



The Homemaker Echo

Official Newsletter of the Hawaii Association for Family and Community Education

Volume 47 Issue 2

June
2021

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Go Paperless! ~100 FCE members have chosen to receive the Homemaker Echo via email. Please consider joining them by contacting me so that I can add your name to the email list. You will receive the Echo in COLOR and weeks before the USPS issue. This also saves HAFCE in mailing costs and it saves a few more trees for a healthy environment.

Send your email address for a paperless delivery to:

Denise Smith

Homemaker Echo Editor

cdsmith2139@gmail.com

(650) 969-3422

PRESIDENT'S MESSAGE

June 2021

Are you seeing the light at the end of the tunnel? There is a glimmer of light, even if it is slight. In the near future, correspondence will be communicated with all of you as to how we are to proceed with formulating our plans to resume our activities face-to-face. Your Executive Committee is now in the process of communicating with the Dean, Nicholas Comerford, Dr. Jeff Goodwin, CTAHR



Interim Associate Dean & Associate Director for Cooperative Extension and Heather Greenwood-Junkermeier, Associate Extension Agent to formulate a Memorandum of Understanding ("MOU") as to HAFCE's status with CTAHR. As soon as the MOU is finalized, each council and club president will be sent a copy so that HAFCE will be in compliance. Until then, please remember to keep safe, use all protocols the state and CDC so that we will be able to return to our activities in the near future. Information has just been received from National Association for Family and Community Education ("NAFCE") that their Conference will be held virtually on Friday, July 30, 2021 via Zoom. All members are welcome to attend this conference. No traveling required just your time on your electronic device. NAFCE would like interested members to register for the conference and the cost is FREE. Besides the business meeting, new programs will be unveiled, reports given, new FCL and Hearth Fire lessons as well as speakers and more. More details will be forthcoming. Keep abreast with the most current updates by visiting the nafce.org website.

Let me say that we as HAFACE continue to work together, endure tough times, long for the time we can "do" what we "love" to do and I commend each of you. Let us not give up hope, for soon we will once again "see" each other, possibly have a grand ole time – maybe at our next HAFCE Convention. Stay strong until then. In the meantime, please take care and be safe.

Ruthie Haitzuka, HAFCE President

Hawaii FCE Board Members

Executive Officers

President ~ Ruth Haitzuka
 Vice President ~ Dr. Jacqueline Maly
 Secretary ~ Frances Dinnan
 Treasurer ~ Pat Kubo
 Past President ~ Katsuko Enoki

Education Chairs

Health ~ LaVanda Salas
 Home ~ Lynn Barut
 International ~ Sue Stewart
 Leadership ~ Kalei Tong
 Youth ~ vacant

CES Advisor

vacant

From the Editor.... A Reminder

The deadline for articles for the next issue of the Homemaker Echo is:

September 10th, 2021

Please send articles and photos to: cdsmith2139@gmail.com OR

433 Sylvan Ave. spc 39 Mountain View, CA 94041 OR

(650) 969-3422 OR (808) 430-2097 cell ~ Leave a message if I'm not home



Aloha, Denise

International Education Chair – Susan Stewart

FCE Educational Workshop - International

Saturday, July 10, 2021

Time: 8:00 am HST

Online via Zoom (Zoom link to be sent prior to presentation)

Presented by Education Chair Susan Stewart

Food Product Dating – What do the dates mean?



"Best if Used By/Before"?

"Sell-By"?

"Use-By"?

"Freeze-By"?

Save the Dates!

