

Silly Wiggly Worms

Makes
12 servings
Prep time
5 minutes
Cook time
4 hours

Ingredients:
2 cups fresh or frozen* fruits of your choice
1 Tbsp. honey
1 tsp. lemon juice

* See directions at back for preparing frozen fruit for use.

Nutrition Facts

12 servings per container
Serving size 1 strip (28g)

Amount per serving
Calories **20**

	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 4g	1%
Dietary Fiber 0g	0%
Total Sugars 4g	
Includes 1g Added Sugars	2%
Protein 0g	
Vitamin D 0mcg	0%
Calcium 4mg	0%
Iron 0mg	0%
Potassium 43mg	0%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, call (671) 735-7354. USDA and the University of Guam are equal opportunity providers, lenders, and employers.

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Directions:

1. Prepare the fruit by removing peels or stems. If using frozen fruit, be sure to thaw fruit in a strainer or colander at least an hour ahead of time to soften fruit and remove excess water.
2. Preheat oven to 175 degrees F. Prepare a large baking sheet by lining it with parchment paper or a silicone baking mat.
3. Using a blender or food processor, combine all ingredients and puree until completely smooth. You may need to use a spatula to scrape down the sides of the blender in between pulses.
4. Once smooth, pour pureed fruit onto baking sheet. Flatten with a spatula to about 1/8-inch to 1/4-inch thickness, making sure puree is even throughout the baking sheet. If you can see the parchment paper or mat through the puree, the puree is too thin.
5. Place in oven and bake for about 4 hours or until set. Check the puree every 30 minutes for doneness. The puree is done when it is tacky but does not stick when touched.
6. Remove from oven and allow to cool. Cut into wiggly strips and serve.

