



Homemade Fruit Food Bar Recipe

Sarah Ballantyne



Homemade Fruit Food Bar Recipe:

The 52 New Foods Challenge Jennifer Tyler Lee, 2014-11-04 IACP Cookbook Award Nominee Salvation for every busy parent who longs to make mealtimes relaxing fun and healthy from the creator of Crunch a Color Like many parents Jennifer Tyler Lee struggled to get her kids to eat healthy balanced meals The answer she discovered was making it a game We'll try one new food each week she told her kids You pick She called it the 52 New Foods Challenge In this week by week guide Lee gives parents practical tips to dramatically change the way their families eat Her helpful advice and the simple rules that her family followed will show parents how to start eating healthy every week of the year Each week offers a healthy new food to try from artichokes to zucchini and includes easy recipes and fun activities to work on as a family from learning to cook together to enjoying the farmers market to even experimenting with growing your own food With more than 150 simple healthy recipes and advice from nationally acclaimed nutrition experts The 52 New Foods Challenge shows parents how to enjoy mealtimes plant the seeds of change at their family table and easily incorporate healthy habits every day of the year Guaranteed to inspire a child's creativity and confidence in the kitchen and beyond The 52 New Foods Challenge is the perfect companion for any busy parent who wants to stop stressing over mealtime and find a creative playful solution to make this family ritual relaxing and fun

COURSE WITH HUNDREDS OF HOMEMADE RECIPES AGAINST DIABETES Marcel Souza, The book *Course with Hundreds of Homemade Recipes Against Diabetes* is a comprehensive and practical guide for those looking for natural and effective ways to manage and combat the symptoms of diabetes through diet This book provides a vast collection of carefully selected recipes that are not only delicious but also rich in essential nutrients to stabilize blood sugar levels and improve overall health Each recipe comes with detailed instructions nutritional information and preparation tips to make integrating these dishes into daily life easier In addition to recipes the book also includes educational chapters on the basic principles of diabetes the importance of diet in controlling the disease and guidelines for adopting a healthy lifestyle to prevent long term complications Written by experts in nutrition and health this book is an invaluable resource for diabetics as well as for those looking for a healthy diet as a form of prevention With an easy to follow approach it is perfect for those who wish to discover the power of homemade food in the fight against diabetes promoting a healthier and happier life

A baking cookbook you need Every Day Maleb Braine, 2022-10-19 How to become a true domestic goddess in the kitchen and whip up crowd pleasing sweet and savory treats that would make everyone jealous Have you ever been embarrassed by baking disasters that you just couldn't get right Are you stuck in a baking rut using the same old boring recipes that you can't get away from Do you want to make meaningful food based memories with your kids that will last a lifetime If the answer to any of these is yes then keep reading Many moms feel that they don't spend enough quality time with their kids especially when competing with video games social media and other gadgets In fact when you think of all the pressures on modern families it is no surprise that the average American family only spends 37 minutes of quality time

together daily Luckily there is one activity that can bring joy and love back into the family home baking Not only does this help with child development but it can create strong bonds between a mother and child that will last for years to come Think back to your own childhood How many of your fondest memories were centred around food in some way Whether it was cooking with your grandparents or eating your mom s freshly baked cookies straight off the tray food is at the heart of good family memories Baking together is a fantastic activity to get involved in and with a variety of sweet and savory recipes to make other moms jealous you ll wish you had started sooner In *Baking Practical Guide for Moms at Home* you will discover Fantastic recipes for every occasion including holidays birthdays afternoon treats and more Family friendly treats that the kids can help cook including a great range of creative after school snacks to keep the little ones happy Tried and tested recipes handed down through generations from my family to yours The 9 store cupboard essentials you absolutely need in your home Quick and easy delicacies for anyone who doesn t think they have the time or skills spoiler alert yes you do A selection of indulgent recipes for the overworked mom treat yourself too with some gorgeous and decadent delights Exciting new flavor combinations to get your taste buds tingling 10 helpful hints to get any baker creating masterpieces no matter their ability or experience A variety of traditional American recipes that every mom needs to know don t get shown up by other moms And much more Even if you think you don t have the time to bake right now creating those lasting memories for your kids is something you will regret not doing It is so important to make the time for these special moments those are the things your children will be telling their grandchildren Not only that but it also gives opportunities to make some incredible food for your family and friends that will have them begging for the recipes This is your chance to become the world s best mom and share your love with delicious bakes for every occasion If you want to make other moms jealous of your newfound baking skills and impress friends and family by becoming a culinary mastermind then scroll up and click the Add to Cart button right now

