



Spring is Coming

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Before long, tulips and daffodils will be peeking through the ground, the grass will be turning green, and the trees will be bursting with a fresh coat of leaves! Celebrate Spring with your family, serving fun and tasty French Toast Bunny Dippers with Rosy Cinnamon Applesauce Dip for a fresh burst of flavor!



Wash hands with warm water and soap before cooking.

French Toast Bunny Dippers

- 1 egg
- 1/2 teaspoon vanilla extract
- 1/2 cup milk
- 6 slices bread



Directions

1. Whisk egg, vanilla and milk in shallow dish.
2. Use a bunny shaped cutter to cut bread into bunnies.
3. Dip bunnies in egg mixture, turning to coat both sides.
4. Cook bunnies on a lightly greased nonstick griddle or skillet on medium heat until lightly browned on both sides.
5. Serve warm. Yield: 6 bunnies. Each bunny contains 100 calories, 2 g fat, 15 g carbohydrate, 2 g fiber & 168 mg sodium.

Rosy Cinnamon Applesauce Dip

- 4 fresh apples, peeled, cored and cut into chunks
- 1/2 - 2/3 cup water
- 2 – 4 tablespoons red-hot candies

Directions

1. In a medium saucepan, combine apples and water.
2. Cover and bring to a boil.
3. Reduce heat to medium-low and simmer for 10 minutes.
4. Add red-hot candies and continue cooking until tender. Mash the mixture with a fork or a potato masher, until desired consistency. Serve warm or chilled. Yield: 3 cups. Makes 6 servings (1/2 cup each). Each serving contains: 71 calories, .4 g fat, 18 g carbohydrate, 0 g fiber, 0 mg sodium.

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

Egg Storage and Safety Tips

- Never eat raw eggs or sample raw cookie dough or batters that contain raw eggs.
- When buying eggs, check to make sure eggs are clean and not cracked or broken.
- Store eggs in their original container and in the coldest part of the refrigerator, not in the door.
- Cook eggs until yolks are firm.
- Cook egg dishes to 160°F.

Source:

Keep Your Dairy and Egg Products Safe
<https://www.eatright.org/>