).
5. Let sugar mixture cool slightly.
6. Carefully spoon or pour Sugar Mixture over **Kinnikinnick KinniKritters®** to coat. Sprinkle with optional confetti sprinkles before sugar sets.
7. Let sugar set up slightly. Transfer to a parchment lined baking tray to finish setting up.
8. Candied **KinniKritters®** can be stored in an airtight container for up to 1 month.

### Vice Versa Kitty Sandwich

1. Cut two small circles/dots for cat eyes and a triangle for the nose out of cheddar cheese slice. Set aside.
2. Cut 2 eye balls/larger round circles out of Havarti cheese. Set aside.
3. Build your first sandwich using 2 slices of **Kinnikinnick Wide Loaf Seeded**, 1 slice of black forest ham, lettuce, remaining cheddar cheese slice and your favourite condiments. Cut into a large circle using a cookie cutter or paring knife. Keep two triangle pieces from edge of circle for ears. Set aside.
4. Cut two smaller circles using a cookie cutter or paring knife out of **Kinnikinnick Wide Loaf White** (this is for the cats snout). Fill with a slice of black forest ham, remaining Havarti cheese and your favourite condiments. Set aside.

### Assembly of Vice Versa Kitty Cat

1. Place larger circle sandwich in bento box for base of Vice Versa Kitty Cat face.
2. Top with smaller round sandwich for snout of cat.
3. Place cheese cut-out eyes above snout.
4. Place triangle cheese cut-out on snout.
5. Cut 3 thin strips of celery to make mouth of cat. Attach under cheese triangle to resemble cat mouth.
6. Cut 6 thin strips of carrot for cat whiskers. Attach 3 on each side of snout to resemble cat whiskers.
7. Nestle 2 triangle corner pieces of seeded sandwich at top of large round sandwich to resemble cat ears.

### Assembly of Bento Box

1. Add cut strawberries, celery sticks, carrot sticks and cucumber to bento box.
2. Add optional gluten-free vegetable dip.
3. Add 8 Candied **KinniKritters®**.
4. Enjoy and have fun with your bento box design!

### Tips & Variations

- The same layout will work for a dog or bear, just change the shape of the ears.
- Change up your sandwich filling, vegetables or fruit for a completely different creation.





## Cupcakes & Sandwich Rolls Bento Box

Prep time  
**15 mins**

Cook time  
**20 mins**

Total time  
**45 mins**

### Ingredients

#### Mini Chocolate Cupcakes

- 1 package **Kinnikinnick Chocolate Cake Mix** (500 g)
- 4 large eggs (224 g)
- $\frac{3}{4}$  cup water (160 g)
- $\frac{3}{4}$  cup vegetable oil (115 g)
- Optional: chocolate Icing

#### Sandwich Rolls

- 3 slices **Kinnikinnick Wide Loaf White** (123 g)
- 3 slices black forest ham (45 g)
- 3 pieces leaf lettuce (45 g)
- Optional: favourite condiments

#### Additional Items

- 8 small strawberries - sliced (56 g)
- 8 cherry tomatoes (64 g)

*...continued*



## Directions

### Mini Chocolate Cupcakes

1. Preheat oven to 350°F (176°C). Spray or line two miniature muffin pans (44 portions).
2. In a medium bowl combine eggs, oil and water. Mix with a whisk until combined.
3. Add **Kinnikinnick Chocolate Cake Mix** and whisk until combined.
4. Divide batter into prepared muffin tins (44 portions).
5. Bake in preheated oven for 18 - 22 minutes.
6. Remove from oven and let cool for 10 minutes prior to removing from pan. Cool completely.
7. Decorate with optional chocolate icing.
8. Cupcakes can be frozen and pulled as needed. Store in an air-tight container for up to 3 months in the freezer or 1 week on the counter.

**Yields 44 miniature cupcakes**

### Sandwich Rolls

1. With a rolling pin, carefully flatten slices of **Kinnikinnick Wide White Loaf**.
2. Using a paring knife, remove crust.
3. Place flattened bread slices on individual pieces of plastic wrap (slightly larger than bread slice).
4. Spread a thin layer of optional condiment on each piece of flattened bread.
5. Place a piece of ham and lettuce on each piece of flatten bread.
6. Using the plastic wrap to aid, roll each sandwich separately into a tight roll. Let sit for 10 minutes.
7. Unwrap each Rolled Sandwich and trim ends. Cut each roll in half to create 6 Sandwich Rolls. Set aside.

### Assembly of Bento Box

1. Add cut strawberries, cherry tomatoes, 2 cupcakes with or without icing and 6 Sandwich Rolls to bento box.

### Tips & Variations

- Try **Kinnikinnick White Cake Mix** for a change.





