



COLLEGE OF  
AGRICULTURE  
& LIFE SCIENCES  
CAMPUS ARBORETUM

## Natural Candy

**You will need:**

1/2 cup dried prickly pear pieces  
1/2 cup dried chopped dates  
1/2 cup light raisins  
1/4 cup walnuts  
1/2 cup minus one Tbsp. granola  
Makes 20 pieces

If fruits are not soft and fully ripened, soften them in a wire strainer set over a pot of simmering water for five minutes. Place softened fruit in a food grinder or processor using the steel blade. Grind the fruits into a coarse, pulpy sauce. Add the nuts and 1/4 cup of the granola and complete grinding. Separately, whirl 3 Tbsp. granola in a blender until it develops a fine crumbly texture. Mold the ground fruit/nut mixture into a long roll, about 1-inch in diameter. Spread the powdered granola on a flat surface, and roll the fruit rope in it until the outside of the roll is thickly covered. Using a sharp knife, slice into 20 pieces. Store in a tightly covered container.



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