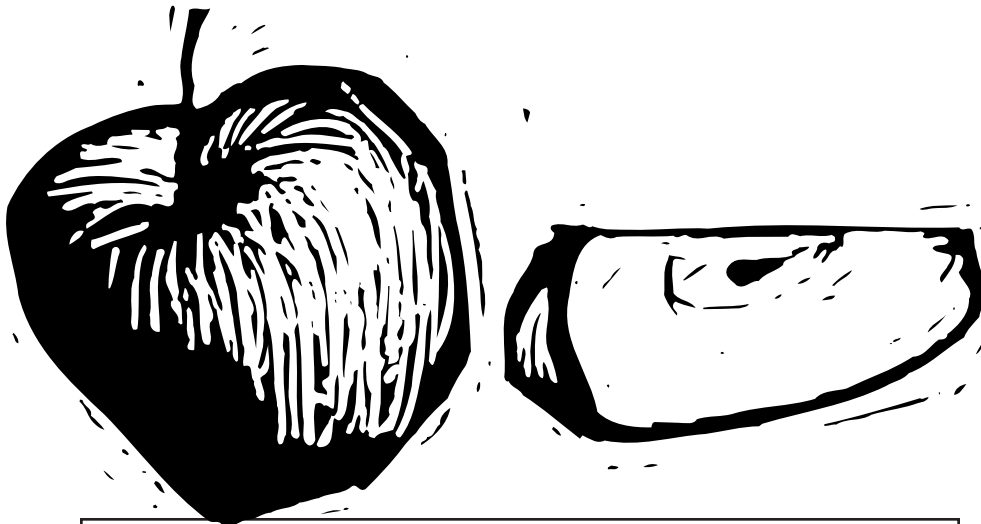




# Cool and Fruity Snacks

The Food Guide Pyramid recommends that children eat two to four servings of fruits every day. Most children do not eat even the minimum number of servings of fruits. Fruits are an important part of our diet because of the vitamins and minerals that they provide along with fiber. Many fruits are a good source of vitamins A and C. Fruits should be eaten every day because they are naturally low in fat and contribute to the goal of reducing fat in the diet. And, they are naturally sweet and fun to eat! Try these tasty treats:



## STUFFED APPLE HALVES

- |                                 |                            |
|---------------------------------|----------------------------|
| 2 medium cooking apples         | 1 Tbsp. packed brown sugar |
| 2 Tbsp. raisins, finely chopped | 1 Tbsp. margarine          |
| 2 Tbsp. walnuts, finely chopped | 1 cup apple juice or cider |

Cut the apples in half and remove the cores. Mix the raisins, walnuts, brown sugar, and margarine in a small bowl. Press the raisin mixture into centers of the apple halves. Pour the apple juice in a skillet. Put the apple halves in the skillet with the stuffed sides up. Heat until the juice is boiling. Turn heat to low, cover, and simmer about 15 minutes or until apples are tender when poked with a fork. Remove apple halves from the skillet with a slotted spoon. Spoon juice over apples and serve.

Serves 4

## FRUITY PARFAIT

- 2 cups chopped fresh pineapple
- 1 cup frozen raspberries, thawed
- 1 cup low-fat vanilla yogurt
- 1 firm, medium banana, peeled and sliced
- 1/3 cup chopped dates
- 1/4 cup sliced almonds, toasted

In glasses, layer pineapple, raspberries, yogurt, banana, and dates. Sprinkle the top with almonds.

Caution: Infants and young children can choke easily on some foods, such as nuts, popcorn, fruit seeds or pits, pieces of hot dogs or bacon, and some raw vegetables and fruits, such as carrots, celery, apples, and grapes. Using grated or finely chopped foods may reduce the risk of choking. Never leave an infant or young child alone while eating.

