Sweet Ideas without Added Sugar

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It seems like most holidays' focus on food, and usually include something sweet like candy or chocolate. If you are looking to make this Valentine's Day a little healthier for you and your family, consider starting the day with a fruit-filled smoothie (see the recipe below) or a parfait. Smoothies and parfaits are easy to prepare because you do not need to follow a recipe. Choose your family's favorite fruits and yogurt, place in a blender with a little milk or 100% juice and blend to a desired consistency for a smoothie. For a parfait, layer fruit and yogurt, then top with granola or nuts.

Fruit is a quick, easy, and healthy Valentine's treat. Consider using these two cute ideas using clementines/Cuties* and applesauce. The messages read, "Happy Valentine's Day Cutie" & "You're AWESOMEsauce Valentine." Be creative and think outside the box. Visit with your children about healthier alternatives and let them help you pick them out at the store. Check out the "Non-food Valentine Ideas" to the right for ideas for childcare or school.

A Smoothie for Your Sweetheart

- ¼ cup yogurt (vanilla or strawberry)
- ½ cup frozen strawberries
- ½ frozen banana
- ⅓ cup low-fat milk

1. Wash hands with soap and water. Combine all ingredients in a blender. Blend until smooth. Enjoy! Makes 1 serving.
2. Contains 167 calories, 1.8 g fat, 33 g carbohydrate, 3.1 g fiber and 81 mg sodium.

Sources:
1. Nebraska Extension's Food website: http://food.unl.edu
2. MyPlate, United States Department of Agriculture (USDA): https://www.myplate.gov

Non-food Valentine Ideas

- Friendship bracelets
- Yo-yos
- Toy cars
- Bubbles
- Sidewalk chalk
- Balloons
- Glow sticks
- Bouncy balls
- Pencils
- Erasers

*Reference to commercial products or trade names is made with the understanding that no discrimination is intended of those not mentioned and no endorsement by University of Nebraska–Lincoln Extension is implied for those mentioned.

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