Frugal Living For Dummies Deborah Taylor-Hough, 2011-05-04 Feel like you re trying to dig out from under a mountain of debt without a shovel Tired of working your tail off just to break even Is the high cost of living taking all the joy out of life Unless you re one of the top two percent of wealthiest Americans all of the above should sound painfully familiar While they re trying to decide between the ski lodge in Telluride and the Tuscan villa for the rest of us it s an endless litany of corporate lay offs stagnant wages crushing credit card debt skyrocketing medical costs exorbitant utility bills the high cost of higher education And they call this the good life Is there a better way to live Can you get what you need and what you want without killing yourself to get it Absolutely says frugal living guru Deborah Taylor Hough and in *Frugal Living For Dummies* she shows you how In this warmhearted guide to living the good life on less Deborah shows you how to live within your means and enjoy doing it Among other things she shows you how to Eat like a king on a peasant s budget Take the sting out of gift giving Dress well on a shoestring Save big bucks on family expenses Slash household expenses Save on medical expenses Involve the whole family in saving money Save more for the things you want From basement to attic cradle

to grave Frugal Living For Dummies covers all areas of life with common sense advice and guidance on Working with your partner to achieve financial goals Going to the grocery without being taken to the cleaners Quick and thrifty cooking techniques Providing kids the basics on a tight budget Putting kids through school without going broke Looking good and feeling good on a tight budget Frugal holiday fun year round Saving money around the house and driveway Finding quality in pre owned merchandise Packed with tried and true techniques for cutting costs and stopping the insanity Frugal Living For Dummies is the ultimate financial survival guide for the rest of us [What's in a Meal?](#) Child Nutrition Programs

(U.S.),United States. Food and Nutrition Service,1994 Intended to assist Child and Adult Care Food Program CACFP personnel in providing quality nutritious meals which comply with CACFP meal pattern requirements Sections include nutrition recipe modification food labeling feeding infants food handling and sanitation ethnic foods recipe evaluation and crediting foods **Good Food to Go** Brenda Bradshaw,Brenda E. Bradshaw,Cheryl Mutch,2011 Cooking **DIY Energy Bars** Barrett Williams,ChatGPT,2025-04-22 Unleash Your Culinary Creativity with DIY Energy Bars Discover the ultimate guide to crafting delicious and nutritious energy bars right from the comfort of your kitchen DIY Energy Bars is your go to resource designed to empower you with the skills and knowledge to create personalized snacks that cater to your dietary needs and taste preferences Why Make Your Own Energy Bars Say goodbye to store bought bars packed with preservatives and hidden sugars With our guide you ll learn the immense benefits of making your own energy bars from controlling ingredients to customizing flavors that suit your lifestyle Embrace healthier snacking with every bite Explore the Essentials Dive into an in depth exploration of key ingredients such as nuts seeds sweeteners and fruits Understanding these components will enable you to craft bars that not only taste amazing but also provide the nutrition your body craves Mastering the Craft Whether you re a seasoned cook or a kitchen novice our book covers everything you need to succeed from basic kitchen tools to achieving that perfect bar texture and flavor balance Discover allergy friendly gluten free vegan high protein and low sugar options tailored just for you Recipes for Every Occasion Our diverse collection of recipes ensures there s something for everyone Fuel your workouts with athlete friendly bars or indulge in seasonal and festive creations that bring a touch of celebration to everyday snacking Beyond the Bar Learn creative ways to incorporate energy bars into meals craft layered desserts and even package them as thoughtful gifts We also provide invaluable tips on storing and preserving your creations to maintain their peak freshness Your Journey Starts Now Join a world of flavorful experimentation and healthier snacking Rid your routine of bland routine snacks and embark on a journey of taste and nutrition with DIY Energy Bars Let your kitchen be the birthplace of endless delicious possibilities **The Complete Guide to Sports Nutrition** Anita Bean,2000-01-01 Covers training diets carbohydrate requirements fluid intake weight management body fat and performance disordered eating and sports supplements [Advanced Clinical Naturopathic Medicine](#) Leah Hechtman,2020-10-15 Advanced Clinical Naturopathic Medicine engages the reader and evolves their knowledge and

