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

- 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

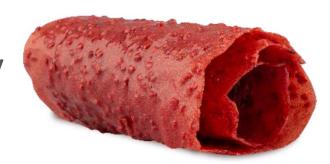
to taste (~1g) sea salt

- 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

• 1/4 cup (59.75g) Apple Puree

• 1/8 tsp. (0.25g) Cinnamon powder

1 tsp. (2g) Ocean Spray Professional Cranberry Seeds

- 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

- 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.



