

## VERY MERRY FRUIT SALAD

(Serves 8-10)

*This very merry salad is a healthy and colorful way to brighten up any holiday table!*

### INGREDIENTS

#### Salad:

- 1 cup Sun-Maid Mixed Jumbo Raisins
- 1 cup Sun-Maid Cape Cod Cranberries
- 1 unpeeled red apple, sliced
- 1 unpeeled green apple, sliced
- 2 kiwis, peeled and sliced
- 2 tablespoons orange juice (fresh squeezed or purchased)

#### Dressing:

- 4 ounces low fat vanilla yogurt
- ½ pint strawberries, stems removed, sliced in half
- ¼ teaspoon vanilla extract
- 1 tablespoons honey



### LET'S START SALAD MAKING!

1. Combine all salad ingredients in a large salad bowl and toss lightly to combine. Cover with plastic wrap and place in refrigerator.
2. For dressing, place vanilla yogurt, strawberries, and vanilla extract in a blender and puree. Taste and stir in honey for desired sweetness.
3. Add dressing to salad and toss.
4. Refrigerate covered 1-2 hours before serving.

This recipe was developed by Barbara Beery, the "Queen of Kids Cuisine", especially for Sun-Maid Growers of California. You can learn more about cooking with kids at [www.batterupkids.com](http://www.batterupkids.com)



## APPLE RAISIN NOODLE PUDDING

(Serves 8-10)

*This family favorite is a unique pudding for the whole family to enjoy!*

### INGREDIENTS

12 ounce package medium egg noodles, cooked and drained  
3 eggs, beaten  
 $\frac{3}{4}$  cup sugar  
1 cup Sun-Maid Golden Raisins or Natural Raisins  
1- 5 ounce package Sun-Maid Washington Apples  
1 cup applesauce  
1 /4 cup butter, melted (*not margarine*)  
1 teaspoon cinnamon  
 $\frac{1}{2}$  teaspoon cinnamon mixed with  $\frac{1}{4}$  cup honey



### LET'S GET COOKING!

*Preheat oven to 375F*

1. Cook noodles according to package directions. Drain and rinse.
2. In a large mixing bowl combine eggs, sugar, Sun-Maid Golden or Natural Raisins, Sun-Maid Dried Apples, applesauce, melted butter, and cinnamon. Add noodles and toss to blend ingredients.
3. Pour noodle mixture into a casserole dish which has been lightly sprayed with non-stick cooking spray. Drizzle cinnamon/honey mixture on top of noodles.
4. Place casserole in oven and bake 40 minutes or until golden brown.

May be served warm or at room temperature.

*Option: Place noodle mixture into individual custard cups or ramekins and drizzle with cinnamon/honey mixture. Bake at 375F for approximately 20 -25 minutes.*

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## CRISPY SWEET SNOWBALL TREATS

(Makes 24- 2 inch balls)

*A crispy yet sweet holiday treat that will make your family feel like they are having a white Christmas!*

### INGREDIENTS

- 3 Tablespoons butter
- 5 ½ cups miniature marshmallows
- 6 cups crispy rice cereal
- 1 cup Sun-Maid Golden Raisins
- 1 cup white chocolate chips

### LET'S GET COOKING

1. Melt butter in a very large saucepan over low heat. Add marshmallows and stir until completely melted and "gooey". Remove from heat.
2. Stir in cereal, Sun-Maid Golden Raisins, and white chocolate chips.
3. Scoop- out mixture onto a large piece of waxed paper or parchment paper which has been sprayed lightly with non-stick cooking spray and let cool for 10 minutes.
4. Dampen hands with a splash of water then lightly spray hands with non-stick spray. Form 2-3 inch "snowballs" out of cereal mixture and set aside.
5. Wrap each snowball in cellophane or plastic wrap and tie with a colorful ribbon.



