

## Delicious, Easy-To-Make School Snacks

(NAPSA)—Healthy snacks that taste delicious and are easy to make get high grades from both parents and kids.

Providing apple juice and apple sauce lets parents help their children get two out of the five daily servings of fruits and vegetables. Either a six-ounce serving of 100 percent apple juice or a four-ounce serving of apple sauce equals one fruit serving, according to the USDA.

Here are three snacks that rate an "A"...for apple.

### APPLE GELATIN SQUARES

Always a favorite with kids, these cinnamon-flavored gelatin squares make great snackin' anytime.

#### Ingredients

- 1 cup MOTT'S Regular or Cinnamon Apple Sauce
- 2 tablespoons cinnamon red-hot candies
- 1 pkg. (4-serving size) lemon flavor sugar free gelatin
- 1 pkg. unflavored gelatin
- 1 teaspoon lemon juice
- 1 cup cold water

#### Directions

Spray 9-inch pan with non-stick cooking spray.

In medium saucepan, heat apple sauce and candies over low heat until candies dissolve.

Stir in gelatins. Add cold water and lemon juice.

Pour into prepared pan. Refrigerate until firm. Cut into 32 squares.

Yields: 32 squares.

### APPLEBERRY JIVE

A smooth refreshing treat

#### Ingredients

- 6 oz. MOTT'S Apple Juice
- 2 scoops vanilla ice cream
- 2 oz. IQF Raspberries, thawed
- ½ cup ice

#### Directions

Combine all ingredients in a blender until smooth and pour into a 16-oz. glass. Garnish with an apple slice.

Yields: 1 drink

### GRANOLA APPLE COOKIES

Store these wholesome cook-



ies in an airtight container to retain their soft, chewy texture.

#### Ingredients

- 1 cup firmly packed brown sugar
- ¾ cup margarine or butter
- 1½ cups all-purpose flour
- 1 teaspoon baking powder
- 1 egg
- ¾ cup MOTT'S Natural Apple Sauce
- 1 teaspoon vanilla
- 3 cups granola with dates and raisins
- 1 cup coconut
- ½ teaspoon baking soda
- 1 teaspoon cinnamon
- ½ teaspoon allspice
- ½ teaspoon salt
- 1 cup unsalted sunflower nuts

#### Directions

In a large bowl, combine brown sugar, margarine, egg, apple sauce and vanilla; beat well. Stir in remaining ingredients; mix well. Refrigerate 1 to 2 hours for ease of handling.

Heat oven to 375°F. Grease cookie sheets. Drop dough by teaspoonfuls 2 inches apart onto prepared cookie sheets. Bake at 375°F for 11 to 13 minutes, or until edges are light golden brown. Immediately remove from cookie sheets.

Yields: 5 dozen

Visit [www.motts.com](http://www.motts.com) for more information and recipes, or call toll free 1-800-426-4891.