Upcoming Education Chair Zoom Workshops



**International – Susan Stewart
Saturday, July 10, 2021 at 8:00 am**

**Health – LaVanda Salas
Saturday, October 9, 2021 at 9:00 am**



7 Easy-to-Grow Plants for Beginners

Zoom workshop presented by LaVanda Salas – Health Education Chair
October 9, 2021 at 9:00 am

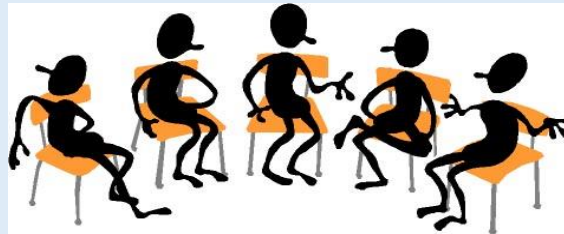
Instead of searching for Ponce de León should for the *garden* of youth. dig gardening [live](#) Studies show a session is [as uplifting as](#) [microbes](#) contain and a healthy dose of mood. But successful level of skill. A garden negative effect, creating failure. Aspiring advised to start with a undemanding. Build a foundation with these seven starter plants. Please join me, via Zoom, on **Saturday, October 9, 2021 at 9:00 am HST** for this inspiring work shop.



the fountain of youth, maybe have spent his time looking Research shows people who [longer](#), healthier lives. spent digging in a flower bed [structured exercise](#). **Soil antidepressant properties vitamin D improves your** gardening requires a certain that fails to thrive can have a feelings of inadequacy or gardeners would be well few plants that are hardy and

SAVE THE DATE

Saturday, September 25, 2021, at 8:00 A.M.



This is when Windward Oahu FCE invites you to the Annual meeting. Of course, there will be a Business Meeting, but in addition we have planned some additional events, more like an actual Convention. It has been over two years since we recognized members who have passed away, so we will have a virtual Memorial Service. But there will be a number of fun and interesting things as well - games, speakers, a workshop, quilt drawings, door prizes, and maybe more! Details and schedules will be coming soon - along with a registration link for Zoom - so keep watching. Mahalo,

Jacquie Maly - HAFCE 2021 Convention Chairman

The ad hoc *Historical Materials Committee*, comprised of Katsuko Enoki, Martha Yamada, Denise Smith, & Robin Messenheimer, have been working to find places for HAFCE historical materials that we no longer have storage space for. We have donated all of Lanai FCE Council's scrap books to the Lanai Culture & Heritage Center with much appreciated assistance from Kapa Maly. The "How to Make It - Your Hawaiian Quilt" books were donated to the Molokai Museum & Cultural Center - appropriate since all the photographs in the book were of quilting Molokai UE members, prior to statehood!

Submitted by Denise Smith



Trimble Foundation Distribution Committee - Denise Smith

The TF Distribution Committee will meet in early September, via Zoom. The committee members are Denise Smith - Big Island,Carolynn Lum - Kauai, Stephanie Borges - Maui, Kathy Uehana - Oahu, Katsuko Enoki- HAFCE past president, Meleen Pang Corenevsky - Bank of Hawaii trustee, and Heather Greenwood-Jukermeier - CES advisor - Maui. Officers are Denise Smith - Chair, Carolynn Lum - Vice Chair, and Kathy Uehana - Secretary. During the August 5, 2020 HAFCE Executive Committee meeting, a motion was made and passed to increase the maximum amount of available awards money to \$7,000. This is above the amount of interest accumulated during the year (normal source of awards money) and will partially be taken from the principal amount. The reason for this motion was to begin to use more of the accumulated funds in the TF trust account, in hopes of attracting more applicants and to use up the funds more quickly. Individuals applying for scholarships can be FCE members, members of our families, or members of the public. They can be first time college students or returning students. Organizations who apply for grants must be a non-profit dedicated to the betterment of communities through health, welfare, or education.

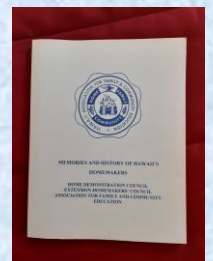
Application forms are available on the hawaiifce.org website or by contacting any FCE Council President or Board member. Deadline to apply: July 31, 2021.