## All Smiles Bento Box

Prep time  
**20 mins**

Cook time  
**0 mins**

Total time  
**50 mins**

### Ingredients

#### Back to School Vanilla Wafers

- 3 egg whites (99 g)
- 3¼ cups icing sugar (325 g)
- 1 package **Kinnikinnick Vanilla Wafers** (180 g)
- food colouring - variety of colours
- Optional: piping bags for easier decorating

#### Smile Sandwich

- 2 slices **Kinnikinnick Whole Grain Bread** (63 g)
- 1 slice cheddar cheese (20 g)
- 1 slice Havarti cheese (20 g)
- 2 slices thinly sliced turkey (30 g)
- 1 piece lettuce (15 g)
- Optional: favourite condiments

#### Additional Items

- 3 Mini Babybel® Cheese (63 g)
- 1 medium carrot - sliced into sticks (45 g)
- 1 mini cucumber - sliced into sticks (82 g)
- 4 cherry tomatoes (32 g)
- Optional: favourite gluten-free potato chips



...continued

## Directions

### Back to School Vanilla Wafers

#### Royal Icing

1. In a medium bowl, whip egg whites to soft peak.
2. Slowly add icing sugar 1 cup at a time until desired thickness.
3. Add food colouring if desired

#### Assembly

1. Lightly brush the surface of each **Kinnikinnick Vanilla Wafer** with a pastry brush to remove crumbs. Set aside.
2. Colour royal icing with your favourite colours.
3. Fill piping bags with prepared royal icing.
4. Pipe motivational sayings on **Kinnikinnick Vanilla Wafers** using a variety of Royal Icing Colours.
5. Here are a few ideas: Good Job, Way 2 Go, Love U, Rock Star or a heart or smile face design.
6. Allow piping to dry for 30 minutes.
7. Use your imagination, the possibilities are endless.
8. Back to School Vanilla Wafers can be stored in an airtight container on the counter for 1 month.

**Yields 40 cookies**

### Smile Cheese Rounds

1. Remove plastic wrap from Mini Babybel® Cheeses.
2. Using a sharp paring knife, carefully cut two eyes, nose and a mouth out of coloured cheese rind.  
Mini Babybel® Cheese have a variety of flavours that work great for this. Set aside.

### Smile Sandwich

1. Cut two small circles for eyes and a triangle for the nose and a shape for the mouth out of cheddar cheese slice. Set aside.
2. Cut 2 pupils/smaller round circles out of Havarti cheese. Set aside.
3. Build your sandwich using 2 slices of **Kinnikinnick Whole Grain Bread** and your favourite condiments.  
Add remaining cheddar cheese, turkey, lettuce and remaining Havarti cheese.
4. Cut into a large circle or fluted flower using a cookie cutter or paring knife.
5. Place cutout sandwich in bento box.
6. Decorate top with cheese cutout eyes, nose and mouth to create your happy face.

### Assembly of Bento Box

1. Add cut carrot sticks, cucumber and cherry tomatoes to bento box.
2. Add optional gluten-free potato chips and Mini Babybel® Cheese.
3. Add 4 Back to School Vanilla Wafers.





## BLT & Chocolate Dipped Strawberries Bento Box

Prep time  
**20 mins**

Cook time  
**3 mins**

Total time  
**53 mins**

### Ingredients

#### Chocolate Dipped Strawberries

454 g strawberries (approx. 12 strawberries)- stems on  
200 g dark chocolate - melted

Optional: **Kinnikinnick Graham Crumbs**

#### BLT Sandwich

2 slices **Kinnikinnick Wide Loaf Seeded** - toasted (82 g)

3 slices bacon - cooked/cut in half (75 g)

½ tsp pepper (1 g)

½ large tomato on the vine - cut into 4 slices (67 g)

1 piece of leafy lettuce (15 g)

1 tbsp chipotle mayo (gluten-free) (12 g)

Optional: slice of cheddar cheese

#### Additional Items

1 mini cucumber - sliced into rounds (82 g)

1 medium radish - cut into wedges (7 g)



...continued

## Directions

### Chocolate Dipped Strawberries

1. Rinse strawberries under cold water and pat dry with a paper towel. Leave green leaves and/or stems.
2. Set strawberries aside to completely dry.
3. Using a bain marie (snug bowl over a pot of water), melt chopped chocolate.
4. Remove from heat and cool slightly.
5. Holding onto the green leaves or stem, dip strawberries in chocolate. Allow excess chocolate to drip off.
6. Dip Chocolate Dipped Strawberries in **Kinnikinnick Graham Crumbs**
7. Place dipped strawberries on parchment paper to set up.
8. Let set in the refrigerator for 30 minutes or overnight.
9. Extra Chocolate Dipped Strawberries will keep for up to 3 days in the refrigerator.

### BLT Sandwich

1. Spread chipotle mayo on one side of each piece of toasted **Kinnikinnick Wide Loaf Seeded**.
2. Top 1 piece of toast with bacon, sliced tomato, lettuce and optional cheddar cheese.
3. Top with another piece of toast (chipotle mayo side in).