understanding from the fundamental Clinical Naturopathic Medicine to a more specialised focus Written by Leah Hechtman it concentrates on advanced topics commonly encountered in clinical practice including new advancements and cutting edge research as well as foundational aspects of clinical practice This new title showcases how transformative and effective naturopathy is and offers insight into the depth of naturopathic practice and its vital role in the healthcare system With the profession constantly evolving and naturopathy more often incorporated into specialty practices this publication is a timely resource to guide clinicians and students through complicated areas of expertise and specialisation while keeping the primary principle of patient centred care at the forefront of the reader s mind Systematic text structure to support reader engagement that follows on from the Clinical Naturopathic Medicine format Integrative naturopathic treatments for all complex conditions and topics Detailed and extensively referenced interaction tables for nutritional supplemental and dietary and herbal medicines plus pharmaceutical medications Rigorously researched from the latest scientific papers and historical texts Skilfully bridges foundational traditional principles and practice of naturopathy with evidence based medicine to assist readers with their integration into the current healthcare system Enhanced eBook version included with purchase Baby Food Maker Cookbook Philia Kelnhofer,2019-04-16 From the blogger behind Sweetphi this is the first cookbook for the popular baby food maker device with 125 delicious wholesome nourishing recipes that will take baby from first purees to solids and beyond Every recipe works for each of the popular models of the device and is adaptable for the stovetop plus a food processor as well Blogger and new mom Philia Kelnhofer is an expert at cooking up simple and nutritious meals for on the go families But when it came time for her to introduce first foods to her baby she was surprised by the challenges presented by seemingly simple purees After making a mass batch of sweet potatoes that mostly went to waste she tried out the baby food maker device which steams and blends in one canister to make small baby sized quantities of food She discovered she could create yummy nourishing purees in just ten minutes from Apple Cinnamon to Lemony Zucchini and everything in between The Baby Food Maker Cookbook is the complete resource for parents who want to know what to feed the newest eaters in their families Illustrated with beautiful photography the 125 recipes are organized by the timeframe for introducing foods over the first twelve months Plus the book includes A guide to using the baby food maker Nutrition information for first foods A handy calendar for tracking food introduction Adult friendly dishes so you can use the device beyond baby From single ingredient purees to delicious treats like Apple Pear Cinnamon Sauce Yogurt Parfaits Chickpea Sweet Potato Spread and Berry Avocado and Coconut Milk Smoothie these recipes show how to make the most of your baby food maker and are just what you need to support your baby s development *The Anti-Anxiety Cookbook* Jennifer Browne,2019-08-20 If you or someone you know suffers from anxiety this book can help What we choose to fuel our bodies with affects us wildly In today s world of overly processed food and artificial ingredients that almost always include empty calories and stimulants it s important to educate oneself on how proper nourishment positively impacts our state of mental

health and wellbeing With more than seventy five simple recipes created to help you chill and be still The Anti Anxiety Cookbook will help you find the path to calm Most of the plant based recipes in this mindfully created cookbook contain fewer than ten ingredients and all are tried and true Recipes include Anti Inflammatory Juice Perfect Pesto Greek Six Layer Dip Lentil Loaf Chocolate Pumpkin Loaf And More Kind food really is the best and least expensive medicine and in the realm of anxiousness it s so important to lower nutritional stress and let plant based nutrition pave the way for decreased anxiety and more peaceful living

Homemade Kids Nicola Baird,2010-07-01 Modern living offers convenience and as parents we need all the help we can get Food is produced in abundance and clothes are cheap enough for us to use and then discard But is it necessary to be so wasteful And is this really how we want to raise our children Homemade Kids is full of top tips inspirational ideas and practical advice that will help you to make your home a more healthy energy efficient environment create toys and fun activities for your baby decide whether reusable nappies are the right choice for you consider the best feeding and transport solutions for your family Raising a healthy happy child doesn t need to be a complicated process that puts a strain on the planet and your wallet Homemade Kids takes you back to basics and reminds you of the simple pleasures of parenting

Awesome Foods for Active Kids Anita Bean,2005 How can you get children to eat food that tastes good does them good and helps them perform better This practical guide contains all the information and suggestions you need to feed growing kids from kindergarten through high school