A Sneak Peek – ACWW Quilt Denise Smith

This year's quilt proceeds will benefit the Associated Country Women of the World (ACWW). This organization is composed of members from 84 world-wide countries, with the United States, supported by FCE, being one of them. ACWW assists rural women and their families by developing policy resolutions, working with the United Nations as an NGO, providing project activities, education, outreach, information, and research. I hope that you will join me in supporting this worthwhile organization by buying tickets for our lucky number drawing to be held on Sept. 25, 2021 during our virtual HAFCE convention. The **cost of tickets will be \$5 each or 3 for \$10.** Your council presidents have tickets available for sale. This year's art quilt is called "Kyoto Kimono" and features just

two colors – purple and pink – with additional embellishments and a sleeve for hanging. It is 24" X 36" in size and is reminiscent of the lovely kimonos worn by the famous Kyoto geishas.



Coming Soon! Free to a Good Home!

Watch for information in future newsletters on how you can own an HAFCE enameled membership pin and/or a copy of

“Memories and History of Hawaii’s Homemakers”, published in 1997, for FREE



Edna Baldado 1936 - 2021

It is with great sadness that we share with you the passing of Edna Noelani Baldado. Past HAFCE President and 35 year member of Hilo FCE Council. "Aunty Edna" and her husband Sam, helped to form the Nu Oli FCE Club. They were both members and were constant attendees of club, council, and state events. They rarely missed a state convention and were regular attendees of the NAFCE conferences. Edna and Sam were also instrumental in the establishment of the Berean Bible Church of Hilo and were members there for 44 years. Edna was a registered nurse and worked at Hilo Medical Center. After retiring in 1993, she went to work at Hui Mālama Ola Nā Ōiwi, the Native Hawaiian Health System for the Big Island, as a case manager. She also was active in Hui Kalo Moku O Keawe, a non-profit organization that assisted backyard farmers and families to plant, grow, harvest, and market taro. She has served on the Board of Directors of the Hilo Bay Clinic and the Diabetes Education and Counseling Center. Edna served as Hilo FCE Council vice president, president, and then in 2001 - 2002 she served as HAFCE president. She was chosen as the 2002 HAFCE Spirit of FCL recipient and also captured the National title the same year. Since her FCL training in 1991 Edna contributed to dramatic changes in the quality of life for the East Hawaii community with her focus on the care and education of diabetes for 28 years. She is survived by her two sons, Robert and Dale, two granddaughters, two brothers, and her sister. She was preceded in death by her beloved Sam in 2020. Edna passed away on June 2, 2021 at the age of 84.

Kauai FCE – Submitted by Frances Dinnan



Celebrate The Hero in We!

At the beginning of this Covid Pandemic, Federal health officials realized that a severe shortage of face masks would occur. The Center for Disease Control (CDC) approved the sewing of cloth face masks from home. In March-April 2020, KAFCE members got busy and sewed over 600 cloth face masks; 325 volunteer hours; and spent approximately \$170.00. Due to inconsistency of reporting at the State level, Kaua'i Council 2020 data did not get reported to Nat'l FCE. This Newsletter recognizes and celebrates KAFCE's contribution to the health of Kauai's community. Cloth face masks were distributed to friends, family, and two organizations: Nana's House and Kaua'i Hospice. Nana's House is a private, non-profit serving Hawaii since 1899. This non-profit provides a wide range of family support programs, services, and community activities. Kaua'i Hospice is also a private non-profit since 1983, providing services to individuals on Kaua'i diagnosed with a life-limiting illness with a prognosis of six months or less. Over 7K reusable cloth face masks got sewed by a group called, Massive Face Masks for Kaua'i. Kauai's Covid statistics were pretty good throughout the pandemic in comparison to other islands. Thank you to the following members who volunteered their time and personal funds to sew cloth face masks in 2020 for our friends, family, and community: Suzie Yokoyama, Pearl Shimizu, Gail Murashige, Jo Shimamoto, Maurina Borgatti, Margo



Kauai Continued

Hashimoto, Kay Nakata, and myself. Special thank you to Marcia Ota for making and gifting us beaded lanyards to help us keep our cloth masks in easy reach. Your efforts to keep Kaua'i safe have not gone unnoticed. "It felt good using my sewing skills to protect my community. It was as if I sewed superhero costumes like Edna Mole in The Incredibles."

