



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: Green Fruit Salad — This snack is super easy and super quick to prepare. 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.

- 1/3 cup chopped kiwi, gently rubbed under cold running water
- 1/3 cup diced honeydew, scrubbed with clean vegetable brush under running water
- 1/3 cup quartered grapes, gently rubbed under cold running water

1. Wash hands with soap and water.
2. Place cut-up fruit in fun cups or bowls.

Makes one serving that contains 76 calories, 0.5 Grams Fat, 18.9 Grams Carbohydrates, 12.5 Milligrams Sodium, 14.7 Grams Sugars, 2.5 Grams Fiber.



Option Two: Green 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.

- 1/3 cup diced green fruit, washed
- 1 (6 oz.) container low-fat key lime yogurt, divided

1. Wash hands with soap and water.
2. Place half the fruit on the bottom of a glass or paper cup and then layer with half the yogurt.
3. Add the rest of the fruit and then the rest of the yogurt.

Makes one serving that contains 187 Calories, 0.5 Grams Fat, 38.6 Grams Carbohydrates, 102.8 Milligrams Sodium, 0.825 Grams Fiber, 7.9 Grams Protein.



Option Three: Green Fruit Kabobs with Dip — Use plastic straws or drink stirrers 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.

- 1/2 cup diced green fruit, washed
- 1/4 cup low-fat yogurt

1. Wash hands with soap and water.
2. Place small pieces of fruit on skewers.
3. Place yogurt in a small cup for dipping.

Makes one serving that contains 95 Calories, 0.3 Grams Total Fat, 6.9 Grams Total Carbohydrates, 44 Milligrams Sodium, 1.1 Grams Fiber and 3.2 Grams Protein



For more information, contact the author Cami Wells, MS, RD at cwells2@unl.edu. Check out more Food Fun for Young Children Newsletters at: <http://go.unl.edu/chi>