

## 2015 Arts Academy

### Healthy Movement & Culinary Delights Class Recipes

#### **Recipe for Fruit Jam**

- 2 cups, fruit of choice
- 2 tablespoons of honey (or to taste)
- 2 tablespoons of Chia Seed

Process all ingredients in a blender and refrigerate overnight. The Chia Seeds will gel, thickening the fruit puree.

Add additional diced fruit if you like it chunky.

#### **Recipe for Smoothies**

- Fresh or frozen fruit
- Vanilla Yogurt (or other of choice)
- Milk, Soy Milk or Apple juice
- Optional: Peanut butter, Chia Seeds, oatmeal, protein powder, ground Flax Seed, Cocoa powder

For one serving use about 1 cup of fruit and 2-3 tablespoons of yogurt. Use liquid to thin down to desired consistency.

Place all ingredients in a blender and liquefy to desired thickness.

#### **Recipe for Homemade Sour Watermelon Gummies**

Prep time: 15 minutes Total time: 45 minutes

Gummies are positively good for you, made with grass fed gelatin and fresh watermelon. The sour kick comes from the fresh lemon juice.

Serves: 24+ individual gummy candies

- 4 cups of fresh watermelon, cut into chunks (or 2 cups of juice)
- 6 tablespoons of grass fed gelatin
- ½ cup freshly squeezed lemon juice
- Optional, depending on the sweetness/ripeness of your watermelon: ¼ cup of raw honey

Add the fresh watermelon to a blender and liquefy. Strain the blended watermelon through a fine mesh strainer, discarding the pulp. You should have about 2 cups of juice.

Skim the small amount of white foam from the top of the watermelon juice and discard.

Divide the juice: add half to a small saucepan and the other half to a bowl.

Add the grass fed gelatin to the juice in the bowl by sprinkling it over the surface. Let it sit for a few minutes so that it dissolves into the juice. It will solidify.

Gently heat the watermelon juice in the saucepan just to warm it – do not bring it to a boil or simmer.

Add the gelatin & juice mixture to the rest of the juice in the saucepan. Whisk or stir to combine until the liquid is smooth.

Add the raw honey and lemon juice. Whisk until dissolved and combined.

Pour the gelatin mixture into molds or a refrigerator safe pan.

Chill until set, about 30 minutes and then either remove the gelatin from the mold or slice it into pieces.

Can be stored at room temperature, although they are great cold.

Here is a website to checkout for more kid friendly recipes: [www.superhealthykids.com](http://www.superhealthykids.com)