

# Healthy Homemade Snacks

REAL FRUIT & VEG STRIPS    HOMEMADE CHEWY GUMMIES  
EASY DAIRY-FREE CHOCOLATE PUDDING

## Real Fruit & Veg Strips

1. Blend together 4 cups fruit, 2 carrots cut into 2" pieces, and 1 ripe banana. Add water as need to blend.
2. Line the trays from your dehydrator (or a baking sheet for the oven) with parchment paper. Spread the blended fruit/veg mixture onto the parchment paper in a thin, even layer. (You want it to be thin without being able to see through the mixture and without any holes or gaps).
3. Follow the directions on your dehydrator and dry out the mixture until it is completely dry and no longer tacky.
4. Cut into strips and store in a container until ready to eat.

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## Homemade Chewy Gummies

1. Blend together fruit of choice until so you have 1 cup of puree.
2. Pour 1 cup of pureed fruit into a small pot and heat over medium heat until warm to the touch. Stir in 1/3 cup of honey. Slowly sprinkle 4 tablespoons of unflavored gelatin across the top of the warm fruit mixture whisking the whole time. (You want to avoid clumps of the gelatin).
3. Remove the fruit mixture from the heat and let cool slightly before transferring the mixture into molds. (A medicine dropper works well for smaller molds).
4. Refrigerate the molds for about 12 hours, or overnight, then remove the gummies from the molds. Let the gummies continue to dry out slightly in the refrigerator for a day or two for chewy gummies.

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## Easy Dairy-Free Chocolate Pudding

1. Pour 1 13.5oz can of coconut milk in a small pot and heat over medium heat until the milk is warm to the touch. Stir in 1/4 cup of honey, 1/4 cup of decaf coffee, and 1/2 tsp sea salt. Add 1/2 cup dark chocolate morsels (you can use semi-sweet if you prefer) and stir until the chocolate is melted and completely incorporated. Slowly sprinkle 1 1/2 tablespoons of unflavored gelatin across the top of the pudding mixture, whisking the whole time.
2. Pour the pudding mixture into small jars.
3. Refrigerate for 3-4 hours until set.