

Fruit and Veggie Fun

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Apples are great anytime. Try this crunchy idea for a quick breakfast or after school snack.

Cherry Nut Apple Slices

- 1 apple
- 1 tablespoon nut butter (peanut, almond, etc.)
- 3 tablespoons dried cherries, cut in half

1. Cut apple into four pieces. Remove the core from each apple quarter.
2. Slightly spread nut butter on each apple quarter.
3. Sprinkle dried cherries on the nut



butter. Enjoy! Makes 2 servings. Each serving contains 146 calories, 4 grams of fat, 26 grams of carbohydrate, 74 mg of sodium and 3 grams of fiber.

Have you been looking for new ways to eat fruits and vegetables? Check out "Today's Top 10 List" on Fruit & Veggies More Matters web site:

<http://www.fruitsandveggiesmorematters.org>

Source: Fruit and Veggie More Matters - <http://www.fruitsandveggiesmorematters.org>

Getting Children Involved

- Let children break flowerettes from broccoli or cauliflower.
- Have children measure frozen veggies before cooking them.
- Let children sprinkle herbs or seasonings onto veggies or salads.
- Play "I Spy" in the grocery store to see how many fruits and vegetables they can find. Think about not only fresh produce but canned, dried and frozen.

For more information check out Food Fun for Young Children at: <http://go.unl.edu/chi>