



## Fruits For The Gods Recipe

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<b>Preparation Time</b>	<b>15</b>
<b>Cooking Time</b>	<b>83</b>
<b>Serving Size</b>	<b>24</b>

### Ingredients:

- - oil, for greasing
- 1 1/3 cup all-purpose flour, sifted
- 3/4 tsp baking powder
- 1/2 tsp baking soda
- 1/4 tsp salt
- 1 can DEL MONTE Fiesta Fruit Cocktail (432g), drained for 2-3 hours
- 1 cup raisins
- 3/4 cup butter
- 1/2 cup sugar, white
- 3/4 cup sugar, brown
- 3 pc egg
- 1 cup cashew nuts, toasted, chopped

### Preparation:

1. Preheat oven to 350°F. Grease a 13 x 9 x 2-inch pan.
2. Sift flour, baking powder, baking soda, and salt together.
3. Take 1/2 cup of this mixture and mix with DEL MONTE Fiesta Fruit Cocktail and raisins. Set aside.
4. Cream butter until soft and fluffy. Add sugars and blend well.
5. Add eggs, one at a time, beating well after each addition. Fold in the flour mixture.
6. Add cashew and fruit cocktail mixture. Stir to completely blend batter.
7. Pour batter into prepared pan and bake for 10 minutes. Lower heat to 350°F and continue baking for 50 minutes. Cool slightly then cut into bars.

### Chef's Tip

Coating the fruits in a portion of the flour keeps them from sinking into the bottom of the pan as the pastry bakes.

### Lusog Notes

Did you know that cashew nuts are a good source of plant protein? Protein is needed by the body for growth and maintenance.

### Cooking Skills Needed

- Toasting
- Mixing

### Cooking Tools

- 12" x 8" Rectangular Pan
  - Chopping Board
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