### Assembly of Bento Box

1. Add cut cucumber, radish pieces and BLT Sandwich to bento box.
2. Add 3 Chocolate Dipped Strawberries.





## Build Your Own Sandwich Bento Box

Prep time  
**10 mins**

Cook time  
**3 mins**

Total time  
**43 mins**

### Ingredients

#### Candied KinniKritters®

1 package Kinnikinnick KinniKritters® Animal Cookies (220 g)

1 tbsp butter (15 g)

2 cup granulated sugar (420 g)

½ cup water (125 g)

Optional: food colouring/confetti sprinkles [gluten-free]



#### Artisan Sandwich

1 individual Kinnikinnick Artisan Dinner Roll (49 g)

3 slices salami [gluten-free] (22 g)

3 slices prosciutto (45 g)

2 slices of vine tomato (33 g)

1 piece lettuce (15 g)

Optional: favourite condiments

#### Additional Items

1 celery stick - sliced into sticks (22 g)

1 medium carrot - sliced into sticks (45 g)

3 cherry tomatoes - cut in half (24 g)

...continued



## Directions

### Candied KinniKritters®

1. Place **Kinnikinnick KinniKritters®** on a wire rack in a single layer.
2. In a medium size pot, combine butter, sugar and water. Bring to a boil over medium heat stirring occasionally.
3. Boil mixture for 3 minutes (do not stir during this stage). Remove mixture from burner.
4. If using food colouring, add at this point (you can divide mixture to create different colours).
5. Let sugar mixture cool slightly.
6. Carefully spoon or pour Sugar Mixture over **Kinnikinnick KinniKritters®** to coat.  
Sprinkle with optional confetti sprinkles before sugar sets.
7. Let sugar set up slightly. Transfer to a parchment lined baking tray to finish setting up.
8. Candied **KinniKritters®** can be stored in an airtight container for up to 1 month.

### Assembly of Bento Box

1. Place ingredients separately for Artisan Sandwich in bento box.
2. Add celery sticks, carrot sticks and cherry tomatoes to bento box.
3. Add 8 Candied **KinniKritters®**.
4. Use muffin paper cups or reusable silicone baking cups to separate ingredients.

### Tips & Variations

- Change up your sandwich filling, vegetables or add fruit for a completely different creation.





## Dippable Fun Bento Box

Prep time  
**20 mins**

Cook time  
**3 mins**

Total time  
**53 mins**

### Ingredients

#### Candied KinniKritters®

1 package **Kinnikinnick KinniKritters®** Animal Cookies (220 g)

1 tbsp butter (15 g)

2 cup granulated sugar (420 g)

½ cup water (125 g)

Optional: food colouring/confetti sprinkles (gluten-free)

#### Pizza Triangles

1 individual **Kinnikinnick Pizza Crust** (150 g)

1 tbsp butter - melted (15 g)

Optional: dried herbs and spices

#### Additional Items

50 g spinach dip (gluten-free)

1 celery stick - thinly sliced (22 g)

1 medium carrot - sliced into sticks (45 g)



...continued

## Directions

### Candied KinniKritters®

1. Place **Kinnikinnick KinniKritters®** on a wire rack in a single layer.
2. In a medium size pot, combine butter, sugar and water. Bring to a boil over medium heat stirring occasionally.
3. Boil mixture for 3 minutes (do not stir during this stage). Remove mixture from burner.
4. If using food colouring, add at this point (you can divide mixture to create different colours).
5. Let sugar mixture cool slightly.
6. Carefully spoon or pour Sugar Mixture over **Kinnikinnick KinniKritters®** to coat. Sprinkle with optional confetti sprinkles before sugar sets.
7. Let sugar set up slightly. Transfer to a parchment lined baking tray to finish setting up.
8. Candied **KinniKritters®** can be stored in an airtight container for up to 1 month.

### Pizza Triangles

1. Preheat oven to 400°F [204°C].
2. Thaw one **Kinnikinnick Pizza Crust** at room temperature for 15 minutes.
3. Cut 1 pizza crust into 8 triangles.
4. Place Pizza Triangles on baking tray (single layer).
5. Brush triangles with melted butter. Sprinkle with optional herbs and spices.
6. Bake in preheated oven for 7 - 10 minutes or until desired crispness. Remove from oven and set aside.

### Assembly of Bento Box

1. Add Pizza Triangles, spinach dip, celery sticks and carrot sticks to bento box.
2. Add 8 Candied **KinniKritters®**.

## Tips & Variations

- **Kinnikinnick Pizza Crusts** or **Kinnikinnick Flatbread** both work well.





## Pizza Party Bento Box

**Prep time**  
**20 mins**

**Cook time**  
**12 mins**

**Total time**  
**62 mins**

### Ingredients

#### Back to School Vanilla Wafers

3 egg whites (99 g)  
 3¼ cups icing sugar (325 g)  
 1 package **Kinnikinnick Vanilla Wafers** (180 g)  
 food colouring - variety of colours  
 Optional: piping bags for easier decorating

#### Pepperoni Pizza Pull Apart

½ package **Kinnikinnick Hamburger Buns** - 2 buns (122 g)  
 ½ cup pizza sauce (gluten-free) (110 g)  
 10 pepperoni slices - quartered (88 g)  
 ¼ cup shredded mozzarella cheese (28 g)  
 ¼ cup shredded cheddar cheese (30 g)  
 Optional: finish with dried oregano

#### Additional Items

1 medium carrot - sliced into sticks (45 g)  
 1 celery stick - sliced into sticks (22 g)  
 4 cherry tomatoes (32 g)  
 6 pieces pepperoni (gluten-free) (52 g)  
 ¼ cup mixed berries (46 g)  
 Optional: pizza sauce (gluten-free) for dipping



...continued

## Directions

### Back to School Vanilla Wafers

#### Royal Icing

1. In a medium bowl, whip egg whites to soft peak.
2. Slowly add icing sugar 1 cup at a time until desired thickness.
3. Add food colouring if desired

#### Assembly

1. Lightly brush the surface of each **Kinnikinnick Vanilla Wafer** with a pastry brush to remove crumbs. Set aside.
2. Colour royal icing with your favourite colours.
3. Fill piping bags with prepared royal icing.
4. Pipe motivational sayings on **Kinnikinnick Vanilla Wafers** using a variety of Royal Icing Colours.
5. Here are a few ideas: Good Job, Way 2 Go, Love U, Rock Star or a heart or smile face design.
6. Allow piping to dry for 30 minutes.
7. Use your imagination, the possibilities are endless.
8. Back to School Vanilla Wafers can be stored in an airtight container on the counter for 1 month.

