Enjoy these five delicious, bone-healthy snacking recipes that will help power you through the afternoon slump. Research suggests that the nutrients in prunes support bone health – so snack on these balanced treats to keep feeling strong and satisfied.

### 3-Ingredient Prune Cookies

*Makes 12 cookies*

These cookies naturally satisfy your sweet tooth and are packed with fiber, protein and good fats.

- 16 Sunsweet prunes
- 2 tablespoons hot water
- 1 cup rolled oats
- 1/4 cup chopped walnuts

1) Preheat oven to 375 degrees F.
2) In a food processor, pulse Sunsweet prunes and hot water until smooth. Pulse in oats and walnuts until a sticky dough forms.
3) Roll dough into 12 balls and place on baking sheet lined with parchment paper.
4) Bake for 15 minutes. Immediately after removing from the oven, tap each of them down with a glass to form a cookie shape and let cool.

**Nutrition (2 cookies):** 140 calories, 4.5g total fat, 3g fiber, 10g sugar, 3g protein.

### Creamy Vanilla Prune Popsicle

*Makes 6 popsicles*

These frozen treats are delicious and contain the bone strengthening duo: prunes + yogurt.

- 10 Sunsweet prunes
- 4 tablespoons hot water
- 2 cups 2% plain yogurt
- 1 tablespoon honey
- 1 teaspoon pure vanilla extract

1) In a food processor, puree Sunsweet prunes and hot water until smooth. Add in yogurt, honey, vanilla and pulse until combined.
2) Spoon mixture evenly into 6 popsicle molds and freeze for at least 4 hours.

Optional: Add a layer of granola in the middle of each popsicle.

**Nutrition (1 pop):** 100 calories, 1.5g total fat, 1g fiber, 12g sugar, 7g protein.
**Prune Parfait**

*Serves 1*

This parfait is a naturally sweet & creamy treat. Plus it contains the bone strengthening duo: prunes + yogurt.

1/2 cup 2% plain Greek yogurt  
3 Sunsweet prunes, quartered  
2 teaspoons unsweetened shredded coconut, toasted  
1/2 teaspoon honey

1) Put yogurt into a small dish and top with Sunsweet prunes and coconut.  
2) Drizzle with honey.

Nutrition (1 parfait): 180 calories, 5g total fat, 2g fiber, 18g sugar, 10g protein.

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**Prune Protein Plate**

*Serves 1*

This prune protein plate is a well-balanced snack that packs a protein punch.

3 Sunsweet prunes, halved  
3 brown rice crackers  
1/2 ounce brie cheese  
14 pistachios (with or without shell)

Arrange on a serving platter and enjoy!

Nutrition (1 plate): 180 calories, 8g total fat, 3g fiber, 12g sugar, 6g protein.

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**Peanut Butter & Prune Jam Sandwich**

*Serves 1*

This is a healthy take on the classic peanut butter and jelly sandwich.

1 tablespoon prune jam (recipe below)  
1/2 tablespoon natural peanut butter  
1 slice sprouted whole grain bread, halved

1) Make prune jam (recipe below).  
2) Spread peanut butter and jam onto bread halves, put halves together and cut in half again to make 2 mini-sandwich squares.

Nutrition (2 mini-sandwich squares): 160 calories, 4.5g total fat, 4g fiber, 5g sugar, 6g protein.

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**Prune Chia Jam**

16 Sunsweet prunes  
1/4 cup hot water  
1/2 teaspoon pure vanilla extract  
1/8 teaspoon sea salt  
1 tablespoon chia seeds (optional)

1) In a food processor, pulse Sunsweet prunes, water, vanilla and salt until semi-smooth.  
Optional: Stir in chia seeds.  
2) Store in a sealed container in the fridge for up to 2 weeks. Makes 12 tablespoons.

Nutrition (1 tablespoon jam): 30 calories, 0g total fat, 1g fiber, 5g sugar, 0g protein.