Frances Dinnan – Newsletter/ Historian

Pillowcase Dress Report

We shared with everyone what happened to the last of our pillowcase dresses in Dec. 2020 KAFCE Newsletter. Here's a summary report that didn't make it to Nat'l FCE: 59 Pillowcase Dresses sewed by members found its way to Good Samaritan's Operation Shoebox. KAFCE reported that the 59 dresses sewn X 3 hrs./dress = sewn by 6 FCE members for a total of 1,062 volunteer hours.

Thank you 🙏🏻 🙏🏻 🙏🏻



Kai Guimãres, Character Counts! ® KAFCE and HAFCE 1st Place winner with his face mask poster for another contest

Potpourri Lumsy

I think I was born for Covid isolation as nothing much has changed other than missing KAFCE meetings that always pot lucked. This was what brought me to KAFCE once Laurie drafted me into Club Musubi - how can you lose with such a winner name! Of course, I'm kidding as I have met and learned from an amazing variety of people. I remember Dolly & Haruko best for their joy & laughter & skills. I think Books for Newborn is closest to my heart and thank you all for providing funds and support. ❤️ I love you all and hope we can meet at the Food Court!

Carolynn Lum Vice President

Volunteerism - What It Means to You

Here's a Googled definition: "Volunteering allows you to connect to your community and make it a better place. And volunteering is a two-way street: It can benefit you and your family as much as the cause you choose to help. Dedicating your time as a volunteer helps you make new friends, expand your network, and boost your social skills." KAFCE is an organization of volunteers. The projects we take on benefit ourselves and our community. Your contribution and ideas matter. For the organization to grow, please think carefully about how this two-way street is working for you. Time is a very precious commodity. We hope to provide you a nurturing environment that aligns with your values, goals, and beliefs. Please feel free to share your thoughts with council leaders. Your presence at meetings and service to the community is needed now more than ever.

Frances Dinnan – Newsletter/Historian Carolynn Lum – Vice President

Kauai Continued

Hui Holomua Report

Kay sewed masks for friends, neighbors, and family. Her son Kevin, who she hasn't seen for over a year, visited them for a few days.

Marina Pascua created fancy ribbon leis during the pandemic.

Sanae's granddaughter Lilli, graduated from Kauai High School. She will be majoring in Hospitality at Johnson & Johnson University in Florida.

Margo's son and wife will be visiting from Belgium (USAF NATO) for a few days. Haven't seen him since the pandemic started while he was stationed in Korea.

Picking Tea in Koke'e

Koke'e Resource Conservation Program is a partner with Cloudwater Tea Farm. With volunteers, they harvest tea in Koke'e near a home on the road to Camp Sloggett just before the Sugi Grove fork. Christine Wong & I joined Katie Cassel (KRCP) and Michelle Rose (CTF) along with 7 others and picked the special delicate leaf that has a lot of caffeine in it. We got about 15 pounds which may dry to only 4 pounds of hand processed tea! About 5 years ago, Phyllis Tokita arranged a tour of CTF in Kalihiwai where we saw the plants and processing. Michelle would love to see us in Koke'e in June or July when they gather tea again...watch for emails!

Carolynn Lum – Vice President

“It was a nice opportunity to learn about tea leaf picking, enjoy the beauty of Koke'e and be with a nice group of people. It wasn't strenuous but you needed to be willing to walk through the brush to pick the tea leaves. Thank you for sharing about this event.” —Christine Wong



Pic: Carolyn Lum, Katie Cassel, and Christine Wong

President's Message

Regarding Covid-19, KAFCE members moving cautiously forward. As of May 25, 2021, Kauai County is in Tier #4 - 10 fully vaccinated members can gather inside and 25 out-of-doors. KAFCE members urge your families and friends to get their vaccinations and our community can move to Tier #5 - when 60% of our population is vaccinated. Here's hoping we can move to Tier #6 - when 70% of our Kauai Community is vaccinated! Stay safe everyone. In the spirit of community volunteerism, the status of HAFCE and KAFCE was conveyed in March's statewide FCE Meeting. The Kauai Association for Family and Community Education remains committed to support and participate in three (3) national FCE programs: CHARACTER COUNTS! ®; Books for Newborns; and supporting the Associated Country Women of the World (ACWW).



