

Fruit & Nut Mix and Raisin Recipes

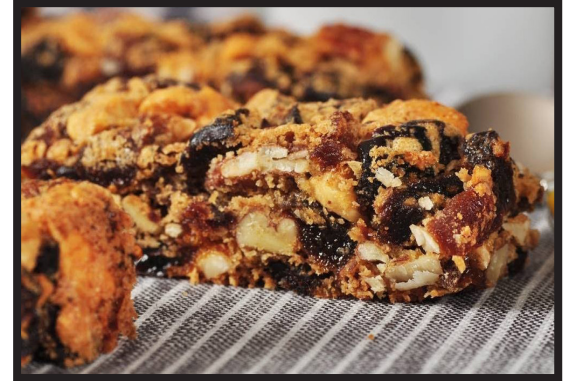
Easy Fruit & Nut Bars

Ingredients:

- 3 cups fruit & nut mix
- ½ cup raisins
- ½ cup mini chocolate chips or chunks
- ½ cup all purpose flour
- ⅛ teaspoon baking soda
- ¼ teaspoon salt
- ⅓ cup firmly packed light brown sugar
- 1 large egg
- ½ teaspoon pure vanilla extract

Directions:

Preheat oven to 325 degrees and place the rack in the center of the oven. Have ready an 8-inch square baking pan that has been lined across the bottom and up the two opposite sides with foil. In a large bowl, combine the dried fruit, nuts, raisins, and chocolate chips. Then add the flour, baking soda, salt, and brown sugar and stir until all the dried fruit and nuts are completely coated with the flour mixture. In a separate bowl, beat (with a wire whisk or hand mixer) the egg and vanilla until lightly colored and thick (this will take several minutes). Add the egg mixture to the fruit and nut mixture; Mix until all the dried fruit and nut pieces are completely coated with the batter. Evenly spread into your prepared pan, pressing to compact the batter. Bake for about 35 to 40 minutes, or until the batter is golden brown and is just starting to pull away from the sides of the pan. Remove from oven and place on a wire rack to cool. Then lift the bars from the pan using the edges of the foil. Use a sharp knife to cut into squares or bars. Can be stored for about 10 days at room temperature or longer if refrigerated.



Ingredients:

- 4 cups broccoli, fresh, cut into bite-size pieces
- 1 cup raisins
- 1 cup dried fruit & nut mix (optional)
- 1 small red onion, diced
- 1 clove garlic, minced (optional)
- ⅓ cup mayonnaise
- 1 tbsp white vinegar
- 2 tsp sugar (honey or maple syrup are great, too)
- ¼ tsp salt
- black pepper, as desired

Directions:

In a large mixing bowl, whisk together the mayonnaise, vinegar, sugar, salt, and pepper. Add the broccoli, raisins, red onion, and garlic. Toss until evenly coated. Refrigerate for a couple of hours or overnight. Enjoy!

Broccoli-Raisin Salad

Ingredients:

- 2 ½ cups raisins
- 2 medium ripe pears, peeled and cut into 1-inch pieces
- ½ tsp cinnamon
- ½ cup water

Directions:

Boil all ingredients together in a large pot. Reduce the heat, cover, and simmer for 20 minutes. The pears should be very tender and the raisins should be plump and soft. Remove from heat and cool completely. If a smooth texture is desired, place in a blender or food processor. Blend until smooth. Pour into an air-tight container or jar. Store in the refrigerator for up to 3 weeks.

Cinnamon-Raisin Jam