**Yields 40 cookies**

### Pepperoni Pizza Pull Apart

1. Preheat oven to 375° (190°C). Lightly grease 10 spaces of a muffin pan.
2. In a small bowl, combine both cheeses together. Set aside.
3. Cut 2 **Kinnikinnick Hamburger Buns** into 25 pieces (5 slices each direction).
4. Loosely press 5 slices into each greased muffin cup creating a solid base.
5. Top with pizza sauce and sprinkle with ½ of the cheese. Top with sliced pepperoni and sprinkle with remaining cheese.
6. Bake in preheated oven for 10 - 12 minutes until bottom crust is crisp and cheese is melted.
7. Garnish with optional oregano.
8. Pepperoni Pizza Pull Apart can be served hot or cold. Freeze remaining for up to 3 months.

**Yields 10 pizza pull apart buns**

### Assembly of Bento Box

1. Place 3 Pepperoni Pizza Pull Apart Buns in bento box.
2. Add cut carrot sticks, celery sticks, cherry tomatoes and sliced pepperoni to bento box.
3. Add mixed berries and 4 Back to School Vanilla Wafers.
4. Add optional pizza sauce for dipping.

## Tips & Variations

- Change up your pepperoni for vegetables in Pizza Pull Apart.





## Sticky Bun Fun Bento Box

Prep time  
**30 mins**

Cook time  
**60 mins**

Total time  
**370 mins**

### Ingredients

#### Pancake Apple Sticky Buns

##### Apples

- 2 apples - cored/peeled/diced (266 g)
- 2 tsp ground cinnamon (4g)
- 3 tbsp water (45 g)

##### Sticky Topping

- 3 tbsp granulated sugar (50g)
- 1 tsp lemon juice (5g)
- 2 tsp water (10 g)

##### Coating

- 1/3 cup butter - melted (80 g)
- Optional: 1/4 cup brown sugar (50 g)

#### Pancake Buns

- 1 1/2 cups **Kinnikinnick Pancake and Waffle Mix** (270 g)
- 2 tsp cinnamon (4 g)
- 1/4 cup butter (50 g)
- 1/2 cup milk 2% (120 g)
- 1 large egg (56 g)

#### Cereal Breakfast Bar

- 3 cups gluten-free cereal (105 g)
- 1/2 cup **Kinnikinnick Graham Style Cracker Crumbs** (62 g)
- 1/3 cup butter (70 g)
- 1/4 cup pumpkin seeds - shelled (33 g)
- 1/4 cup sunflower seeds - shelled (35 g)
- 1/2 cup raisins (85 g)
- 1/2 cup cranberries - dried (78 g)
- 1/3 cup maple syrup (102 g)
- 1 tsp vanilla extract (5 g)

#### Bento Box

- 3/4 cup fresh berries (140 g)
- 1/3 cup strawberry yogurt (gluten-free) (81 g)

...continued



## Directions

### Pancake Apple Sticky Buns

#### Apples

1. Coat diced apples in cinnamon.
2. In a skillet sauté coated apple in 3 tablespoons water over medium-low heat.
3. Cook until apples are tender and water has evaporated (approx. 7 - 10 minutes). Set aside.

#### Sticky Topping

1. In a small saucepan combine granulated sugar, lemon juice and 2 teaspoons water, stir just until combined.
2. Gentle boil over medium heat until sugar is golden brown.
3. Swirl pot occasionally during this stage/do not stir (approx. 5 - 7 minutes).
4. Remove caramelized sugar from heat and carefully stir in cooked apples.

#### Coating

1. Preheat oven to 375°F (190°C). Lightly spray muffin pans (11 spaces). Do not use paper liners.
2. Brush each cup with melted butter and sprinkle with optional brown sugar. Set aside.

### Pancake Buns

1. In a large bowl combine **Kinnikinnick Pancake and Waffle Mix** and cinnamon.
2. Using a pastry cutter or butter knife cut butter into dry blend (mixture should resemble pea size lumps).
3. Make a well in the centre of dry mixture.
4. Slightly whisk milk and egg together.
5. Pour into well and fold in dry mixture to combine.
6. Mix until fully incorporated. Set aside.

