

Spring is Coming

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 and try these recipes for a fresh burst of flavor!

French Toast Bunny Dippers

- 1 egg
 - ½ teaspoon vanilla extract
 - ½ cup milk
 - 6 slices whole wheat bread
1. Wash hands with soap and water. Break egg into a shallow dish. Wash hands with soap and water after cracking raw egg. Add vanilla and milk. Whisk together.
 2. Use a bunny shaped cutter to cut bread into bunnies.
 3. Dip bunnies in egg mixture, turning to coat both sides. Place bunnies on a lightly greased nonstick griddle or skillet, preheated to medium-high heat. Wash hands with soap and water.
 4. Cook bunnies until lightly browned on both sides.
 5. Serve warm. Makes 6 bunnies. Serving Size (1 bunny): Calories 110, Total Fat 2g, Sodium 125mg, Total Carbohydrates 18g, Fiber 2g, Protein 2g.

Rosy Cinnamon Applesauce Dip

- 4 fresh apples
 - ½ - ¾ cup water
 - 2 – 4 tablespoons red-hot candies
1. Wash hands with soap and water. Gently rub apples under cold running water. Peel, core, and cut apples into chunks. In a medium saucepan, combine apples and water.
 2. Cover and bring to a boil. Reduce heat to medium-low and simmer for 10 minutes.
 3. 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. Serving Size (½ cup): Calories 70, Total Fat 0g, Sodium 0mg, Total Carbohydrates 17g, Fiber 0g, Protein 0g.



Egg Storage and Safety Tips

- Never eat raw eggs or 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 and egg dishes to 160°F.

Source:

Egg Products and Food Safety, USDA:

<https://go.unl.edu/eggs-usda>

For more information check out Food Fun for Young Children at:

<http://go.unl.edu/food-fun>

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