

Animals in the Swamp

Makes 4 servings

8 ounces vanilla yogurt
1 Tablespoon chocolate instant pudding mix
Animal crackers



1. Combine yogurt and pudding mix.
2. Serve 1/4 cup of “swamp” to each child.
3. Dip crackers into the “swamp” and enjoy.
4. Refrigerate any extra "swamp" within 2 hours and eat within to 3 to 4 days.

Kids love to dip!

- ☺ This is a super-easy snack to make with kids. Even little ones can help stir the pudding mix into the yogurt. Just make sure to provide a non-breakable bowl with enough room to prevent spills.
- ☺ Try different flavors of yogurt or pudding mix like strawberry yogurt with vanilla pudding or vanilla yogurt with butterscotch or lemon pudding.
- ☺ Be creative and dip graham crackers, vanilla wafers or your child’s favorite fruit like strawberries, bananas or apples.



A child that helps in the kitchen:

- ☺ Tries and likes more foods
- ☺ Gains confidence, feels important, and proud
- ☺ Learns early math and science concepts
- ☺ Learns new vocabulary
- ☺ Develops small muscle skills
- ☺ Learns responsibility with cleanup

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://go.unl.edu/chi>