## FRUIT PIZZA

Nonstick cooking spray

1 prepared 12-inch pizza crust

8 oz. low-fat cream cheese

1/3 cup sugar

1/2 tsp. vanilla extract

4 cups of assorted fruit such as: pineapple chunks, banana, blueberries, strawberries, apricots, grapes, melon balls, orange segments, cherries, raisins, and nuts

Spray a pizza pan with nonstick spray. Place crust on the pizza pan and bake at 350°F for 8–10 minutes. Cool. Blend cream cheese, sugar, and vanilla. Spread mixture over cooled crust. Arrange fruit in circles on cream cheese. Makes 8 slices.

## ORANGE-GLAZED BANANAS

2 bananas, sliced

1/4 cup raisins

1/3 cup orange juice

2 Tbsp. flaked coconut

Heat oven to 375°F. Mix the sliced bananas, raisins, and orange juice in a casserole dish, using a wooden spoon. Sprinkle the banana mixture with the coconut. Bake uncovered about 10 minutes or until the coconut is golden brown. Serve warm. Serves 4.

## CARGO FRUIT SALAD

3 cups watermelon chunks

2 cups pineapple chunks

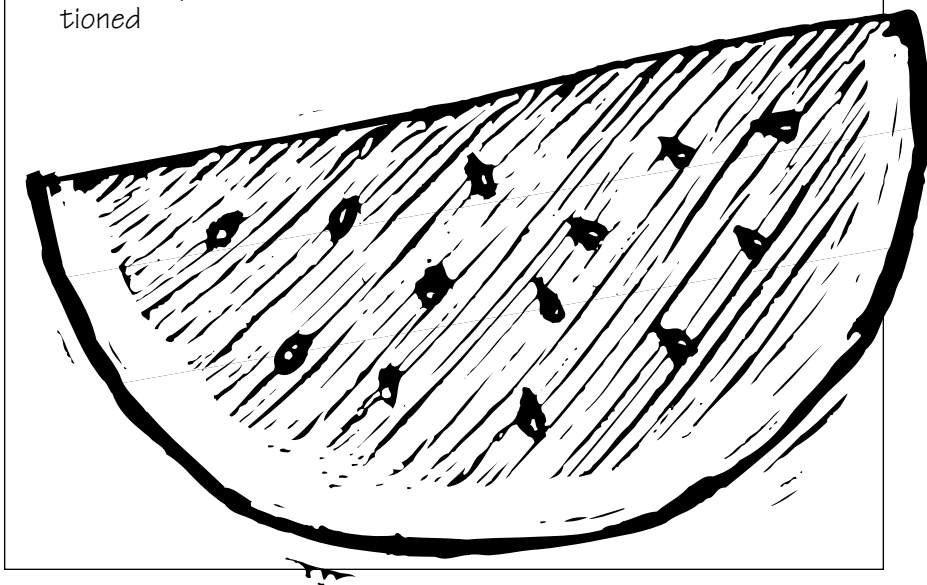
2 cups seedless grapes

3 bananas, sliced

2 apples, cored and cut into chunks

2 oranges, peeled and sectioned

Cut fruit into chunks. Mix all ingredients together. Spoon mixed fruit salad into a bowl. Sprinkle with lemon or lime juice to keep the bananas and apples from turning a brown color, and serve. Makes 9 (1-cup) servings.



## FRUIT LEATHER

6-oz. package of dried fruits

1 1/4 cups water

1/4 cup sugar

Nonstick cooking spray

In a medium saucepan combine all ingredients. Bring to a boil, reduce heat. Cover and simmer about 15 minutes or until fruit is very tender. Drain off any liquid. Blend in a food processor. Line a 15 X 10 X 1 inch baking

pan with foil. Spray with nonstick coating. Spread fruit in thin, even layer over foil. Place in a 300°F oven for 35 minutes. Without opening the door, turn off oven, and let dry overnight. Lift foil and fruit leather off pan. Remove leather from foil. Roll up and wrap in waxed paper. Will keep in refrigerator up to 3 months or in freezer up to 6 months.



**Pennsylvania Pathways**

Professional Development  
for Child Caregivers

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