

**Yummy  
Tummy  
Recipes  
SEASONS**

# **Winter Punches to Nut Crunches**



by Marilyn LaPenta

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# Winter Punches to Nut Crunches

by Marilyn LaPenta

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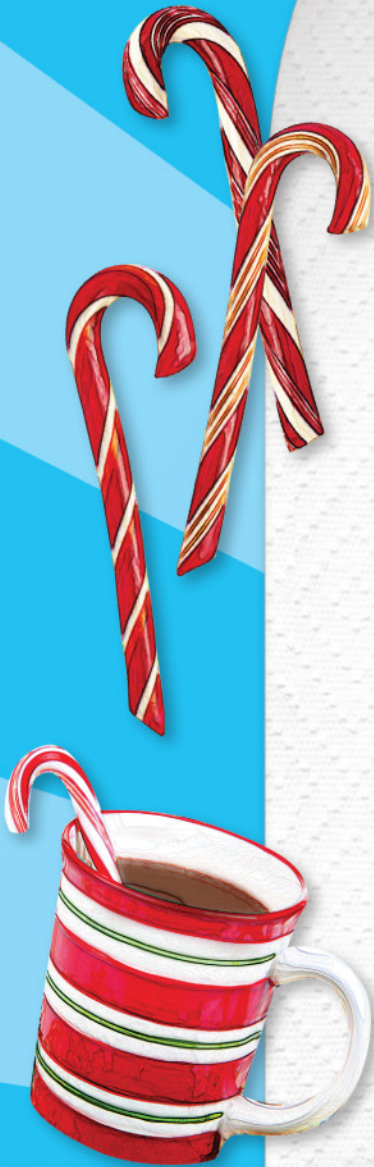


# Making Healthy Winter Snacks

Get ready to make some yummy winter snacks. All the recipes in *Winter Punches to Nut Crunches* make delicious cold-weather treats.

You can eat well throughout the winter by enjoying fresh fruits and vegetables such as cranberries, pumpkins, and squashes. You can find these foods at farmers' markets or nearby farms. If fresh food isn't available, frozen fruits and vegetables are a good substitute.

The great thing about making your own winter drinks, snacks, and soups is that you can choose exactly what goes into each recipe. You'll also avoid many of the **preservatives** found in **pre-made** foods that are not always good for your body. Use the ideas on page 22 to make the nutritious dishes in this book even healthier. There you will find ways to reduce fat and sugar in recipes, which can lead to **obesity**.










# Getting Started


Use these cooking tips and safety and tool guidelines to make the best punches and nut crunches you've ever tasted.

## Tips

Here are a few tips to get your cooking off to a great start.

- 
- Quickly check out the Prep Time, Cooking Time, Tools, and Servings information at the top of each recipe. It will tell you how long the recipe takes to prepare, the tools you'll need, and the number of people the recipe serves.
  - Once you pick a recipe, set out the tools and ingredients that you will need on your worktable.
  - Before and after cooking, wash your hands well with warm soapy water to kill any germs.
  - Wash fruits and vegetables as appropriate to get rid of any dirt and chemicals.
  - Put on an apron or smock to protect your clothes.
  - Roll up long shirtsleeves to keep them clean.
  - Tie back long hair or cover it to keep it out of the food.
  - Very Important:* Keep the adults happy and clean up the kitchen when you've finished cooking.

**PREP TIME** **COOKING TIME** **TOOLS** **SERVINGS** **INGREDIENTS**

**15** Minutes Prep Time **20-25** Minutes Cooking Time  **21** Servings

**Ingredients**  
Cooking spray  
1/2 cup cashews  
1 1/2 cups pumpkin seeds  
1 cup almonds  
1/2 cup sunflower seeds  
1 cup dried cranraisins  
1 teaspoon cinnamon  
1/2 cup honey  
1/4 cup butter (1/2 stick)

**Steps**  

- 1 Preheat the oven to 350°F. Coat a 9X13-inch casserole dish with cooking spray.
- 2 Have an adult set up the food processor with the S blade. Put the cashews, 1 cup of the pumpkin seeds, and the almonds into the food processor. Grind into flour (about 40 seconds). Don't grind too long or the mixture will turn into butter.
- 3 With the mixing spoon, put the nut flour into a medium bowl. Add the sunflower seeds, 1/2 cup of pumpkin seeds, cranraisins, and cinnamon into the bowl and stir.
- 4 On the stovetop, put the butter and honey in a pot and heat until the butter melts.
- 5 Carefully remove the pot from the stovetop with the pot holders and pour the honey mixture over the nut mixture. Stir until everything is evenly coated.
- 6 Pour the mixture into the casserole dish. Use a wet spoon to spread it evenly.
- 7 Bake for 20 to 25 minutes, until it is lightly browned on top.
- 8 Carefully remove the dish from the oven with the pot holders. Let the mixture cool for 20 minutes, then gently cut it into bars. Allow the bars to cool completely before removing them from the pan with a spatula.





Cashews are in the same family as poison ivy and poison sumac. They have chemical irritants, but those are only found in the shell and not in the nut itself. To make sure that the cashews are free of these irritants, manufacture roast the nuts at a very high temperature.

## RECIPE



## Be Safe

**Cook safely by having an adult around to help with these activities:**

-  Using a sharp knife or peeler
-  Using the stove, microwave, blender, or other electrical appliances
-  Removing hot pans from the oven (*Always* use pot holders.)
-  Frying foods on top of the stove (Keep the heat as low as possible to avoid burns from oil splatter.)

## Tools You Need

**Here's a guide to the tools you will need to make the various recipes in this book.**



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## Read More

**Butterworth, Chris.** *How Did That Get In MY Lunchbox?: The Story of Food.* Somerville, MA: Candlewick (2011).

**Raabe, Emily.** *A Christmas Holiday Cookbook.* New York, NY: Rosen Publishing Group (2002).

**Raabe, Emily.** *A Passover Holiday Cookbook.* New York, NY: Rosen Publishing Group (2003).

## Learn More Online

To learn more about making winter treats  
[www.bearportpublishing.com/YummyTummyRecipes-Seasons](http://www.bearportpublishing.com/YummyTummyRecipes-Seasons)

## About the Author

Marilyn LaPenta has been a teacher for more than 25 years and has published numerous works for teachers and students. She has always enjoyed cooking with her students and her three children, and looks forward to cooking with her three grandchildren. Marilyn lives in Brightwaters, New York.



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# Winter Punches to Nut Crunches



When you make your own food, you are taking a giant step toward eating healthier. Plus, it's great fun!

The recipes in this book are all nutritious and dee-licious. Just follow the easy directions, and in no time at all, you and your friends will be enjoying bubbly punches and flavorful crunches!

**Fall Shakes to Harvest Bakes**      **Summer Sips to "Chill" Dips**  
**Spring Spreads to "Nuttu" Breads**      **Winter Punches to Nut Crunches**

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