### Assembly

1. Place 1 heaping tablespoon of Apple Sticky Topping in the base of each buttered cup.
2. Top with a scoop of Pancake Bun batter. Do not spread.
3. Bake in preheated oven for 22 - 24 minutes.
4. Remove from oven and let rest for 5 minutes.
5. Carefully invert pan onto tray.
6. Pancake Apple Sticky Buns should release (use a small offset spatula to carefully loosen any Pancake Apple Sticky Buns that stick).
7. Use a spoon to scoop out any remaining topping out of muffin pan. Carefully spread on top of Pancake Apple Sticky Buns.
8. Serve apple side up.
9. Drizzle with optional Lemon Icing Drizzle (recipe in Tips). Serve warm or cold.
10. Pancake Apple Sticky Buns can be frozen for up to 3 months. Keep on hand to add for a quick breakfast or lunch idea.

**Yields 11 buns**

*...continued*



## Directions

### Cereal Breakfast Bars

1. Preheat oven 350°F (176°C). Line an 8" square pan with tin foil and lightly spray with non-stick cooking spray.
2. In a large bowl combine cereal, **Kinnikinnick Graham Crumbs**, dried fruit and seeds.  
Mix until combined. Set aside.
3. In a medium pot bring butter, vanilla and maple syrup to a boil over medium heat stirring occasionally.  
Reduce heat to medium-low and continue to boil for 5 minutes (do not stir).
4. Remove from heat and carefully (mixture is extremely hot) pour over cereal mixture.  
Mix until combined. Press into prepared 8" pan.
5. Bake in preheated oven for 15 minutes.
6. Remove from oven and let cool for 30 minutes at room temperature.
7. Place in refrigerator to cool and set overnight.
8. Cut into desired size bars and wrap individually.
9. Store bars in an airtight container at room temperature for 1 week or freeze for up to 3 months.
10. Remaining crumbs or broken pieces can be used for granola on top of ice cream or yogurt.

**Yields 12 bars**

### Assembly of Bento Box

1. Place 3 Pancake Apple Sticky Buns in bento box.
2. Add yogurt and mixed berries to bento box.
3. Add 1 Breakfast Cereal Bar.

## Tips & Variations

- Pancake Apple Sticky Buns: For an extra sticky sweet topping, add optional 1 teaspoon brown sugar to each muffin cup. We used Envy Apples. These apples weigh 190 g before being peeled and cored/133 g each after. Optional Icing: ½ cup icing sugar, 1½ tablespoons lemon juice. Combine with a small whisk or fork to a thin glaze. Drizzle over warm Pancake Apple Sticky Buns.





## Flower Bento Lunch Box

Prep time  
**10 mins**

Cook time  
**0 mins**

Total time  
**10 mins**



### Ingredients

- ¼ cup favourite yogurt (50 g)
- 12 Kinnikinnick kinnikritters® - assorted (30 g)
- ¾ cup fresh blueberries (140 g)
- 2 slices cheese (40 g)
- 2 slices black forest ham (30 g)
- 1 piece lettuce (12 g)
- 1 celery stick - thinly sliced (22 g)
- 2 slices Kinnikinnick Multigrain Bread (57 g)
- Optional: favourite condiments

### Directions

1. Build your sandwich with black forest ham, lettuce and your favourite condiments.
2. Slice celery into 3 thin sticks and place on top of sandwich.
3. Cut cheese into flower shapes using a cookie cutter. Place on ends of celery sticks to resemble flowers.
4. Fill remaining Bento Box spaces with berries, yogurt and assorted Kinnikinnick kinnikritters®.



## Caprese Bento Lunch Box

Prep time  
**10 mins**

Cook time  
**0 mins**

Total time  
**10 mins**

### Ingredients

- 3 **Kinnikinnick S'moreables®** Graham Style Crackers (48 g)
- 1 piece lettuce (12 g)
- 2 slices cheese (40 g)
- 2 slices of your favourite lunch meat (30 g)
- 2 slices **Kinnikinnick Whole Grain Bread** (63 g)
- 6 basil leaves (2 g)
- 6 grape tomatoes (48 g)
- 6 mini bocconcini (30 g)
- Optional: balsamic vinegar reduction and small skewers
- Optional: condiments for sandwich

### Directions

1. Build your sandwich creation anyway you like it using **Kinnikinnick Whole Grain Bread**.
2. Use cookie cutters or muffin cups to hold cheese, tomatoes and **Kinnikinnick S'moreables®** Graham Style Crackers in Bento Box.
3. Provide skewers for assembly of Caprese Style Salad.

### Tips & Variations

- To make a balsamic Vinegar reduction – reduce balsamic vinegar in a pot over medium heat until it reduces to half. Store in a squeeze bottle for easy use. It will keep for up to 3 weeks.





## KinniKritters® Bento Lunch Box

Prep time  
**20 mins**

Cook time  
**0 mins**

Total time  
**260 mins**

### Ingredients

#### Confetti Dip

- 8 oz cream cheese - softened (225 g)
- 7 oz marshmallow crème (198 g)
- 1 tsp vanilla (5 g)
- 1 tbsp decorating sprinkles (gluten-free) (7 g)

#### Bento Box

- ¼ cup Confetti Dip - prepared (50 g)
- 12 Kinnikinnick KinniKritters® Animal Cookies (30 g)
- ¾ cup fresh berries (140 g)
- 2 slices cheddar cheese (40 g)
- 2 slices black forest ham (30 g)
- 1 piece lettuce (15 g)
- 2 slices Kinnikinnick Cinnamon Raisin Bread (70 g)
- Optional: favourite condiments



...continued

## Directions

### Designs

1. In a bowl mix cream cheese until smooth.
2. Add marshmallow crème and vanilla extract. Mix until combined.
3. Mix in sprinkles.
4. Let dip set up for 4 hours in refrigerator for best results.

