

25 Easy Fruit Snack Recipes

Simple & Easy Cooking That Anyone Can Do!

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Smashwords Edition

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Abbreviations

oz = ounce

fl oz = fluid ounce

tsp = teaspoon

tbsp = tablespoon

ml = milliliter

c = cup

pt = pint

qt = quart

gal = gallon

L = liter

Conversions

$\frac{1}{2}$ fl oz = 3 tsp = 1 tbsp = 15 ml

1 fl oz = 2 tbsp = $\frac{1}{8}$ c = 30 ml

2 fl oz = 4 tbsp = $\frac{1}{4}$ c = 60 ml

4 fl oz = 8 tbsp = $\frac{1}{2}$ c = 118 ml

8 fl oz = 16 tbsp = 1 c = 236 ml

16 fl oz = 1 pt = $\frac{1}{2}$ qt = 2 c = 473 ml

128 fl oz = 8 pt = 4 qt = 1 gal = 3.78 L

Fruit and Granola Parfait

Serves: 1

What you need:

1 cup vanilla yogurt

1/4 cup strawberries, sliced

1/4 cup blueberries

1/4 cup granola

1 tbsp (3 tsp) honey

What to do:

1. Place the following layers in a large sized glass or plastic cup: 1/2 cup yogurt, drizzle of honey (1 tsp), 1/8 cup blueberries, 1/8 cup granola, 1/8 cup strawberries.
2. Repeat the layers starting with yogurt.
3. Drizzle the rest of the honey on top of the parfait after you are finished layering.
4. Serve immediately or cover and refrigerate.

Honeycrisp Apple Sandwich

Serves: 1-2

What you need:

- 1 honeycrisp apple
- 2 tbsp peanut butter
- A drizzle of honey

What to do:

1. Core the apple.
2. Slice the apple into ½ inch slices.
3. Put peanut butter onto each slice of apple.
4. Add honey and top with another slice of apple.

Nutella Strawberries

Serves: 2-4

What you need:

1 pint strawberries

1/2 cup Nutella

What to do:

1. Remove stems from strawberries and remove as much of the inside of the strawberry as you can with a spoon.
2. Spoon Nutella into the hole you have just created in the strawberry.
3. Serve immediately or place in a covered container and refrigerate.

Almond Butter Banana

Serves: 1

What you need:

- 1 large banana
- 2 tbsp almond butter
- 2 tbsp crushed walnuts
- A few raisins

What to do:

1. Cut the banana in half lengthwise.
2. Spread the almond butter on the flat part of each banana half.
3. Sprinkle the crushed walnuts and raisins on each half.

Rainbow Fruit Kabobs

Serves: 8-10

What you need:

- 1 lb red grapes
- 1 pint blueberries
- 1 lb green grapes
- 1 20 oz can pineapple chunks
- 1 cantaloupe
- 1 pint strawberries

What to do:

1. Cut cantaloupe into cubes.
2. Stem and half the strawberries.
3. Place fruit on a skewer in the following order: Strawberry, cantaloupe, pineapple, green grape, 2-3 blueberries, red grape.
4. Repeat on different skewers until all fruit is used.

Chocolate Banana Sandwiches

Serves: 1-3

What you need:

1 large banana

1/4 cup peanut butter

1/4 cup chocolate chips, melted

What to do:

1. Peel and slice banana into 1/2 inch rounds.
2. Spread a spoonful of peanut butter on one banana round and place another round on top of peanut butter.
3. Drizzle chocolate over banana sandwiches.
4. Cover and place in refrigerator for 10-15 minutes before serving.

Fruit Salad

Serves: 6-8

What you need:

- 1 5-oz package instant vanilla pudding mix
- 1 20-oz can pineapple tidbits with juice
- 1 pint fresh strawberries, quartered
- 1 cup fresh blueberries
- 3 bananas, sliced

What to do:

1. In a large bowl, combine the pudding mix and canned pineapple (with juice). Stir it together until the pudding mixture has dissolved and everything is mixed well.
2. Fold in the strawberries and blueberries.
3. Refrigerate for 1 hour.
4. Fold in sliced bananas just before serving.

Banana Roll-Ups

Serves: 4

What you need:

1/4 cup almond butter

2 tbsp chocolate chips

2 tbsp milk

1 8-inch flour tortilla

1 large banana

What to do:

1. Mix almond butter, chocolate chips, and milk in a microwave safe bowl.
2. Microwave for 1 minute then stir well to be sure it's all mixed together and the chocolate chips are all the way melted.
3. Spread this mixture on the tortilla.
4. Peel the banana and place it on one side of the tortilla.
5. Roll the banana in the tortilla tightly.
6. Cut into 8 slices.

