

PERFECT PORTION BLISS BARS

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

 TOTAL TIME: 40 MIN  MAKES: 30 PETITES  COST PER SERVING: \$0.26 CA | \$0.23 US

INGREDIENTS

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

¾ cup dried cranberries

¾ 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

1. Divide whole food topper into wells in **Perfect Petites**.
2. 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

E P I C U R E

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

NOV 2020

