

# DO HOLIDAYS WELL!

RECIPES TO BRING YOUR FAMILY CLOSER

## Fruit Snacks

Fruits are a great snack IF they are consumed in moderation. Their high sugar content still does not count as carbs. To keep cut fruits such as peaches, bananas, apples or pears from darkening, coat with lemon, orange or pineapple juice. Whichever fruit you like, it is a fabulous snack. Ways fruit is versatile:

- Eat fruits whole when you are on the move
- Bake an apple or poach a pear
- Fry a banana in butter spray
- Slice fruit and top with a low-calorie dressing of yogurt and cinnamon



Children love to eat Gummy Fruit Snacks but bought ones are so high in sugar with no real fruit content. They can be made at home and be healthy.

- 2 cups 100% fruit juice (grape, apple, pomegranate, etc.)
- 2 tablespoons gelatin powder (2 envelopes)
- 4 tablespoons honey
- Some people put whole frozen fruits and blend in a blender



Mix all ingredients in a small saucepan, stirring, heat on medium-low until gelatin is dissolved. Pour into candy molds or an 8"X 8" glass dish. Place in refrigerator to set after about 2 hours. Loosen from molds with sharp knife at the edges or using small cookie cutters, cut shapes from congealed in 8"X 8" dish. This can also be cut into small squares. Store them in the refrigerator to keep firm.

Adapted from [modernhoney.com](http://modernhoney.com)