Strawberry Applesauce

Serves: 8-10

What you need:

4 cups apples, peeled and chopped

2 cups fresh or frozen strawberries

1/4 - 1/2 cup water (depending on what consistency you prefer)

1/4 cup sugar

1/2 tsp ground cinnamon

What to do:

1. Combine all the ingredients in a large saucepan and bring to a boil.
2. Reduce heat and let it simmer for 10 minutes. Fruit should be super soft.
3. Remove from heat and let cool for 10 minutes.
4. Pour ingredients into a blender and blend until smooth.
5. Store in jars and refrigerate.

Dried Apples

Serves: 2-4

What you need:

3 and 1/2 pints water

1 tsp salt

4 apples

What to do:

1. Pour water into a large bowl and add salt.
2. Core each apple.
3. Slice the apples into rings by cutting across the cored center.
4. Immediately add apple rings to water to keep them from turning brown.
5. After all apples are sliced into rings, remove from water and pat dry.
6. Arrange apples onto a large baking sheet in a single layer. You may need to use more than one baking sheet.
7. Bake apples at 120 degrees F for one hour then increase oven heat to 140 degrees F and bake for another 3 to 6 hours. Check them occasionally and take them out when they are dry.
8. Leave the oven door cracked to prevent condensation buildup.

Fruit Pops

Serves: 6

What you need:

4 cups watermelon, cubed

1/2 cup blueberries

1/2 cup green grapes, halved

1/2 cup strawberries, quartered

2 kiwis, peeled and sliced

What to do:

1. Place watermelon in a blender and blend until liquefied and smooth.
2. Fill a popsicle form 3/4 of the way with blueberries, grapes, strawberries and kiwi.
3. Pour watermelon juice to the fill line of the popsicle form and insert the popsicle stick.
4. Place on a flat surface in the freezer.
5. Freeze for about 2 or 3 hours until frozen solid.

Banana Chips

Serves: 3-5

What you need:

2-3 large bananas

1 3/4 cup water

1/2 lemon

1 1/2 tbsp honey

What to do:

1. Preheat oven to 175 degrees F.
2. Thinly slice the bananas and place them in a single layer on a baking sheet. Make sure the bananas are not touching.
3. Bring water to a boil and add honey and juice from the lemon.
4. Remove from heat and brush honey-lemon-water onto the bananas.
5. Bake for 1-2 hours.
6. Let the bananas cool for 30 minutes. They will harden as they cool.

Apple Nachos

Serves: 2-4

What you need:

2 large Granny Smith Apples

1/4 cup almond butter

1/3 cup chocolate chips, melted

1/3 cup shredded coconut

1/4 cup crushed pecans

What to do:

1. Slice apples and place on large plate.
2. Drizzle almond butter and chocolate chips over apples. You may need to microwave the almond butter for a few seconds. You could also put the almond butter and melted chocolate in their own zip lock bags, snip a tiny hole in one of the bottom corners of the bag, and drizzle on easily.
3. Sprinkle coconut and pecans onto apples.

Apple Pie Bites

Serves: 3-6

What you need:

- 1 package crescent rolls
- 1-2 apples, sliced
- 1/2 cup cinnamon and sugar
- 1/4 cup butter, melted

What to do:

1. Preheat oven to 350 degrees F.
2. Open package of crescent rolls and unwrap and lay out each roll.
3. Brush each roll with butter.
4. Sprinkle each roll with cinnamon and sugar.
5. Place an apple slice on one end of a crescent roll and roll up. Repeat until all rolls are used.
6. Brush any additional butter on top of the rolls.
7. Sprinkle any additional cinnamon and sugar on top of the rolls.
8. Bake for 11-13 minutes at 350 degrees F.

Rice Krispy Banana

Serves: 1

What you need:

1 large banana

2 tbsp peanut or almond butter

1/4 cup rice krispies

What to do:

1. Peel banana and spread peanut or almond butter all over it. This is messy.
2. Pour rice krispies in a bowl and roll the covered banana in the krispies.
3. Slice into 1 inch rounds.

Broiled Grapefruit

Serves: 1

What you need:

1 grapefruit

1 tbsp honey

Ground cinnamon

What to do:

1. Position oven rack to the top and turn on the broiler.
2. Cut the grapefruit in half and using a small serrated knife, loosen the grapefruit sections from the outer skin. Cut between the sections too.
3. Place the halves on a baking sheet, cut side up.
4. Drizzle the honey on the grapefruit then sprinkle with cinnamon. (I may or may not sometimes put a little bit of brown sugar too.)
5. Place under the broiler for about 5 minutes, or until the halves are bubbly and slightly browned.

Fruit Salad with Lime-Honey Dressing

Serves: 8-10

What you need:

1 pint strawberries, sliced

1 pint blueberries

1 lb green grapes

1/4 cup honey

juice from 2 limes

What to do:

1. Combine strawberries, blueberries and grapes in a large bowl and set aside.
2. Whisk together honey and lime juice in a small bowl and pour over fruit.
3. Cover and refrigerate until ready to serve.

