



MAKE YOUR FAVORITE INDULGENCES HEALTHIER WITH WORLD OF CHIA FRUIT SPREAD

STRAWBERRY *doughnut holes*



PREP TIME: 13 MINUTES
COOK TIME: 12 MINUTES
TOTAL TIME: 25 MINUTES
SERVINGS: 12

INGREDIENTS:

1/3 cup coconut sugar
4 tablespoons unsalted butter, melted
1 large egg
1/3 cup milk of your choice
1 teaspoon vanilla extract
1 cup all-purpose flour
1 teaspoon baking powder
1/4 teaspoon baking soda
1/4 tsp sea salt
1/4 tsp cinnamon
1/3 cup World of Chia Fruit Spread
1/4 cup confectioners sugar

INSTRUCTIONS:

1. Preheat oven to 400°F and grease 12 count mini muffin tin. Non-stick spray works well.
2. Beat sugar with butter until blended. Add egg, milk, flour, baking powder, baking soda, salt and cinnamon. Beat until well combined 1-2 minutes.
3. Grease or spray mini muffin pan with non-stick baking spray.
4. Place a heaping teaspoon of batter into each muffin cup filling the holes approximately half of the way up. Spoon ½-1 teaspoon of World of Chia Fruit Spread into the center, and top with another heaping teaspoon of batter. The muffin holes will be filled all of the way up. Use the back of a spoon to mold in a round shape.
5. Bake about 10-12 minutes until golden brown. Remove from oven and cool for 5 minutes then transfer to a cooling rack.
6. Using a small sifter or strainer dust with confectioners sugar.

MIXED BERRY *banana bread*



PREP TIME: 15 MINUTES
COOK TIME: 55 MINUTES
TOTAL TIME: 1 HOUR & 10 MINUTES
SERVINGS: 8-10

INGREDIENTS:

1 ½ cups all purpose flour
1/2 t. baking soda
1/2 t. sea salt
2 large eggs
1 cup mashed ripe bananas
(about 3 medium bananas)
3/4 cup avocado oil or melted
coconut oil or butter
1 t. vanilla extract
1 c. World of Chia Mixed Berry Fruit,
1/4 c. separated for topping
1 ¼ cups mixed berries (if frozen do not
thaw) (1/2 c. separated)

INSTRUCTIONS:

1. Preheat oven to 350°F. Grease a standard sized loaf pan.
2. In a large bowl, combine the flour, baking soda, and salt. Set aside.
3. In a separate bowl, combine the eggs, mashed banana, oil, and vanilla. Mix with a whisk until smooth. Gently fold into the flour mixture until just combined. Gently fold in 3/4 cup World of Chia Fruit Spread and 3/4 cups berries.
4. Pour batter into prepared loaf pan. Place the remaining 1/2 cup berries on top, spread the remaining of the 1/4 cup of World of Chia Mixed Berry Fruit Spread while gently pressing the fruit into the batter.
5. Bake until the loaf is golden brown and a toothpick inserted into the center comes out clean, about 50 - 55 minutes. Cool the loaf in the pan for a few minutes, then gently turn it over onto a wire rack. Completely cool before slicing.

**OUR FRUIT SPREAD IS MADE WITH CHIA SEEDS
INSTEAD OF PECTIN AND IS BAKE STABLE!**