

Peanut Butter Fudge

- *1 cup smooth unsalted peanut butter*
- *¾ cup honey*
- *¾ cup chopped dates*
- *¾ cup chopped apricots*
- *1 cup soy milk powder*



To make honey easier to mix, warm it in fairly hot water for 5mins while chopping dates and apricots.

Place peanut butter, honey and fruit in large mixing bowl and combine with wooden spoon. Gradually add milk powder to make a stiff and fairly dry mixture, knead with hands when mixture goes stiff. Add extra milk powder as peanut butter consistency varies. Press into a 20cm square tin using the back of your hand.

Chill for at least 2hours. Cut into small squares. Makes 40-60 pieces.

Pineapple and Strawberry Jelly

- *2 cups apple juice*
- *½ cup apple juice concentrate*
- *1 tablespoon agar agar flakes*
- *1 cup fresh strawberries chopped*
- *1 cup fresh (or canned) pineapple chopped.*

Heat apple juice and concentrate until boiling. Simmer and stir until flakes are dissolved. Arrange chopped fruit in serving bowl(s). Pour liquid on top.

Chill and serve.

