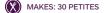
PERFECT PORTION BLISS BARS

Customized, perfectly portioned bliss bars are ideal for lunch boxes, quick bites, and desserts.







INGREDIENTS

2–3 tbsp Tutti Fruity Whole Food Topper or Cocoa Crunch Whole Food Topper

34 cup dried cranberries

34 cup raisins

1 cup natural peanut butter or nut-free butter

1 cup unsweetened, shredded coconut ½ cup pepitas or sunflower seeds 1 tbsp Summer Berry Sweet Dip Mix 1 tsp Apple Pie Spice

- Divide whole food topper into wells in Perfect Petites.
- Place cranberries, raisins, peanut butter, shredded coconut, pepitas, sweet dip mix, and apple pie spice into a food processor; blend at high speed until mixture easily sticks together.
- 3. Divide by tablespoon into Perfect Petites; press to flatten. Freeze for 10 min until solid; twist pan to pop out.
- 4. Store in the refrigerator up to 2 weeks.

NUTRITIONAL INFORMATION

Per Serving (1 bar): Calories 100, Fat 7 g (Saturated 2.5 g, Trans 0 g), Cholesterol 0 mg, Sodium 40 mg, Carbohydrate 8 g (Fiber 1 g, Sugars 6 g), Protein 3 g.

TRY THESE FUN IDEAS

Dry fruit: medjool dates, apricots, raisins, goji berries

Nut butter: almond, peanut

Nut-free butter: tahini, sunflower, pumpkin, pea, soy nut

Seeds: pumpkin, sunflower, flax

Epicure whole food sprinkle: Cocoa Crunch, Tutti Fruity

FYI Make a double batch, and then wrap individually and freeze up to 3 months. Tuck into work or school lunches. NOV 2020

FPICURE