

Cranberry Cereal Bar



Yield: 1 Serving

Ingredients:

- 2 Tbsp. (10g) rolled oats
- 2 tsp. (10g) Ocean Spray SDC soft & moist
- 5 tsp. (8g) pretzel pieces
- 5 tsp. (8g) almond slices
- 5 tsp. (8g) peanuts, roasted (salted)
- 5 tsp. (6g) pumpkin seeds (pepitas)
- Pinch sea salt
- 1 tsp. (2g) Ocean Spray Cranberry Seeds
- 1 Tbsp. (24g) rice syrup
- 1.5 tsp. (10g) agave syrup
- 3 tsp. (7g) honey almond butter

Method of Preparation:

1. Mix all dry ingredients
2. Heat rice syrup and agave to 250°F, add to ingredients with almond butter
3. Mix with a utensil until well combined
4. Roll out the mixture and shape into square (1in thick)
5. Let cool in fridge or room temperature before enjoying



Cashews coated with seeds Cranberry Seeds, Sesame



Yield: 100g

Ingredients:

- 2.25 oz. (64g) cashew kernels
- 2 tsp. (10g) water
- 1 Tbsp. (15g) sugar
- 1 tsp. (2g) Ocean Spray Professional Cranberry Seeds
- 1 tsp. (4g) black & white sesame seeds
- 1 tsp. (4g) vegetable oil
- to taste (~1g) sea salt

• Method of Preparation:

1. Roast Cashews with oil and salt.
2. Heat sugar and water to 250°F (120°C) and add sesame and Cranberry seeds.
3. Mix the cashews in the liquid sugar.
4. Spread the coated Cashews on a baking paper and let them cool.
5. Pack and seal.



Fruit Jerky - Smoothie Strips Apple-Cranberry Seeds



Yield: 100g

Ingredients:

- 0.75 oz. (20g) Cranberry puree single strength
- 1 Tbsp. (18g) Agave Syrup
- ¼ cup (59.75g) Apple Puree
- 1/8 tsp. (0.25g) Cinnamon powder
- 1 tsp. (2g) Ocean Spray Professional Cranberry Seeds

• Method of Preparation:

1. Mix all ingredients into a homogeneous mass
2. Spread the fruit puree about 0.8-1.0 cm on baking paper and smooth out.
3. Dry at 175°F (80°C) top / bottom heat for 3-4 hours. Let the mixture cool down.
4. Cut the fruit plate lengthways into strips about 3 cm wide using scissors.
5. Roll up the strip with the smooth side up.



Fruit Dark Triangles with Cranberry Seeds



Yield: 1 serving (4 triangles)

Ingredients:

- ¼ cup (30 g) Almond Flour (unblanched)
- 2 Tbsp. (25 g) Raisin paste
- 1 Tbsp. (20 g) Prune puree
- 1 Tbsp. (6 g) Roasted Pecans (medium pieces)
- 1 Tbsp. (6 g) Dried Cherries
- 1 Tbsp. (2 g) Puffed Amaranth
- 1 ½ tsp. (2 g) Cocoa powder
- ½ tsp. (2 g) Poppy seeds
- 1 tsp. (5 g) Coconut oil
- 1 tsp. (2 g) Cranberry Seeds

Method of Preparation:

1. Mix the almond flour, raisin paste, prune puree, cocoa and coconut oil in a blender to a homogenous mass.
2. Add in roasted pecans, dried cherries, and amaranth.
3. Roll out the homogeneous mass on a baking paper and top with a mix of poppy and cranberry seeds.
4. Cut into triangles and cool in the refrigerator until ready to serve.

