



Favorite Frozen Parfait Bars

MAKES ABOUT 12 BARS

INGREDIENTS

16 ounces vanilla Greek style yogurt Fresh blueberries
Fresh strawberries, sliced Granola

TOOLS

Handstand Kitchen® *snack*TIME Make Your Own Snack Bars
(silicone snack mold, spatula), mixing bowl, and spoon

INSTRUCTIONS

1. In mixing bowl, combine yogurt with fruit.
2. Spoon yogurt mixture into each section of snack mold, filling slightly more than half full.
3. Sprinkle granola on top of yogurt mixture.
4. Place snack mold in freezer overnight or until bars are frozen.
5. Use spatula to gently remove bars from mold. Store in freezer safe container.

Frosty Frozen Yogurt Bars

MAKES ABOUT 12 BARS

INGREDIENTS

16 ounces vanilla Greek style yogurt Fresh fruit (blueberries,
chopped strawberries or both)

TOOLS

Handstand Kitchen® *snack*TIME Make Your Own Snack Bars
(silicone snack mold, spatula), and spoon

INSTRUCTIONS

1. Spoon yogurt into each section of snack mold, filling slightly more than half full.
2. Spoon some fruit over the yogurt.
3. Place snack mold in freezer overnight or until bars are frozen.
4. Use spatula to gently remove bars from mold. Store in freezer safe container.

Crave-able Crispy Treats

MAKES ABOUT 12 TREATS

INGREDIENTS

1/2 cup unsalted butter 8 cups crispy rice cereal
8 cups mini marshmallows Canola or vegetable oil cooking spray
1/4 teaspoon salt

optional: white chocolate discs and multicolored rainbow sprinkles

TOOLS

Handstand Kitchen® *snack*TIME Make Your Own Snack Bars (silicone snack mold, spatula, beeswax wraps), medium saucepan, measuring cups and spoons, and mixing spoon

INSTRUCTIONS

1. In medium saucepan over low heat, melt butter. Add marshmallows and salt and stir with spatula continually until completely melted. Remove from heat and stir in rice cereal.
 2. Lightly spray snack mold with cooking spray.
 3. Spoon mixture into each section of snack mold.
 4. When bars are completely cooled, use spatula to gently remove them from mold.
- Chef's note:** Be creative! Use colored rice cereal or decorate the bars by drizzling with melted white chocolate discs. Try dipping the ends of the bars first in melted white chocolate and then in rainbow sprinkles for a festive treat! Keep treats fresh for days by wrapping in beeswax wraps.

Great Day Granola Bars

MAKES ABOUT 12 BARS

INGREDIENTS

1 1/2 cups old fashioned oats 1/4 cup honey
1/2 teaspoon baking soda 2 tablespoons melted unsalted butter

optional: dried fruit, nuts, or shredded coconut

TOOLS

Handstand Kitchen® *snack*TIME Make Your Own Snack Bars (silicone snack mold, spatula, beeswax wraps), medium mixing bowl, measuring cups and spoons, mixing spoon, baking sheet, and cooling rack

INSTRUCTIONS

1. Preheat oven to 350°F.
 2. In mixing bowl, use spatula to combine oats, baking soda and any optional ingredients. Add honey and butter, mixing well.
 3. Spoon mixture into each section of snack mold.
 4. Place snack mold onto baking sheet and bake for 12 to 15 minutes or until oats are lightly browned.
 5. Remove from oven and place on cooling rack. When bars are completely cooled, use spatula to gently remove them from mold.
- Chef's note:** Wrap granola bars in beeswax wraps for an easy, on the go snack!

Chocolate Chip Cookie Bars

MAKES ABOUT 12 BARS

INGREDIENTS

Canola or vegetable oil cooking spray 2 teaspoons vanilla extract
1/2 cup canola oil 1 1/2 cups all-purpose flour
1/2 cup brown sugar 1/2 teaspoon baking powder
2 large eggs 1/2 cup chocolate chips (semi-sweet or
milk chocolate)

TOOLS

Handstand Kitchen® *snack*TIME Make Your Own Snack Bars (silicone snack mold, spatula, beeswax wraps), mixing bowl, whisk, measuring cups and spoons, mixing spoon, baking sheet, and cooling rack

INSTRUCTIONS

1. Preheat oven to 350°F.
 2. Lightly spray snack molds with cooking spray.
 3. In mixing bowl, whisk together canola oil, brown sugar, eggs and vanilla until well combined. Add flour and baking powder to mixture. Gradually add chocolate chips.
 4. Spoon dough into each section of snack mold.
 5. Place snack mold onto baking sheet and bake for 15 to 18 minutes.
 6. Remove from oven and place on cooling rack. When bars are completely cooled, use spatula to gently remove them from mold.
- Chef's note:** Keep bars tasty for days by wrapping in beeswax wraps!

Milk & Cereal Bars

MAKES ABOUT 12 BARS

INGREDIENTS

2 cups toasted oat cereal 3 tablespoons honey
1/2 cup freeze-dried strawberries 3/4 cup white chocolate morsels or
2 tablespoons creamy nut butter yogurt chips
1/2 tablespoon coconut oil

TOOLS

Handstand Kitchen® *snack*TIME Make Your Own Snack Bars (silicone snack mold, spatula, beeswax wraps), microwave safe mixing bowls, measuring cups and spoons, mixing spoon, baking sheet, and cooling rack

INSTRUCTIONS

1. Combine cereal and strawberries in mixing bowl.
2. In microwave safe mixing bowl, microwave nut butter and honey on high for 30 seconds, or until bubbling. Stir with spatula.
3. Spoon nut butter mixture over cereal mixture and mix well till combined.
4. Spoon mixture into each section of snack mold. Cover with beeswax wrap and place in refrigerator until bars are set.
5. In microwave safe bowl, microwave white chocolate morsels and coconut oil in 30 second intervals, just until morsels are melted (stir with spatula at each interval to ensure chocolate melts evenly).
6. When bars are set, remove from refrigerator. Drizzle melted chocolate over bars and let stand at room temperature until topping has set.