

Fruit and Veggie Fun



Apples make a fantastic addition to any snack or meal. Give this crunchy option a try for a quick breakfast or a delightful after-school treat.

Cherry Nut Apple Slices

- 1 apple, gently rubbed under cold running water
 - 1 tablespoon nut butter (peanut, almond, etc.)
 - 3 tablespoons dried cherries, cut in half
1. Wash hands with soap and water. Cut apple into four pieces. Remove the core from each apple quarter.
 2. Lightly spread nut butter on each apple quarter.
 3. Sprinkle dried cherries on the nut butter. Enjoy! Makes 2 servings. Each serving contains 140 calories, 4g fat, 1g saturated fat, 40mg sodium, 27g carbohydrate, 3g fiber, 20g total sugar, 9g added sugar, 2g protein.



Involving Children in the Kitchen

- Allow children to break off flowerets from broccoli or cauliflower.
- Encourage them to measure frozen vegetables before cooking.
- Let kids sprinkle herbs or seasonings onto vegetables or salads.
- Play “I Spy” while shopping to see how many fruits and vegetables they can spot, including fresh, canned, dried, and frozen options.

Source: Have a Plant - <https://fruitsandveggies.org>

For more information check out the Food Fun for Young Children Newsletter at: <http://go.unl.edu/food-fun>. Carol Schwarz originally authored this article. It was updated and reviewed in 2025.