Vegetarian Comfort Foods Jennifer Browne,2015-08-04 The Happy Healthy Gut Guide to Delicious Plant Based Cooking More than seventy five recipes to nourish your body and soul Food is the mind and body s single most important form of nourishment Our bodies capacity for growth and repair directly correlates to the fuel we put into it and food is that fuel By eating mindfully we can not only steer the course of our health to reach its peak but enjoy the ride along the way After a decade long struggle with IBS Jennifer Brown discovered that the path to health is no further than the walk to the refrigerator Vegetarian Comfort Foods couples the healing power of whole plant based mindfully chosen food with creative recipes to please our palates and diminish our ailments Starting with the necessary kitchen tools pantry prerequisites and cleansing instructions the foundation is set for more than seventy five recipes such as Berry Rhubarb Smoothie Banana Walnut Pancakes Roasted Squash with Apple and Eggplant Warm Steamed Green Salad Tangy Lentil Salad Thai Red Curry Sweet Sour Tofu Stir Fry Pink Salt Brownies Chocolate Chia Pudding And many more Skyhorse Publishing along with our Good Books and Arcade imprints is proud to publish a broad range of cookbooks including books on juicing grilling baking frying home brewing and winemaking slow cookers and cast iron cooking We ve been successful with books on gluten free cooking vegetarian and vegan cooking paleo raw foods and more Our list includes French cooking Swedish cooking Austrian and German cooking Cajun cooking as well as books on jerky canning and preserving peanut butter meatballs oil and vinegar bone broth and more While not every title we publish becomes a New York Times bestseller or a national bestseller we are committed to books on subjects that are sometimes

overlooked and to authors whose work might not otherwise find a home **The Healthy Aging Cookbook: 100+ Anti-Inflammatory Recipes to Support Heart Health, Blood Sugar Balance & Longevity.** Miles Grayson Hill ,2025-07-13 The Healthy Aging Cookbook 100 Anti Inflammatory Recipes to Support Heart Health Blood Sugar Balance Longevity Discover a delicious path to aging well without sacrificing flavor or convenience The Healthy Aging Cookbookdelivers over 100 vibrant science backed recipes designed to reduce inflammation protect your heart stabilize blood sugar and extend your healthspan What You ll Find Inside Simple Anti Inflammatory Meals Enjoy flavorful breakfasts nourishing lunches satisfying dinners and energizing snacks made with accessible affordable ingredients and packed with plant based goodness Targeted Health Benefits Each recipe features potent age defying nutrients omega 3 rich fish colorful vegetables whole grains and spices like turmeric and ginger Science Made Savable Clear headers and easy references identify recipes by their key health focus heart blood sugar inflammation or longevity Helpful Tools Included Meal planners weekly shopping lists portion guidance and substitution tips for gluten free vegetarian or low carb diets Why This Book Works Your Health Goal How These Recipes Help Support cardiovascular wellness Antioxidant rich foods and healthy fats work to reduce cholesterol and inflammation Maintain steady blood sugar Low glycemic foods fiber built ins and balanced meals prevent spikes Reduce chronic inflammation Phytonutrient packed recipes contain turmeric berries leafy greens legumes Promote longevity Daily choices that support cellular health immune resilience energy Benefits You ll Love Feel Energized Vibrant Start your day with nutrient forward meals that keep you fueled and focused Cook With Ease Effortless recipes with clear instructions minimal prep and familiar ingredients Support Lifelong Health Designed for anyone aged 30 50 or 70 seeking wellness today and tomorrow Adapt to Your Needs Details for making every dish gluten free plant based or protein enriched Who Should Read This Health conscious individuals aiming to prevent chronic conditions Anyone managing heart health diabetes or joint inflammation Those seeking flavorful practical and sustainable healthy habits Busy cooks looking for straightforward recipes that pack powerful wellness punches Why Buy Today Over 100 tested flavorful recipes no calorie counting or confusing diets Recipes you ll crave not just tolerable healthy meals Balanced approach for long term health and enjoyment Complete meal planning tools to bring wellness into everyday life The Healthy Aging Cookbook is more than kitchen inspiration it s a daily health plan tailored for aging well Start using food as medicine and savor every bite on your journey to vitality Click Buy Now and begin feeling better living stronger and aging gracefully one dish at a time

