

May Day

Cooking

Fruit Candy

Fruit grows on trees and plants. A flower blossom grows on the trees or plants. The flowers produce fruit.

1 lb dried figs
1 pound dried apricots
½ pound dates
2 cups oats
½ cup raisins

Put fruit and 2 cups of oats through a food grinder. Press into a buttered 9-inch x 13-inch pan. Chill and enjoy!

Pudding Fruit Salad

2 boxes sugar free instant vanilla pudding
3 bananas, slice into ¼-inch pieces
2 oranges peeled and sectioned
1 – 30 ounce can fruit cocktail
1 – 11 ounce can mandarin oranges.

Combine all of the ingredients and mix until the pudding is dissolved. As the pudding absorbs the juices from the canned fruit, it will thicken. Cool two hours before serving.