### Assembly

1. Prepare your favourite style of sandwich (cut out cheese or bread with animal cookie cutters for a fun twist).
2. Fill additional Bento Box spaces with Confetti Dip, berries and **Kinnikinnick KinniKritters® Animal Cookies**.
3. Bento Lunch boxes are all about the imagination so take a walk on the wild side!

## Tips & Variations

- Confetti Dip will keep for up to 3 days in the refrigerator.





## Tea Time Bento Lunch Box

Prep time  
**20 mins**

Cook time  
**0 mins**

Total time  
**260 mins**

### Ingredients

#### Confetti Dip

- 8 oz cream cheese - softened (225 g)
- 7 oz marshmallow crème (198 g)
- 1 tsp vanilla (5 g)
- 1 tbsp decorating sprinkles (gluten-free) (7 g)

#### Bento Box

- ¼ cup Confetti Dip - prepared (50 g)
- 3 Kinnikinnick Montanas Chocolate Chip Cookies (27 g)
- ¾ cup fresh berries (140 g)
- 2 slices cheese (40 g)
- 2 slices black forest ham (30 g)
- ½ stick celery - thinly sliced (12 g)
- 2 slices Kinnikinnick Whole Grain Bread (63 g)
- Optional: favourite condiments



...continued

## Directions

### Designs

1. In a bowl mix cream cheese until smooth.
2. Add marshmallow crème and vanilla extract. Mix until combined.
3. Mix in sprinkles.
4. Let dip set up for 4 hours in refrigerator for best results.

### Assembly

1. Cut **Kinnikinnick Whole Grain Bread**, cheese and meat into your favourite shapes.
2. Stack in Bento Box for kids to assemble themselves.
3. Fill remaining Bento Box spaces with **Kinnikinnick Montanas Chocolate Chip Cookies**, berries, celery and Confetti Dip.

## Tips & Variations

- Extra Confetti Dip can be stored in the refrigerator for up to 3 days.





## Lunchtime Fun Bento Box

Prep time  
**10 mins**

Cook time  
**0 mins**

Total time  
**10 mins**



### Ingredients

- 2 slices of **Kinnikinnick Wide Loaf Seeded** (82 g)
- 1 slice marble cheese (20 g)
- 2 slices turkey lunchmeat (30 g)
- 1 piece lettuce (12 g)
- 8 cherries (100 g)
- 1 mini cucumber - sliced (82 g)
- 8 mini carrots (48 g)
- 8 mini pretzels (gluten-free) (16 g)
- Optional: favourite condiments

### Directions

1. Build your sandwich with turkey, lettuce, cheese and your favourite optional condiments.
2. Fill remaining Bento Box spaces with cherries, cucumber slices, carrots and pretzels.
3. Use paper or silicone cups to hold smaller items in place.



## Mini Pepperoni Pizza Bento Box

Prep time  
**15 mins**

Cook time  
**5 mins**

Total time  
**20 mins**

### Ingredients

#### Mini Pepperoni Pizza

- 1 individual **Kinnikinnick Hamburger Bun** (61 g)
- 2 tbsp pizza sauce (gluten-free) (20 g)
- 10 small pieces pepperoni (gluten-free) (88 g)
- ¼ cup shredded mozzarella cheese (28 g)
- Optional: finish with dried oregano

#### Additional Items

- ½ cup popcorn (3 g)
- 8 mini carrots (48 g)
- ¼ cup mixed blueberries/strawberries (46 g)
- 6 yogurt covered pretzels (gluten-free) (30 g)
- Optional: veggie dip (gluten-free)

*...continued*





## Directions

### Mini Pepperoni Pizza

1. Preheat oven or toaster oven on broil setting.
2. Cut 1 **Kinnikinnick Hamburger Bun** in half lengthwise. Place both halves on a baking tray (crumb side up).
3. Broil in preheated oven until crumb is golden brown (watch closely, buns will colour quickly).  
Remove from oven.
4. Top toasted **Kinnikinnick Hamburger Bun** halves with pizza sauce and sprinkle with ½ of the cheese.  
Top with sliced pepperoni and sprinkle with remaining cheese.
5. Return to oven and broil until cheese is melted (watch closely, cheese will melt quickly).
6. Garnish with optional oregano.
7. Mini Pepperoni Pizzas can be served hot or cold.

### Yields 2 Pizzas

### Assembly of Bento Box

1. Place 2 Mini Pepperoni Pizzas in bento box.
2. Fill remaining spaces with popcorn, carrots, mixed berries, yogurt covered pretzels and optional veggie dip for dipping.

## Tips & Variations

- Change up your pepperoni for vegetables, ham or your favourite pizza toppings.
- Mini Pepperoni Pizzas freeze well. Keep on hand for quick and easy lunch options.



