

Free sample recipe from The Sneaky Chef
<http://www.thesneakychef.com>



NEW MOTT'S MEDLEYS RECIPES

My new favorite “sneaky” treat – all-new Mott’s Medleys Juice. The juice comes in three flavors – Apple, Grape and Tropical and sneaks two servings of fruit and veggies into every eight ounce glass. Plus, Mott’s Medleys works well as a substitute in many of my recipes like my Sneaker Doodles, Surprise-icles and Sweet Strawberry Cupcakes. And it’s the perfect way to cool down after a Sneaky Fitness workout. You can find all-new Mott’s Medleys at your local grocery store or click [Here](#) to find it in a store near you.

1. Sneaker-Doodle Cookies
2. Surprise-icle Creamsicle
3. Sneaky Strawberry Cupcakes

Sneaker-Doodle Cookies

Ingredients:

- 1 egg white
- 4 tablespoons butter, softened
- $\frac{3}{4}$ cup sugar
- $\frac{1}{3}$ cup [White Bean Puree](#)
- 1 teaspoon pure vanilla extract
- 1 cup [Flour Blend](#)
- $\frac{1}{2}$ teaspoon salt
- For garnish: 1 teaspoon cinnamon and 1 tablespoon sugar



Directions:

Preheat oven to 350 degrees and spray a baking sheet with cooking spray (or line with parchment paper).

In a large mixing bowl, whisk together the egg white, softened butter, sugar, white bean puree, and vanilla.

In another large bowl, whisk together the Flour Blend and salt. Add the dry ingredients to the wet and mix well to form a soft batter. Drop tablespoonfuls of batter onto the baking sheets (Missy uses a melon baller sprayed with oil to dole out the dough,) leaving about 1 inch between each cookie. Pour the remaining tablespoon of sugar and cinnamon onto a plate and set aside.

Surprise-icle

Ingredients:

- $\frac{1}{2}$ cup Mott’s Medleys Tropical Flavor

- ¼ cup [Orange Puree](#)
- ½ cup vanilla yogurt
- 2 tablespoons sugar
- Rainbow sprinkles, optional

Directions:

Blend all ingredients except sprinkles together in a blender until smooth. Drop a few sprinkles (if desired) into each popsicle mold and then pour equal amounts of the mixture in each. Insert stick, and freeze for at least 3 hours.

Sweet Strawberry Cupcakes

Ingredients:

- 3 eggs
- ¾ cup Strawberry Puree
- 1 cup Mott's Medleys Apple Flavor
- ½ cup oat bran
- 1 box yellow cake mix
- Pink sprinkles and pink vanilla frosting, optional

Directions:

Preheat oven to 350 degrees and line muffin tin with pink paper muffin cups.

In the bowl of an electric mixer, place all ingredients, except sprinkles, if using. Blend at low speed for 30 seconds, then increase to medium speed for another 2 minutes. Using a spoon, mix 2 tablespoons of pink sprinkles into the batter. Pour batter into muffin tins. Bake for 19 to 21 minutes (until a toothpick inserted in the center comes out clean). Remove and cool before frosting with strawberry or vanilla frosting with pink sprinkles.

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