



Go Green with Fruit on St. Patrick's Day

Looking for a quick snack for kids or adults on St. Patrick's Day? Go no further than the fresh fruit aisle. Here are several options with green fruit such as honeydew, kiwi and green grapes!

Option One: *Fruit Salad* – This snack is super easy and super quick to prepare. Simply cut-up your favorite fruits and place in fun cups or bowls. If you have young children, make sure to halve or quarter the grapes to reduce the choking hazard. Children can help cut soft fruit like kiwi and honeydew with a table knife.



Option Two: *Fruit Parfait* – Layer your chopped green fruit with either key lime or vanilla yogurt. You may even consider topping with your favorite dry cereal or some crunchy chopped nuts such as almonds, walnuts, or peanuts.

Option Three: *Fruit Kabobs with Dip* – Place small pieces of fruit on skewers. Use plastic straws for young children instead of wooden or metal skewers to avoid sharp ends. Dip could be your favorite flavor of yogurt or even pistachio pudding.



Questions?? - Contact author Cami Wells, MS, RD at cwells2@unl.edu. For more information check out the Food Fun for Young Children website 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>