## Snackable Bento Box

Prep time  
**15 mins**

Cook time  
**20 mins**

Total time  
**35 mins**

### Ingredients

#### Mini Lemon Cranberry Muffins

##### Muffin Batter

- 2 large eggs (112 g)
- ½ cup vegetable oil (109 g)
- ¾ cups granulated sugar (150 g)
- 1 cup warm water (237 g)
- 3 tsp fresh lemon juice (45 g)
- 1 large lemon - zested (7 g)
- 1 cup fresh cranberries or frozen - sliced (120 g)
- 2 cups **Kinnikinnick All Purpose Flour Blend** (416 g)
- 2 tsp baking powder (6 g)
- ½ tsp salt (3 g)

##### Streusel Mixture (optional)

- ¼ cup **Kinnikinnick All Purpose Flour Blend** (40 g)
- 2 tbsp granulated sugar (24 g)
- 2 tbsp hard butter or margarine (28 g)



#### Additional Items

- 3 individually wrapped cheese - variety (60 g)
- 6 crackers (gluten-free) (35 g)
- 1 small floret broccoli - cut into small pieces (28 g)
- ¼ small yellow bell pepper - thinly sliced (38 g)
- ½ pear - sliced (85 g)
- raisins (30 g)
- Optional: favourite veggie dip (gluten-free)

...continued

## Directions

### Lemon Cranberry Muffins

#### Muffin Batter

1. Preheat oven to 350°F [176°C]. Lightly spray muffin pan [44 spaces]. Do not use paper baking cups [muffin will stick to paper].
2. In a medium bowl, combine eggs, vegetable oil, granulated sugar, lemon juice and water. Mix until combined.
3. Slowly add **Kinnikinnick All Purpose Flour Blend**, salt and baking powder. Mix with an electric mixer until combined.
4. Fold in cranberries and lemon zest. Set aside.

#### Streusel Mixture (optional)

1. In a bowl combine ¼ cup **Kinnikinnick All Purpose Flour Blend** and granulated sugar.
2. Using a pastry cutter or a butter knife, cut in hard butter until mixture is crumbly. Set aside.

#### Assembly

1. Scoop Lemon Cranberry Muffin Batter into greased muffin tin.
2. Top each muffin with Optional Streusel Mixture.
3. Bake in preheated oven for 17 - 20 minutes [muffins will spring back when touched lightly on the top when done].
4. Remove from oven and cool on baker's rack.
5. Mini Lemon Cranberry Muffins can be frozen for 3 months. Individually wrap or store in an airtight container for up to 3 days on the counter.

**Yields 44 miniature muffins**

### Assembly of Bento Box

1. Add 3 Mini Lemon Cranberry Muffins to bento box.
2. Fill remaining spaces in bento box with cheese, crackers, broccoli, sliced pepper, pear, raisins and optional dip.
3. Use muffin liners or silicone holders to create extra dividers.

### Tips & Variations

- If using individually wrapped cheeses, remove wrapper to help small kids.
- Lemon Cranberry Muffin recipe will make 44 mini muffins or 18 regular size muffins.





## Nut Free Butter & Jam Bagel Bento Box

Prep time  
**15 mins**

Cook time  
**0 mins**

Total time  
**15 mins**

### Ingredients

#### No Nut Butter & Jam Bagel

- 1 individual **Kinnikinnick Plain Bagel** (86 g)
- 2 tbsp favourite no nut butter (gluten-free) (30 g)
- 1 tbsp raspberry jam (15 g)

#### Additional Items

- 6 cherry tomatoes (48 g)
- 1 small apple - cored/sliced (82 g)
- ½ cup grapes (102 g)
- 3 individual **Kinnikinnick Montanas Chocolate Chip Cookies** (25 g)

### Directions Assembly

1. Slice **Kinnikinnick Plain Bagel** in half lengthwise and toast.
2. Spread each half with nut free butter and raspberry jam.
3. Fill remaining Bento Box spaces with cherry tomatoes, apple slices, grapes and **Kinnikinnick Montanas Chocolate Chip Cookies**.





## Sprinkles of Fun Pancake Bento Box

Prep time  
**15 mins**

Cook time  
**3 mins**

Total time  
**18 mins**



### Ingredients

#### Sprinkle Pancakes

1 cup **Kinnikinnick Pancake & Waffle Mix** (160 g)  
1 egg (56 g)  
1 tbsp oil (15 g)  
¾ cup water (180 g)  
edible sprinkles (gluten-free)

#### Additional Items

¼ small red bell pepper - sliced (38 g)  
¼ small orange bell pepper - sliced (38 g)  
8 snap peas (56 g)  
1 mandarin orange - peeled/segmented (90 g)  
Optional: syrup and sprinkles (gluten-free)

### Directions Sprinkle Pancakes

1. In a bowl combine egg, oil and water. Whisk until combined.
2. Add **Kinnikinnick Pancake and Waffle Mix**. Whisk until combined.
3. Sprinkle Pancake batter with edible sprinkles, do not mix.
4. Drop batter onto preheated cooking surface [approx. ⅛ cup].
5. Flip pancake when edges begin to curl and top bubbles.
6. Sprinkle Pancakes are great served warm or cold.
7. Freeze leftover Sprinkle Pancakes to keep on hand for quick lunches, breakfast or a snack on the go.

