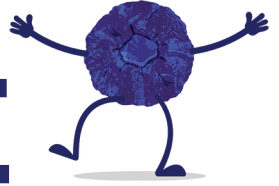


BACK-TO-SCHOOL SNACK GUIDE



After School Snack Mint Chip Smoothie

Time: 5 minutes

Ingredients

1½ cups frozen banana
½ cup Sunsweet Amaz!n™ Prune Juice
½ cup oats
1 Tbsp almond butter
½ tsp vanilla extract
½ cup mint leaves
3 cups spinach
2 Tbsp cacao nibs, crushed in blender

Instructions

Pulse cacao nibs in a blender to crush. (Just pulse into smaller pieces, don't blend to a fine powder.) Remove and set aside.

Add all smoothie ingredients (except crushed cacao nibs) to blender and blend until smooth.

Pour smoothie into a glass, stir in crushed cacao nibs, and enjoy!

Quick and Easy Breakfast Overnight Oats

Time: 5 minutes

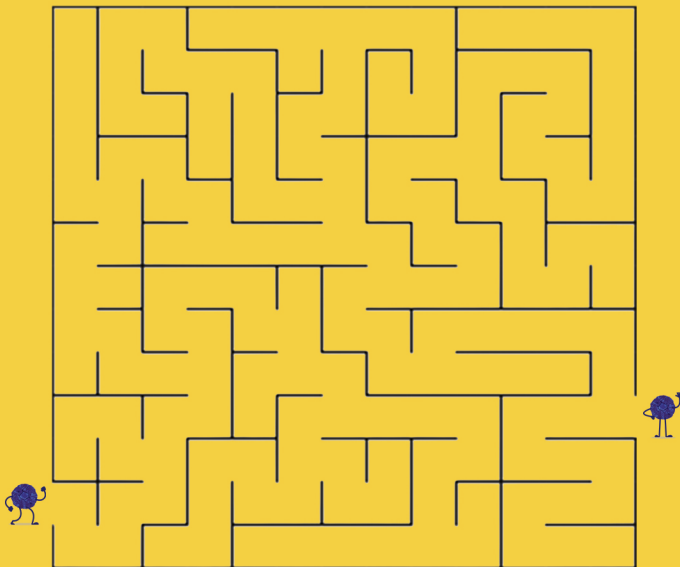
Ingredients

2 cups oats, dry
2 cups 1% milk
½ cup applesauce, unsweetened
½ nonfat Greek yogurt
¼ cup Sunsweet® Amaz!n™ Prunes, diced
¼ walnuts, chopped
1 Tbsp vanilla extract
1 tsp cinnamon powder
¼ tsp sea salt

Instructions

Put all ingredients in a storage container. Mix together and let it sit overnight for at least 6 hours. Stir before each use.

Prune-tastic Maze!



Healthy Lunchbox Treat 3-Ingredient Prune Cookies

Time: 10 minutes

Ingredients

16 Sunsweet® Amaz!n Prunes
2 Tbsp hot water
1 cup rolled oats
¼ cup chopped walnuts

Instructions

Preheat oven to 375°F.

In a food processor, pulse prunes and hot water until smooth. Pulse in oats and walnuts until a sticky dough forms.

Roll dough into 12 balls and place on baking sheet lined with parchment paper. Bake for 15 minutes.

Immediately after removing from the oven, tap each of them down with a glass to form a cookie shape and let cool.