Everyday Celebrations From Scratch Maria Provenzano,2022-06-28 Spend time together as a family making fun crafts baking delicious treats and building memories for years to come Elevate the ordinary and make every day special with your kids Everyday Celebrations from Scratch is filled to the brim with impressive yet ridiculously easy recipes step by step craft tutorials and inspirational ideas to set the scene all to help you create the life and memories you want Each section of the book provides inspiration for both food and do it yourself DIY projects so you can invest minimum time for maximum impact

Discover how fun it can be to Celebrate Weeknight Meals with Delicious fun meals and desserts like loaded veggie nachos creamy Tuscan salmon and homemade waffle cone dessert tacos Fun DIY projects like painted and personalized place mats and homemade confetti Tips for how to make breakfast boards upgrade your takeout or how to have family fun by intentionally making a mess Celebrate Family with Creative kid time that incorporates fun treats like ice cream in a bag with homemade sprinkles Family picnics with DIY personalized tables and yummy fruit and brownie Kabobs Tasty family favorite recipes like mom s German pancakes and chocolate peanut butter bonbons Celebrate Friendship with Creative DIY crafts like custom bookmarks for your reading club or wine glass tags for a girl s night in Tips for grazing boards and book club topics Delectable treats to savor together like angel food cake trifle in a wine glass or sparkling blackberry mint water Celebrate Sports with Tips for tailgate success or planning a winning field day DIY crafts to cheer on your team and celebrate like canvas banners trophies or felt pennants Yummy treats like fried pickles and dips caprese pasta salad or chicken kabobs Celebrate Seasons with Outdoorsy DIY projects camp signs or flannel drink sleeves and coasters Tips for backyard campout success or how to make a snow day fun Satisfying seasonal treat recipes like grilled corn salad pumpkin pizza and turkey chili Everyday Celebrations from Scratch gives you the ideas and inspiration you need to make every moment count with your family Everyday celebrations are the foundations of memories that last a lifetime and now you will have what you need to get started and see just how easy it can be

The Healthy Hound Cookbook Paris Permenter, John Bigley, 2014-04-18 This book will make it easy to create healthy treats and meals for your favorite canine

Paleo Principles Sarah Ballantyne, 2017-11-07 From the New York Times bestselling author of The Paleo Approach and The Healing Kitchen comes the most comprehensive resource to date for those seeking a scientifically founded nutritional approach to optimal health In her signature approachable yet comprehensive style Sarah Ballantyne PhD has laid a complete foundation for understanding the principles of the Paleo template in order to inform and empower people s day to day choices Combined with an unprecedented collection of practical strategies tips and visual guides plus more than 200 delicious recipes and twenty meal plans for a variety of health goals this book is a one stop shop for nutrition nerds health nuts and gourmands alike The Paleo diet is a nutrient dense anti inflammatory whole foods diet based on eating a variety of quality vegetables meats seafood fruits eggs nuts seeds healthy fats herbs and spices It is clinically proven to improve health by providing complete and balanced nutrition while omitting most processed and refined foods and empty calories Far from being a historical reenactment the Paleo framework is derived from thousands of scientific studies that illuminate our understanding of which foods support health and which foods undermine it Combined with attention to essential lifestyle factors like physical activity sleep and stress the Paleo template is quite simply the most robust approach out there for optimal health performance and longevity With the perfect balance of detailed explanations accessible summaries of actionable information and visual guides Paleo Principles provides everything readers need to achieve their best health Beyond a set of rules this book teaches

