

It's Berry Fun!

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Berries are so colorful and tasty that most kids don't need any extra incentive to gobble them up. However there are so many fun things you can do with berries that can turn an ordinary snack into something extra-special! Here are a few simple ideas you can make with basically the same foods!



Berry Butterfly

- Blueberries and raspberries*
- Low-fat cream cheese
- ½ of a whole-wheat mini bagel

Spread cream cheese on bagel. Cut in half. Have your child decorate with berries!

**Cut berries in half to reduce choking hazard for young children.*



Berry Funny Face

- Blueberries and raspberries*
- 1 grape*
- Low-fat cream cheese
- ½ of a whole-wheat mini bagel

Spread cream cheese on bagel. Decorate with berries for eyes and mouth and a grape for the nose!

**Cut berries and grape in half to reduce choking hazard for young children.*



Berries and Bunnies

- Blueberries and raspberries*
- Bunny or other animal crackers

Place berries in a small bowl. Top with fun animal crackers!

**Cut berries in half to reduce choking hazard for young children.*



Berry Pretty Flower

- Blueberries and raspberries
- Low-fat cream cheese
- ½ of a whole-wheat mini bagel

Spread cream cheese on bagel. Have your child decorate with berries!

**Cut berries in half to reduce choking hazard for young children.*

Berry Helpful Hints

- 🍓 Because berries have a short shelf life, an alternative to enjoy them year round is to buy them frozen or buy fresh berries and freeze them yourself.
- 🍓 To freeze fresh berries: wash, drain well and pat dry with a clean paper towel. Place in a single layer on a baking sheet. Freeze berries until firm, then package frozen berries in freezer bags or containers.
- 🍓 When making pancakes and waffles, add the blueberries as soon as the batter has been poured on the griddle or waffle iron. This will make the pancakes prettier and they'll be easier to flip. If frozen blueberries are used, cooking time will probably have to be increased.
- 🍓 Whole frozen berries destined for your baked goods should be used frozen. Gently fold into pies, cakes and muffins just prior to baking.

For more information check out Food Fun for Young Children at: <http://food.unl.edu/web/fnh/food-fun-for-young-children> or on Pinterest at: <http://pinterest.com/cwellsrd/food-fun-for-young-kids>