

NUTRITIOUS SNACK RECIPES

- Ice Cream:

Peel a number of very ripe bananas. Break into one-inch pieces and freeze in a closed plastic bag until very hard. Just before serving, run through a juicer, or blend in blender with a small amount of liquid (water or juice). Serve immediately. Add carob powder or berries to blender for different flavors or top with fruit and nuts.

- Pie Crust:

2 cups whole wheat flour (or 1 ¾ cups brown rice)
1 tsp. Salt
¾ cup oil and butter (1/2 and 1/2)

Blend flour and salt. With pastry fork, cut in oil and butter. Sprinkle with 5 to 6 tbsp. Cold water, mixing between each tbsp. Roll out into crust

- Apple Pie:

Slice enough apples to mound in bottom pie crust. Sprinkle with 2 Tbs whole wheat flour and 1 tbsp cinnamin, mixing gently. Squeeze juice of 1 lemon on top. Drizzle with honey so that apples are about ½ covered. Cover with top crust and bake at 425 degrees, for 40-50 minutes.

- Fresh Strawberry Pie:

Filling: 2 pints strawberries
1 ½ cup apple juice
2 tbs arrowroot powder
1/8 cup honey

Bake bottom pie crust at 425 degrees for 15 minutes or until golden brown. Wash and hull berries. Heat 1 ¼ cups juice in a saucepan. Mix arrowroot with reserved juice and add to boiling juice. Cook over medium heat until thick and clear. Remove from heat and stir in honey and 1 cup sliced strawberries. Cover and let "set" at room temperature until cool. Fill pie crust (cooled) with remaining berries and pour sauce over them. Return to freezer for a few moments.

- Ants on a Log:

Spread almond or peanut butter into celery sticks. Dot with raisins (the ants).

- "Candy"

1 cup natural almond butter or peanut butter
½ cup carob powder
½ cup mashed banana
2 tsp vanilla

Mix together, shape into balls, and roll in cinnamon. If desired, press a walnut half on top. Store in the refrigerator. Variation: Mix peanut and almond butter and granola and refrigerate.

• Healthy Recipe Substitutions:

Instead of...	Try:
Cupcakes grain	Essene bread or make cupcakes using whole Flour and honey or molasses as sweetener
Ice cream	Fruit smoothies Frozen blueberries Frozen bananas, blended, may add berries or
carob	Frozen yogurt on occasion
Soda Pop	Fresh juice diluted at least ½ with mineral water Mineral water Herb tea—kids especially like rose hips, lemon
grass,	and hibiscus (eg Pelican Punch)
Kool Aid	Tea (pelican punch) mixed with apple cider
Jello	Mix 1 tbs Agar Agar with 3 1/2 cups fruit juice and
fruit	Simmer 15 minutes, pour into mold with fresh Berries, and refridgerate
BBQ potato chips	Hain's BBQ rice crackers
Popcicles	Frozen juice popcicles Blend a banana, milk (rice,soy, or cow), and
carob	Powder, and freeze
Candy	Dried fruit and nuts Health candy (see recipe) Pitted dates stuffed with peanut butter, almond
butter,	Or an almond
Cookies	Convert your favorite recipe using natural sweetener, Whole wheat flour . Natural animal crackers
Pie Cook-	See recipes. The Great American Vegetarian Book by Marilyn Diamond has really good pies
Cake	Cut a watermelon in the shape of cake layers. Use

and
on.

Sliced bananas for filling between the two layers
Toothpick various fruits or berries, and flowers
Great for summer birthdays!