

SAVED BY THE BELL

BACK-TO-SCHOOL WEEK

LUNCH BOX SNACKS

BUTTERFLY SNACKS

INGREDIENTS:

CELERY
PEANUT BUTTER
RAISINS
PRETZELS

INSTRUCTIONS:

1. SPREAD PEANUT BUTTER ONTO A PIECE OF CELERY.
2. ADD AN LINE OF RAISINS.
3. ADD 2 PRETZELS FOR WINGS



HOMEMADE FRUIT ROLL UPS

INGREDIENTS:

8 OZ. STRAWBERRIES
1 TBSP FRESHLY SQUEEZED LEMON JUICE
3 TBSP SUGAR

INSTRUCTIONS:

1. PLACE STRAWBERRIES IN A FOOD PROCESSOR AND PUREE SO UNTIL SMOOTH.
2. TRANSFER THE STRAWBERRY PUREE TO A SAUCEPAN AND ADD THE LEMON JUICE AND SUGAR. TURN THE HEAT TO MEDIUM HIGH, AND COOK THE MIXTURE FOR ABOUT 10 MINUTES, STIRRING FREQUENTLY, UNTIL THE MIXTURE IS THICK AND JAMMY.
3. PREHEAT THE OVEN TO 170 DEGREES F, OR AS LOW AS YOUR OVEN WILL GO, MAKING SURE IT'S LESS THAN 200 DEGREES AT THE HIGHEST.
4. SPREAD THE STRAWBERRY JAM INTO A RECTANGLE SHAPE ONTO A BAKING PAN LINED WITH A SILPAT OR PARCHMENT PAPER. SPREAD THE MIXTURE AS EVENLY AS POSSIBLE, UNTIL THE RECTANGLE IS ABOUT 1/8 INCH THICK. KEEP IN MIND THE FRUIT LEATHER WILL LOSE SOME OF ITS THICKNESS IN THE OVEN AS IT DEHYDRATES, SO MAKE SURE THAT NONE OF THE JAM IS SO THIN THAT YOU CAN SEE THROUGH IT AS YOU SPREAD.
5. COOK IN THE OVEN FOR 3-4 HOURS, UNTIL THE FRUIT MIXTURE NO LONGER FEELS STICKY, JUST A BIT TACKY. REMOVE FROM THE OVEN AND LET IT COOL COMPLETELY. TRANSFER TO A CUTTING BOARD LINED WITH WAX PAPER, AND USE A PIZZA CUTTER TO CUT LONG STRIPS. ROLL THEM UP INTO THE FRUIT ROLLUPS, AND ENJOY!



Beaches Parks and Recreation Division
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San Clemente Aquatic Center - 987 Avenida Vista Hermosa - (949)429 -8797
Ole Hanson Beach Club - 105 Avenida Pico - (949)431-2959
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