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 3 options with green fruit such as honeydew, kiwi, and green grapes! If you have young children, make sure to halve or quarter the grapes and cut other fruit into no larger pieces than ½ inch to reduce the choking hazard.

Option #1: Green Fruit Salad is easy and quick to prepare. Children can help cut soft fruit like kiwi and honeydew with a table knife.

- ⅓ cup chopped kiwi
- ⅓ cup diced honeydew
- ⅓ cup quartered grapes

1. Wash hands with soap and water. Wash fruit.
2. Place cut-up fruit in fun cups or bowls. Store leftovers in a sealed container in the refrigerator for up to 4 days. Makes one serving: 90 calories, 0g fat, 15mg sodium, 23g carbohydrates, 3g fiber, 18g sugars, 1g protein.

Option #2: Green Fruit Parfait — Layer chopped green fruit with either key lime or vanilla yogurt. Consider topping with your favorite dry cereal

- ⅓ cup diced green fruit, washed
- 1 (6 ounce) 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: 160 calories, 2g fat, 100mg sodium, 60g carbohydrates, 1g fiber, 22g total sugars, 11g added sugars, 8g protein.

Option #3: 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 pudding.

- ½ cup diced green fruit, washed
- ¼ cup low-fat yogurt

1. Wash hands with soap and water. Place small pieces of fruit on skewers.
2. Place yogurt in a small cup for dipping. Makes one serving: 100 Calories, 2g fat, 45mg sodium, 20g carbohydrates, 1g fiber, 18g total sugars, 4g added sugars, 4g protein.

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