

## RECIPES

### **Bonci's Bites**

2 cups mixed dried cranberries and dried cherries (raisins, dried blueberries)  
1.5 cups dry oats  
2 cups Crispy rice cereal (can use Cheerios, crushed Chex, cornflakes)  
¼ cup peanut butter powder  
1 cup peanut butter (creamy or crunchy) I use ½ chunky and 1/2 dark chocolate peanut butter  
¼ cup unsweetened cocoa powder  
½-2/3 cup honey- depending upon desired level of sweetness

In a large bowl stir together peanut butter and honey until well mixed. Add in peanut powder, cocoa, dried fruit and the cereal and mix well, use your hands to mix well. Wearing gloves makes this a lot easier! Roll into quarter size balls. Put into mini muffin cups or on a tray. Refrigerate or freeze briefly to set.

**Yield: 64 bites: Serving = 2 bites**

### **POTATOES A GO-GO**

24 ounces ( 40 mini potatoes)  
1/3 cup olive oil  
¾ cup bread crumbs  
1 package dry ranch dressing mix or Buffalo dip mix  
¼ tsp paprika  
Salt and pepper to taste

Put potatoes in a bowl and toss with the olive oil. Mix to coat well. In a separate bowl, combine bread crumbs , Ranch dressing mix, paprika, salt , pepper and mix well. In small batches, put the potatoes in the bread crumb mixture and roll around to coat well. Transfer to a cookie sheet. Bake at 450 degrees for 20 minutes.

Preparation time: 10 minutes

Cook time: 20 minutes

Total time: 30 minutes

Can make ahead and freeze. Take out of freezer the night before use , keep in the refrigerator and remove when ready to use.

Time saving tips: buy mini potatoes. Make a few bags, cook off and then freeze in small portioned bags to use for sport.

Customization: white potatoes, small red potatoes, purple potatoes

## **JELLO BLOCKS**

### **INGREDIENTS**

4 cups fruit juice ( apple, orange, grape, cranberry- no pineapple)  
4 packets KNOX unflavored gelatin

### **INSTRUCTIONS**

Bring 3 cups of juice to a boil Pour 1 cup of juice into a large bowl and sprinkle the gelatin – let stand for 1 minute.

Add hot juice to juice/gelatin mixture, stir 5 minutes or until completely dissolved. Pour into ice cube trays. Refrigerate until firm- about 3 hours.