



FEATHERED FOOT FRUIT CHEWS

INGREDIENTS

- 1 ½ C Oats
- 3 T Molasses or Honey
- 1 C Water
- 1 Apple (Finely chopped)
- 2 Carrots (Finely chopped)
- 2 T Flour
- 2 T Brown Sugar
- 6 Peppermints (Crushed)

DIRECTIONS

1. Mix oats, water, and honey or molasses in a bowl and microwave for two minutes.
2. Add chopped apple and carrots, brown sugar, crushed peppermints, and flour to the mixture.
3. Microwave for two minutes again
4. Put mixture in mini muffin pan, and bake at 350F for about 15 minutes.



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