**Yields 15 dollar size pancakes**

### Assembly

1. Place 5 Sprinkle Pancakes in bento box.
2. Use small cups or containers to hold optional edible sprinkles and syrup.
3. Fill remaining bento box spaces with sliced peppers, snap peas and orange segments.



## Vegetarian Bean Burger Bento Box

Prep time  
**20 mins**

Cook time  
**20 mins**

Total time  
**40 mins**

### Ingredients

#### Sweet Potato & Bean Burgers

- 1 lb sweet potatoes - roasted (454 g)
- ½ cup quinoa pearls - cooked (105 g)
- 1 can (540 ml) black beans - drained/rinsed (325 g)
- ¼ cup fresh cilantro - chopped (12 g)
- 2 cloves fresh garlic - minced (7 g)
- ½ medium red onion - finely chopped (200 g)
- 2 tsp smoked paprika (4 g)
- 2 tsp cumin (4 g)
- 1 tsp chili powder (2 g)
- ½ tsp black pepper (1 g)
- ½ tsp salt (2 g)
- 1 cup wild rice - cooked (180 g)
- 2 tbsp oil - for cooking (30 g)
- Optional: ¾ cup **Kinnikinnick Panko Bread Crumbs** (82 g)

#### Additional Items

- 1 individual **Kinnikinnick Hamburger Bun** (61 g)
- 1 piece of lettuce (12 g)
- Optional: toppings and condiments for burger
- ¼ small red bell pepper - sliced (38 g)
- ½ mini cucumber - sliced (41 g)
- ⅓ cup watermelon - cubed (82 g)
- 3 Mini Babybel® Cheese (63 g)
- 3 individual **Kinnikinnick S'moreables®** (48 g)

...continued



## Directions

### Sweet Potato & Bean Burgers

1. Remove skins from cooled roasted sweet potatoes and set aside.
2. In a large bowl, mix together sweet potato, quinoa, black beans, chopped cilantro, garlic, onion and spices using a hand mixer.
3. Add cooked wild rice and optional **Kinnikinnick Panko Crumbs** (panko will provide a firmer burger).
4. Form into 9 patties (approx. ½ cup each). Refrigerate to firm patties for 1 hour.
5. Heat 2 tablespoons oil in a frying pan. Cook Sweet Potato & Bean Burgers for 5 - 7 minutes per side over medium heat. Sweet Potato & Bean Burgers will be crisp on the outside and soft in the middle.
6. Leftover Sweet Potato & Bean Burgers freeze well. Keep on hand for a quick meal.

**Yields 9 burgers**

### Assembly of Sweet Potato & Bean Burger

1. Preheat oven or toaster oven on broil setting.
2. Cut **Kinnikinnick Hamburger Bun** in half lengthwise. Place on a baking tray (crumb side up).
3. Broil in preheated oven until crumb is golden brown (watch closely, bun will colour quickly). Remove from oven.
4. Place cooked Sweet Potato & Bean Burger on toasted **Kinnikinnick Hamburger Bun**. Top with your favourite optional toppings and condiments.

### Assembly of Bento Box

1. Place assembled Sweet Potato & Bean Burger in bento box.
2. Add watermelon, cucumbers, peppers, Mini Babybel® Cheese, and **Kinnikinnick S'moreables®** to bento box.
3. Enjoy Sweet Potato & Bean Burger hot or cold.





## Back To School Vanilla Wafers

Prep time  
**15 mins**

Cook time  
**0 mins**

Total time  
**45 mins**

### Ingredients

#### Royal Icing

3 egg whites (99 g)  
3¼ cups icing sugar (325 g)

#### Wafers

1 package **Kinnikinnick Vanilla Wafers** (180 g)  
food colouring - variety of colours  
Optional: piping bags for easier decorating

### Directions

#### Royal Icing

1. In a medium bowl, whip egg whites to soft peak.
2. Slowly add icing sugar 1 cup at a time until desired thickness.
3. Add food colouring if desired.

#### Assembly

1. Lightly brush the surface of each **Kinnikinnick Vanilla Wafer** with a pastry brush to remove crumbs. Set aside.
2. Colour royal icing with your favourite colours.
3. Fill piping bags with prepared royal icing.
4. Pipe motivational sayings on **Kinnikinnick Vanilla Wafers** using a variety of Royal Icing Colours.
5. Here are a few ideas: Good Job, Way 2 Go, Love U, Rock Star or a heart or smile face design.
6. Allow piping to dry for 30 minutes.
7. Use your imagination, the possibilities are endless.
8. Back to School Vanilla Wafers can be stored in an airtight container on the counter for 1 month.

...continued





## Directions

### Designs

1. Pipe motivational sayings on **Kinnikinnick Vanilla Wafers** using a variety of Royal Icing Colours.
2. Here are a few ideas: Good Job, Way 2 Go, Love U, Rock Star or a heart or smile face design.
3. Allow piping to dry for 30 minutes.
4. Use your imagination, the possibilities are endless.
5. Back to School **Vanilla Wafers** can be stored in an airtight container on the counter for 1 month.

**Yields 40 cookies**

### Tips & Variations

- Thicker icing stands up better for detail work.
- Thinner icing works well if you want to dip cookies first. Place thin icing in a bowl and dip tops of cookies.



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