The “dissolution” committee talks were suspended and the discussions to streamline and reorganize HAFCE continue.

/s/ Laurie Ho - President

WINDWARD OAHU FCE – Submitted by Ruth Haitzuka



April – June 2021

Upcoming Events for 2021:

July 30 – NAFCE Conference via Zoom -NAFCE Conference Friday, July 30 via Zoom. Business meeting, unveiling new programs, reports, blurbs about new FCL and Hearth Fire lessons along with speakers and more. More information to come. Want to attend the conference without flying, staying in the comfort of your home and finding out all that goes on at National? Registration is free. Just let National office know.

August 24 – PLT @ 6:30 pm – Keeping Safe – more details to follow

September 25 – HAFCE Convention via Zoom – 8:00 am – Windward hosting

September 28 – PLT @ 6:30 pm – Program Planning

October 26 – PLT @ 6:30 pm – Christmas Ideas Sharing by Clubs

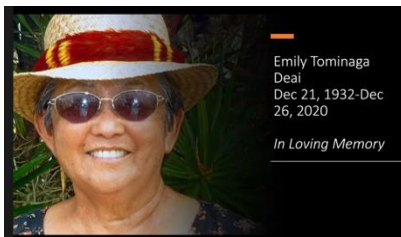
Positions for Windward Oahu Board for 2022 are needed. Current officers have been in their elected positions for several years and now that covid is subsiding, we soon can resume our activities (meetings, community outreach/service projects, etc.) but we need leaders to do so. Interested, contact Maggie @ 808-262-8636.

The service project for Windward Oahu is Beacon of Hope. Anyone with donations of clothing, personal items like lotion, toothpaste, etc. please call me – Maggie at 262-8636 and arrangements will be made to have your items picked up and delivered to Beacon of Hope.

CHARACTER COUNTS! sm Essay/Artwork contest entries from two schools – St. John Vianney in Kailua, Hawaii and Hanalani Schools in Mililani. Windward Councils' representative to State placed second. Pictured are students from Ms. Ah Quin's class at Hanalani along with their two winners: Samantha Idio – First Place Windward Oahu and Second Place – State; Sunshine Leslie – Second Place Windward Oahu; St. Vianney – Third Place – Megan Fitzgerald. Congratulations to all our winners on a job well done. (Pictures unavailable from Mrs. Black's class – Hanalani and St. Vianney School.



Hanalani School – Ms. Ah Quin's Class; Samantha Idio (left); Sunshine Leslie (right)



ALOHA EMILY – YOU WILL BE MISSED!

We are sad to report that Emily Deai passed away on December 26, several days after her 88th birthday on December 21st. Emily had been a member of the WWO FCE club Hui O Makani for over 55 years. During this time, she has taken leadership roles at club, council and state levels (convention/council/state treasurer, club president/secretary). She actively volunteers and helps organize projects such as 600 tutu dolls for NAFCE conference in Kona, yoyo bag decorations for HAFCE convention, council flags, bibs/blankets/laundry for a care home. She makes haku leis for officers, and volunteers with projects at Foster Gardens and the Boys /Girls Club. Dynamite comes in small packages like Emily! We are lucky to have Emily as a Windward Oahu Council and HAFCE member.