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## POCAHONTAS PUMPKIN MUFFINS

(Makes 24 muffins)

*These muffins chock-full of holiday spices and flavors provide a unique way to bring the family around the table for Thanksgiving.*

### INGREDIENTS

1 1/2 cups (1 6 ounce package) **Sun-Maid California Apricots**, chopped  
1 cup walnuts or pecans, chopped  
1/2 cup apple juice  
3 1/2 cup all-purpose flour  
2 teaspoons baking soda  
1/2 teaspoon baking powder  
1 teaspoon salt  
2 teaspoons cinnamon  
1 teaspoon nutmeg  
1 teaspoon allspice  
1/2 teaspoon cloves  
4 eggs  
1- 15 ounce canned solid pack pumpkin  
2 cups granulated sugar  
1 cup packed brown sugar  
2 tablespoons cooking oil



### LET'S GET COOKING!

*Preheat oven to 400°F.*

1. Combine chopped Sun-Maid California Apricots and nuts in a medium bowl and pour in apple juice. Set aside
2. Mix flour, baking soda, baking powder, salt, cinnamon, nutmeg allspice, and cloves in a large bowl and whisk to combine dry ingredients. Add eggs, canned pumpkin, sugars and oil. Stir in Sun-Maid Apricots, nuts and apple juice.
3. Line muffin tins with paper liners and divide the batter evenly between 24 muffin cups. Bake for 20-25 minutes. Remove from oven and cool 10 minutes before serving.

**Serving Suggestion:** These muffins freeze beautifully and thaw quickly. Add a frozen muffin to a school lunch and your child may enjoy a fresh homemade treat later in the day.

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## SUGARPLUM PRETZEL WANDS

(Makes 12)

*Although these wands are fit for any sugarplum fairy, they are also a versatile treat for any holiday. Try red, white and blue colored frosting for 4<sup>th</sup> of July or green and pink for Easter!*

### INGREDIENTS

12 large pretzel rods, ½ inch thick by 8 inches long  
1- 7 ounce bag Sun-Maid Fruit Bits  
1 - 16 ounce can vanilla frosting  
Red and green liquid food dye  
Assorted holiday sprinkles and candy decorations

### LET'S GET ROLLING!

1. Divide frosting in half and place in 2 small bowls. Put several drops of red food dye in one bowl and several drops of green food dye in the other bowl. Stir to blend each color.
2. Combine Sun-Maid Fruit Bits and assorted holiday candy decorations and pour onto a small sheet pan.
3. Coat 1/2 of each pretzel rod with colored frosting and roll coated end into Sun-Maid fruit bits and holiday candy mixture.
4. Place on foil or waxed paper- lined sheet pan and refrigerate for 10 minutes to harden frosting or cover and chill until ready to serve.

Fun gift idea: Tie with a colorful ribbon for a sweet homemade treat!



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## PRANCER'S PARTY MIX

(Makes 10- ½ cup servings)

*A treat that's sure to please gals and guys of any age! Serve in a festive holiday themed bowl or divide into individual bags and give as favors to your little Nutcrackers and Sugarplum Fairies!*

### INGREDIENTS

- 1 cup Sun-Maid Chocolate or Vanilla Yogurt Raisins
- 1 cup Sun-Maid Golden Raisins and Cherries
- 1 cup pumpkin seeds or peanuts
- 1 cup mini pretzels
- 1 cup red and green jelly beans

### LET'S GET MIXING!

1. Combine all ingredients in a large mixing bowl. Toss to blend.



*Serve this Prancer's Party Mix along with your favorite holiday appetizers in clear bowls so that the festive holiday colors in the mix show through, or for something a bit more creative, make individual snack holders out of craft paper (shaping paper into cones) giving everyone their own special holiday treat. A great snack for carolers too!*

*Having a holiday party? Give your party guests something to nibble on later by filling small cellophane bags with this tasty treat. Tie the bags with colorful holiday-themed ribbon to make a great favor. This is also a perfect recipe for kids to make for their friends...or for their favorite teacher or coach.*

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