**Choice of Ingredients**

**Choose one or more of the following fruits:**

·      Cherries

·      Cranberries

·      Prunes

·      Raisins

·      Blueberries

·      Apricots

·      Bananas

·      Coconut

·      Apples

**Choose one or more of the following nuts:**

·      Peanuts

·      Almonds

·      Flaxseeds

·      Soynuts

·      Walnuts

·      Cashews

·      Pumpkin seeds

·      Chia seeds

**Choose one of more of the following sweets (for research, not for testing):**

·      Brown rice syrup

·      Agave syrup

·      Honey maple syrup

·      Fiber syrup

·      Chocolate chips

·      Sun drops

·      Pumpkin spice

·      Cinnamon