Windward Oahu Continued

Emily was the go-to person for not only club procedures and history but a supportive, hardworking and well liked, friend. Her son Alan remembers her love for all crafts including quilting, clay pottery, sewing and crocheting as well as haku lei making and feather band work. Her garden was filled with thriving, interesting plants which she used for haku lei making. FCE members were fortunate that Emily generously shared her skill and knowledge with a well-attended Haku Lei workshop in 2019. Emily's work history always revolved around her family. Emily worked for Hawaiian Tel when it was Mutual Telephone Company, in the office of dentist Dr. Ken Muraoka, and florist Alli Florist and Picket Fence. Her family includes her husband of 64 years, Sadami, sons David (Kelly), Alan (Marlene), John (Donna) and daughter Heidi (Jeff Jacobson). Emily and Sadami were blessed with five grandchildren.

The sadness of all of us is tempered with the knowledge that Emily loved her life, family, friends and activities. To the end, she has remained an example for us all.

May 25th – Recipe Sharing – Windward Oahu FCE

Tofu Bake – Maggie Schulte

1 block firm tofu	½ c. chopped green onions
1 cup mayonnaise	¾ c. sliced shiitake mushrooms
1 tsp salt	2 blocks kamaboko grated or 8 oz. pkg. imitation crab
2 large eggs	½ tsp black pepper
½ to ¾ c. panko	optional: substitute ground pork for crab

Break tofu apart into pieces; drain water. Mix eggs, mayo, kamaboko, mushrooms, onions, carrots, and salt and pepper. Spread mixture into a slightly oiled pan. Sprinkle panko on top. Bake 350 degrees – 30-40 minutes until firm. Delicious.

Chaffles – Wanda Lew

2 egg	3 Tbsp almond flour (substitute 1 Tbsp coconut flour)
1 Tbsp mayonnaise	1 tsp water ¼ tsp baking powder

Heat waffle iron. In a small bowl, beat egg well and add flour, mayonnaise, water and baking power. Pour into waffle iron and bake until Chaffle stops steaming. Transfer to a paper towel lined plate to cool. Makes 2 Chaffles.

2 Ingredient Recipes – Patricia Kubo

2 Ingredients Pasta – Keto Friendly Meals <uptaeanyway.com>

1 cup shredded mozzarella cheese	1 egg yolk
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Add mozzarella to a bowl and microwave for 2-2 minutes, until melted. Cool for 30 seconds. Gently fold in egg yolks and turn mixture onto a piece of parchment paper-lined baking sheet. Place another piece of parchment on top and press down with your hand until thin. Remove top parchment and cut dough into thin strips. Refrigerate for 4 hours or overnight. Place “pasta” into boiling water for one minute. Drain and run cool water over the top to prevent sticking. Serve with your favorite sauce.

2 Ingredients Chocolate Cake <heinstirred.com>

9 oz. semisweet chocolate chip	4 large eggs
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Optional – powdered sugar, ice cream or fruit for serving

Preheat oven to 325 degrees. Grease round cake pan and line with parchment paper. Melt chips in microwave (about 1 minute). Separate egg yolks from whites and whisk whites until soft peaks form. Add egg yolk, one at a time to melted chocolate and stir. Gently fold 1/3 of egg whites at a time into chocolate mixture. Pour batter into prepared cake pan and bake for 30 minutes. When cake is cool to touch, invert onto a plate. Add optional ingredients if desired and serve.

2 Ingredients Flatbread <jamieoliver.com>

1 cup whole fat Greek yogurt 1 cup self-rising flour, plus more for dusting

Mix together yogurt and flour until it forms a smooth dough. Transfer dough to a floured surface and divide into 4 equal parts. Roll out each piece to about 8 inches in diameter. Cook the bread in a dry pan over medium-high heat for 2-4 minutes per side, until golden brown and cooked through.

2 Ingredients Lemon Bars

– <<https://vintagerecipetin.com/2-ingredient-lemon-bars/>>

1 Box Angel Food Cake mix 1 can Lemon pie filling (21 oz)

Combine and spread into a sprayed 9x13 pan. Bake at 350 degrees for 25 minutes. Cool for 1-2 hours before cutting. Dust with powdered sugar before serving.

