

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
 - 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.
 - Sprinkle dried cherries on the nut butter. Enjoy!
 Makes 2 servings. Each serving contains 140 calories, 4g fat, 40mg sodium, 27g carbohydrate, 3g fiber, 2g protein.

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

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

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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.



