

Meals-in-a-Jar Made Easy

BANANA NUT BREAD

Jar 1 (quart):

1 1/2 c. White Flour
1/2 tsp. Baking Soda
1 c. White Sugar
1/4 tsp. Salt
1/2 tsp. Ground Cinnamon
3 T. Dried Egg Powder
1 tsp. Vanilla Powder
1/2 c. Dehydrated Applesauce
1/2 c. Chopped Pecans (in baggie)

Jar 2 (pint):

1 c. FD Bananas* (in chunks)
1/2 c. FD Pineapple* (crushed)
Pour 1/2 cup of water into Jar 2. Wait 10 minutes, then mash up with a fork. Remove baggie from Jar 1. Combine remaining ingredients with 3/4 cups of water. Stir in pecans. Add mashed fruit and stir well. Bake at 350 for 60-70 minutes. Cool in pan for 10 minutes. Then cool on a wire rack.

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Meals-in-a-Jar
Made Easy

APPLE ZUCCHINI MUFFINS

1 box Yellow Cake Mix
1/4 tsp. Cinnamon
6 T. Thrive Scrambled Egg Mix
1/2 c. Thrive Applesauce
2 c. Thrive Fuji Apples, powdered
1 c. Thrive Zucchini, powdered

Combine contents of jar and cake mix with 1 3/4 cups of water and mix until smooth. Pour batter into muffin tins (makes 12 muffins).

Bake at 350 for 10-12 minutes or until muffins are golden brown.

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Meals-in-a-Jar Made Easy

CHRISTMAS COOKIES

1/3 c. White Sugar
1/3 . Brown Sugar, packed
1 T. Dried Egg Powder
3/4 c. White Flour
1 tsp. Vanilla Powder
1/2 tsp. Baking Powder
1/8 tsp. Baking Soda
1/8 tsp. Salt
1 c. Quick Oats
1 c. FD Cranberries or Craisins
1 c. White Chocolate Chips
1/2 c. butter, melted
2 T. water

Stir up contents of jar in a large bowl. Beat in melted butter and water. Cover and refrigerate for 30 min. Drop by spoonfuls on an ungreased baking sheet. Bake at 375° for 8-10 minutes or until browned. Cool on wire racks.

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EASY WASSAIL

1 c. FD Fuji Apples, powdered
2 T. Tang Drink Mix
1/8 tsp. Ground Ginger
1/8 tsp. Ground Nutmeg
1/8 tsp. Lemonade Powder
2 T. Brown Sugar
2 Whole Cinnamon Sticks
8 Whole Cloves
1 c. FD Fuji Apple Slices

In a medium stock pot combine 5 cups of water with contents of jar. Using medium low heat bring to a simmer. Simmer 30-40 minutes. Remove apples and whole cloves. Ladle into mugs and enjoy!

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