

Granola Crunchies

- » 2 cups (470 ml) granola
- » ½ cup (120 ml) peanut butter
- » 2 tablespoons honey
- » 1½ teaspoon vanilla
- » Pinch of salt
- » 1 cup (240 ml) finely shredded coconut or 1 cup (240 ml) finely chopped nuts

1. *Mix all ingredients together with hands, except coconut or nuts, until well mixed. Form into balls, dipping hands in water, if necessary. Roll in coconut or nuts and freeze.*

Makes 2 dozen crunchies.

Fruity Ice Cream

- » 16 ounce (448 g) frozen fruit
- » ⅔ cup (150 ml) honey
- » ⅓ cup (75 ml) old-fashioned oats
- » 1½ teaspoons vanilla
- » 1 pint (470 ml) whipping cream

1. *Blend all ingredients in food processor or blender adding whipping cream or half & half until creamy.*

Flavorful Variations

- * May use fresh fruit and ice cubes instead of frozen fruit. This dessert is quick and easy. It can be prepared in less than 5 minutes and served right away for an after-dinner or after-school treat.