precisely why some foods are better choices than others while providing indispensable resources like food lists shopping guides and cooking how tos Health comes from more than just the foods on our plates however which is why Dr Ballantyne also incorporates a focus on lifestyle factors known to improve health including being active getting enough sleep managing stress and connecting with community People needn't worry that following a Paleo style diet will leave them feeling hungry or deprived Healthy re creations of family friendly favorites from pizza to pancakes prove that you can regain your health and love every bite Paleo Principles contains more than 200 nutritious Paleo recipes that are free of gluten grain dairy legumes and refined sugar including kitchen basics breakfasts soups and salads main dishes side dishes baked goods and desserts all labeled for the top eight allergen ingredients as well as other common food sensitivities like FODMAPs and nightshades and the Autoimmune Protocol Adapt the Paleo template to serve your specific needs and health goals by using Paleo Principles guides on customizing macronutrient ratios navigating gray area foods troubleshooting chronic illnesses and food sensitivities transitioning to a Paleo style diet understanding your body's individual response to different foods and balancing Paleo priorities with competing interests for lifelong success Combine these resources with twenty meal plans reflecting the most common health objectives and you have the know how to personalize your plan to fit your life Join the millions of people taking back their health by following a Paleo lifestyle Whether your goal is to lose weight increase performance reduce cardiovascular disease risk factors prevent cancer mitigate autoimmune disease reverse diabetes or simply achieve your best health Paleo Principles gives you answers and a veritable toolkit to make lasting positive change toward better health

MEDITERRANEAN KIDS LUNCH BREAK 60+ KID-APPROVED, HEALTHY, DELICIOUS, SCHOOL-READY, EASY-TO-MAKE BREAKFAST, LUNCH, AND SNACK RECIPES Eva Iliana, 2020-10-16 Equip your child with the building blocks for lasting health not only now but for the rest of their lives It's no surprise that parents want their children to eat well and build healthy attitudes towards food that will last them a lifetime So how is it that fewer than 15% of elementary school age children get enough fruits and vegetables in their diet With the pressures of work family school and parenting finding the time to create a balanced nutrition plan for your kids can seem impossible Where should you even begin The answer lies in the past the way some of the healthiest populations in the world ate not too long ago The Mediterranean diet is no meal plan being advertised by diet coaches online It finds its basis in the eating patterns that have been shown to help prevent heart attacks obesity diabetes and stroke Instead of worrying about the unpronounceable ingredients in your child's lunch box take back your peace of mind with mealsthat you can prepare together In 2015 13.7 million children were obese This number is only on the rise and it isn't just because of all the processed foods out there Many children grow up with no understanding of how the foods they eat affect their body and they find themselves lost when they have to take things into their own hands Eva Iliana has compiled not only delicious recipes that your kids will love but she has also proven ways you can start the nutrition discussion and enable them to take an active role in their health In Mediterranean Kids Lunch Break you will discover

45simple easy to prepare delicious recipes to start the day off strong and keep that momentum going Why it s so important to talk with your kids about food openly and honestly and the danger of labeling foods as good or bad The not so secret reason why the Mediterranean diet is associated with longer life healthier hearts and clearer minds How small changes to snacking habits can create a big impact over the course of a lifetime Exactly what you ll need to keep a pantry that enables you and your family to make healthy eating easy and painless Various ways to get your child involved in the cooking process with specific pointers for different age groups Why you don t need to give up ice cream pasta or burgers to adopt a healthy diet How to make the transition to a balanced wholefood based diet when your kids are already used to their favorite foods And much more Changing your child s eating habits for the better doesn t have to mean spending hours poring through recipe books and trying to figure out whether those organic snacks are actually good for them You can lay the groundwork for a healthy attitude towards food without lectures or rigid meal plans If you re ready to unlock the secrets of the Mediterranean diet for your child and put them on a path to better health then scroll up and click the Add to Cart button right now

Powerful Plant-Based Superfoods Lauri Boone,2013-05-01 Powerful Plant Based Superfoods is your definitive guide to 50 of the leading superfoods for optimal health and vitality Everyone knows that fruits and vegetables are a fundamental part of a healthy diet but plant based superfoods are the power elite Revered by many ancient cultures for their ability to heal and energize the body plant based superfoods are the most nutrient dense foods on the planet Powerful Plant Based Superfoods features 50 top superfoods and discusses their unique benefits and how they can be integrated into your diet for incredible health and amazing taste From local superfoods like greens berries and garlic to more exotic superfoods like maca cacao and yacon Powerful Plant Based Superfoods also includes 50 nutrient rich recipes that are all naturally vegan and gluten free From Berry Lavender Ice Cream and Mesquite Sweet Potato Hash to Luscious Cashew Cream Spinach Soup and Carob Bark you can begin to work superfoods into your daily diet effortlessly and deliciously one meal and snack at a time A beautiful compilation of information tips recipes and photos Powerful Plant Based Superfoods will inspire you to start working with superfoods in your own kitchen to upgrade your diet and your health

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