Dried Strawberries

Serves: 4-6

What you need:

2 pints fresh strawberries

1/2 tbsp fresh lemon juice

What to do:

1. Preheat your oven to 175 degrees F.
2. Make sure your strawberries are THOROUGHLY dried after washing.
3. Cut the stems off the strawberries and slice them into 3 slices, lengthwise.
4. Place strawberries into a bowl and toss with them lemon juice.
5. Line a baking sheet (or two baking sheets if you need two) with parchment paper.
6. Line the strawberries on a baking sheet in a single layer, not touching. You may need to use more than one sheet.
7. Place the baking sheet(s) in the oven. The total cooking time will be about 4 hours but check the strawberries every hour. Leave the oven cracked open on the 2nd and 4th hours.
8. After 2 hours, turn the strawberries over and continue cooking.
9. Let cool and place in an airtight container for storage if not eating immediately.

Pistachio Fruit Salad

Serves: 8-10

What you need:

- 1 4-oz pistachio instant pudding mix
- 1 20-oz can crushed pineapple
- 1 cup mini marshmallows
- 1/2 cup chopped pistachios
- 1 8-oz container cool whip

What to do:

1. Combine pudding mix and pineapple with juice. Stir until pudding mix is well dissolved.
2. Stir in marshmallows and chopped pistachios.
3. Stir in cool whip.
4. Cover and refrigerate until ready to serve.

Peanut Butter Fruit Dip

Serves: 4-6

What you need:

1/2 cup creamy peanut butter

8 oz vanilla yogurt

1/8 tsp ground cinnamon

1/2 cup whipped cream, thawed

What to do:

1. Mix peanut butter, yogurt and cinnamon in a mixing bowl.
2. Fold in whipped cream.
3. Cover and refrigerate until ready to serve.

Fruit Gummies

Serves: 1

What you need:

2/3 cup lemon juice

2/3 cup frozen or fresh berries

2 tbsp honey

5 tbsp gelatin

What to do:

1. Pour lemon juice and berries into a small saucepan and heat over medium heat. Stir occasionally until berries become tender and soft.
2. Add honey and stir until completely mixed in.
3. Puree mixture in a blender or with an immersion blender.
4. Let the mixture sit off the heat for 10 minutes.
5. Whisk in gelatin, one tbsp at a time.
6. Pour the mixture into a square glass dish and refrigerate until set, probably about an hour.
7. Cut into small squares or use cut-out shapes if you have any!

Strawberry Pops

Serves: 12

What you need:

1/2 cup vanilla yogurt

1 tbsp honey

12 strawberries, stems removed

12 cake pop sticks

Sprinkles

What to do:

1. Combine yogurt and honey in a bowl.
2. Insert cake pop sticks into the top part of the strawberry. Don't pierce all the way through.
3. Cover the strawberry with the yogurt-honey mixture. You can use a spoon or butter knife. I have just dipped the strawberries into the bowl before but it can get messy.
4. Put the sprinkles on and place the strawberry pops on a baking sheet covered with parchment paper.
5. Place baking sheet in the freezer for an hour or two or until yogurt is frozen.
6. When they are good and frozen, remove the pops from the wax paper and serve.

Apple Bites

Serves: 2-4

What you need:

2 apples

1/4 cup peanut butter

1/4 cup granola

1/4 teaspoon ground cinnamon

1/4 cup semisweet chocolate chips, melted

What to do:

1. Core apples and slice into wedges.
2. Coat apples with peanut butter and sprinkle on granola and cinnamon.
3. Drizzle melted chocolate over apples and serve.

Pineapple Pancake Rings

Serves: 6-8

What you need:

12 pineapple rings (fresh or canned)

1 cup bisquick

1 egg

1/2 cup milk

What to do:

1. Heat a skillet over medium heat.
2. Beat bisquick, egg, and milk in a large bowl until blended well.
3. Dip pineapple rings into batter one at a time and place in hot skillet.
4. Cook until each side is golden brown.
5. Serve immediately. You can serve with fruit dip, syrup, or plain.

Individual Fruit Pizzas

Serves: 10

What you need:

10 sugar cookies (store bought or homemade)

4 oz cream cheese

4 oz whipped cream, thawed

1 cup powdered sugar

5 strawberries, sliced

1 cup blueberries

3 kiwis, peeled and sliced

What to do:

1. In a microwave safe bowl, microwave cream cheese for 30 seconds. If it isn't super soft, microwave for a few more seconds.
2. Add whipped cream to softened cream cheese and mix with an electric mixer until smoothed together.
3. Mix in powdered sugar.
4. Spread cream cheese mixture onto cookies.
5. Place fruit on cookies. I usually put the blueberries on the edge in a circle then put a slice of strawberry and kiwi in the middle.

What was your favorite recipe?

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