



RECIPE: STRAWBERRY CHIA FRUIT LEATHER

Directions

1. Preheat the oven to 200 degrees F. Line a baking sheet with parchment paper.
2. Wash and dry the strawberries. Remove the stems and roughly chop. Place into a blender and puree until smooth. Add the chia seeds and pulse to combine.
3. Pour the mixture onto the mat and use a spatula to spread evenly to about 1/4-inch thick. Make sure that the mixture does not get thinner at the edges since they will cook faster than the interior. You may need to work in batches depending on the size of your baking sheet.
4. Bake for 3-4 hours or until the mixture has dried completely. (Check it starting at 3 hours.) When done, cut with scissors into strips and store in a zip top plastic bag or an airtight container.
5. Store up to 1 month.

Ingredients

- 5 cup – strawberries
- 2 tablespoon – chia seeds



Recipe from SuperhealthyKids.com



RECIPE: FRUITY NUT N' HONEY ENERGY BITES

Directions

1. Soak dried cherries in hot water for 10 minutes. Drain and add to a food processor. Add vanilla and pulse until a paste forms (about 1 minute).
2. Add 1.5 cups of the Honey Nut Cheerios to the food processor and pulse again until the Cheerios are fairly crushed and well mixed in.
3. In a medium bowl, combine cherry mixture, pepitas (pumpkin seeds), almond butter, honey, and the remaining 1/2 cup of whole Cheerios. Mix well.
4. Form into small balls, pressing tightly together with palms. If they are not quite sticking together, add just a tiny bit more almond butter.
5. Store in an air tight container in the fridge for grab-and-go snacking!

Makes about 18 energy bites.

Ingredients

- 1 cup – cherries, dried
- 1 teaspoon – vanilla extract
- 2 cup – cereal (Honey Nut Cheerios)
- 1/3 cup – pumpkin seed kernels
- 1/2 cup – almond butter
- 1 teaspoon – honey



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