Two Ingredients Cupcakes – Food Network – The Kitchen

For Cupcakes - One 15.25 oz box spice cake mix One 15 oz can pumpkin puree

For Frosting - 2 cups powdered sugar 1 cup whipped cream cheese

For cupcakes – Preheat the oven to 350 degrees F. Line a 12-cup cupcake pan with paper liners. Combine spice cake mix and pumpkin puree in a bowl and beat with a mixer until smooth. Pour into cupcake pan and bake for 12-17 minutes. Cool completely.

For frosting – Combine powdered sugar and whipped cream cheese in a bowl. Beat with an electric mixer until smooth. Frost cupcakes.

Two Ingredients Cake – Dr. Jacqueline Maly

One box of any cake mix 12 ounces of soda pop (Coke for chocolate cake – 7Up for any other)

Pre heat oven.

Mix ingredients and pour into a greased baking pan.

Bake according to package instructions.

Note: I have not personally tried this but I know someone who has and it works. Also, Chef Dan Swift of windward CC also agrees. Enjoy

Thai Green Curry – Chutima Ledier

1 can of coconut milk

1 can of bamboo shoots

1 can of straw mushrooms or fresh mushrooms

1 Tblsp spoon of Thai green curry paste

1 Costco rotisserie chicken deboned

Some carrots or any vegetables you like

1 red bell pepper slices

Some Thai sweet basils the last to add!

Cook the coconut milk and stir in 1 tblsp spoon of green curry paste, add chicken and the rest of ingredients test to your liking. May add salt or more curry paste and a little sugar then the sweet basil at the end!

In Thai cooking, if too spicy hot, can add little sugar. Too salty, add little lime/ lemon juice or vinegar

All the above canned goods and Thai curry paste can be purchased at “Family Grocery Store” on Kam Hwy across from American Savings.

Microwave Strawberry Jam from Barbara Sheeder

2 cups strawberries (fresh or frozen) 1/4 cup sugar
Juice from 1/2 lemon

In a large microwave proof bowl put in above ingredients and gently mix. Microwave on high for 9 to 11 minutes. Cool and use on toast, pancakes etc. Store in refrigerator.

Microwave Greek Yogurt – Barbara Sheeder

1 quart milk (whole milk or skim milk)

Heat in microwave to 180 - 185 degrees

Cool to 105 - 110 degrees

Take 1/4 - 1/2 cup of warm milk and mix with active yogurt same amount.

Add back to warm milk and stir.

Cover with plastic wrap and leave in microwave oven 8 - 12 hours or overnight.

Strain mixture using a strainer and cheesecloth and put in refrigerator 4 hours to separate the whey.

Store in container placing plastic on top

Almond Float – Ruth Haitzuka (Leiko's recipe)

4 c. milk (2%) 1 1/3 c. sugar
5 envelopes gelatin 2 c. cold water
4 tsp. almond extract

Pour cold water over gelatin. Mix well. Bring milk to a boil. Add sugar. Add gelatin mix. Stir well. Cool. Add almond extract. Refrigerate. Add your choice of fruits – mandarin oranges, fruit cocktail, lychee, peaches, etc. Cut almond float into cubes and add to mixture. Serve chilled. (Note: chill fruits prior to adding to almond if serving immediately).

The BEST Homemade Crunch Bars – Ruth Haitzuka

3 cups crispy rice cereal 1 ½ cups chocolate chips
½ cup maple syrup 1 cup peanut butter (or any nut or seed butter)
¼ cup coconut oil (can sub for grass fed butter)

1. Line an 8x8-inch baking dish with parchment paper.
2. Add crispy rice cereal into a large mixing bowl and set aside. Combine other ingredients into a microwave safe bowl and heat until melted. Remove from microwave and whisk until completely incorporated.
3. Pour chocolate/peanut butter mixture over the crispy rice cereal and mix until combined. Pour into the lined baking dish and refrigerate until firm (at least an hour).
4. Remove and cut into bars.

Notes –

To store – Crunch bars can be stored at room temperature, in a sealable container. They keep fresh for up to 2 weeks.

To freeze – wrap individual bars in parchment paper and place them in Ziplock bags. They freeze well for up to 6 months.



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