

Homemade Candies – Quick making, Real Healthy, Kid pleasers

Moose Mounds

These homemade candies are quick, nutrient dense and kid pleasers. They have the toothsome resistance to the bite that makes them comparable to a high quality chocolate bar. But they're what we want our family to eat. They stay fresh for months in a sealed container in the refrigerator...but if your family knows where they are, they won't last that long! Very satisfying.

2 cups raw, unpasteurized, almonds, walnuts or pecans

1/5 cup almond flour, sometimes called almond powder

1 cup Green Pasture coconut oil

$\frac{1}{4}$ cup organic raw coco powder or nibs

1-2 cups raisins, goji berries, or any dried fruit as the sweetener *or*

1 cup raw honey as alternative to dried fruit

1cup unsweetened dried coconut

Pinch Celtic salt

Teaspoon vanilla

Place nuts (one kind or another) in a large bowl. Fill with water up to about 4 inches over the nuts and let sit on counter for 24 hours. Soaking nuts allows the germination process to begin which in turn adds higher nutritional value and better digestion.

After having soaked, drain the nuts thoroughly and place on cookie sheets so that they're laying one layer thick only. Usually 2-3 trays suffice. Put the nuts in an oven set at 120 degrees for 24 hours or until crispy. Sometimes this process takes hours longer; sometimes shorter. A dehydrator will do the same if your oven doesn't have low settings.

In a food processor, grind the nuts to their finest level.

The less oily the nut; the more powdery the results which makes for a finer candy bar texture. Almonds grind to a lovely powdery consistency.

Leave the ground nuts in the food processor, add remaining ingredients and grind everything together. Taste for flavor. More raisins or honey for a sweeter candy, more coco powder for a more intense chocolate taste.

With your fingers, scoop up walnut sized amounts and form into balls. They will be oily and messy because the coconut oil is warm, but will firm up like a candy bar once cooled. At this time, these can be rolled in coconut or coco powder and then placed on a cookie tray. Place in the refrigerator or freezer for 30 minutes. That's it!

They can then be placed in little, individual candy wrappers and left outside the refrigerator unless it's a warm day.



Bear Bars

For results that more resemble a chocolate bar, mix in the same fashion as above but instead of balls, press into a square cake or brownie pan and score into bite sized bars. Then place in the refrigerator or freezer.

Fox Fudge

Shorter shelf life and refrigerator-dependent but a fudge-like

consistency try adding 1-2 cups of cream cheese.

Low Carb-Bar

For diabetics and others who want high saturated fats but low carbs, simply eliminate dried fruit and or honey. Great consistency, but no sweetness. For those on a high fat, low carb diet, these help suppress the appetite!

Joette has mastered the art of getting healthy foods into her children. If you want to read more download her *Digital CD; Secret Spoonfuls Confessions of a Sneaky Mom – Get Healthy foods into Kids without getting caught.* <http://bit.ly/atv7A4>.

Follow her here for more timely tips, or get her free monthly newsletter that includes more Nutritional and Homeopathic tips. <http://www.homeopathyworks.net/newsletters.cfm>