



# It's the Berries!

How many kinds of berries can you name? Blueberries, strawberries, raspberries, blackberries, cranberries, boysenberries, marionberries, loganberries, and the list goes on. Berries are a special treat and they are loaded with vitamins. Try some of these berry recipes with the children in your care.

## CHICKEN AND FRUIT SALAD

- 2 cups chicken or turkey, cooked and cubed
- 1 banana, small, sliced
- 1/2 cup chopped celery
- 1 cup strawberries, washed and sliced
- 2 oranges, peeled and cut into chunks
- 1 1/2 cups seedless grapes, cut in halves
- Lettuce leaves (optional)

### Dressing:

- 1 Tablespoon reduced-fat mayonnaise
- 1/3 cup strawberry non-fat yogurt
- 1 Tablespoon orange juice

Combine all salad ingredients. Mix well with dressing. Serve on lettuce leaves if desired. Makes 10 (1/2-cup) servings.

**CAUTION:** *Young children can easily choke on raw fruits and vegetables. Watch them closely when they are eating these foods.*

## PEACHES WITH BERRY YOGURT SAUCE

- 4 fresh ripe peaches (or 8 canned peach halves)
- 1 cup fresh berries (raspberries, strawberries, or blueberries)
- 1/2 cup low-fat yogurt
- 1 Tablespoon sugar

### Sauce:

In food processor or blender, process berries, yogurt, and sugar until smooth.

If you're using fresh peaches, peel and wash. Slice peaches into bowls and top with berry sauce.

Makes 8

servings.

## APPLESAUCE SURPRISE

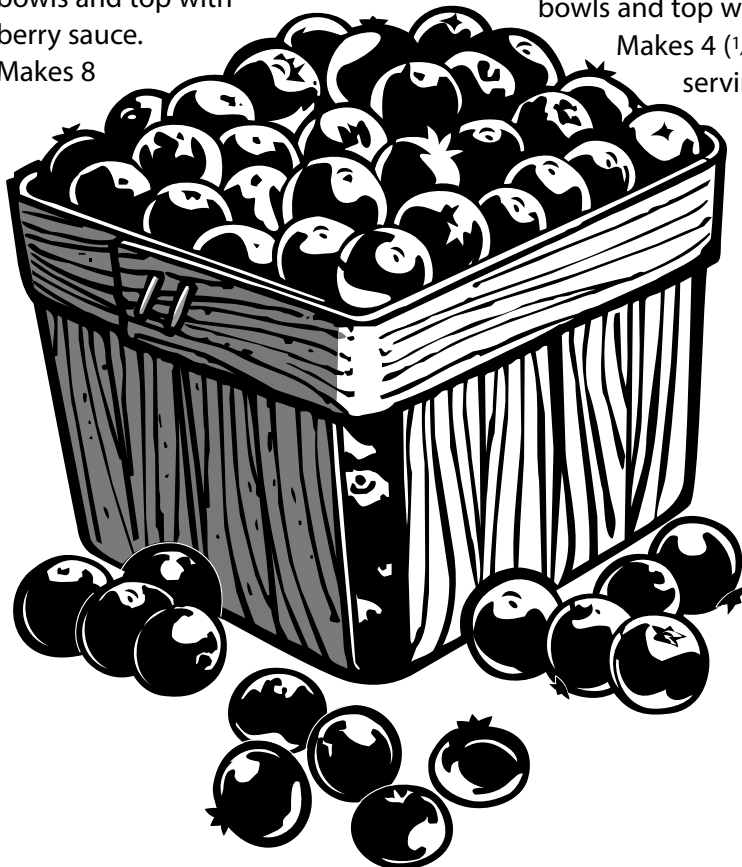
Drop a few fresh berries into bowls of applesauce. Watch the children's faces when they find the surprise in their bowls.

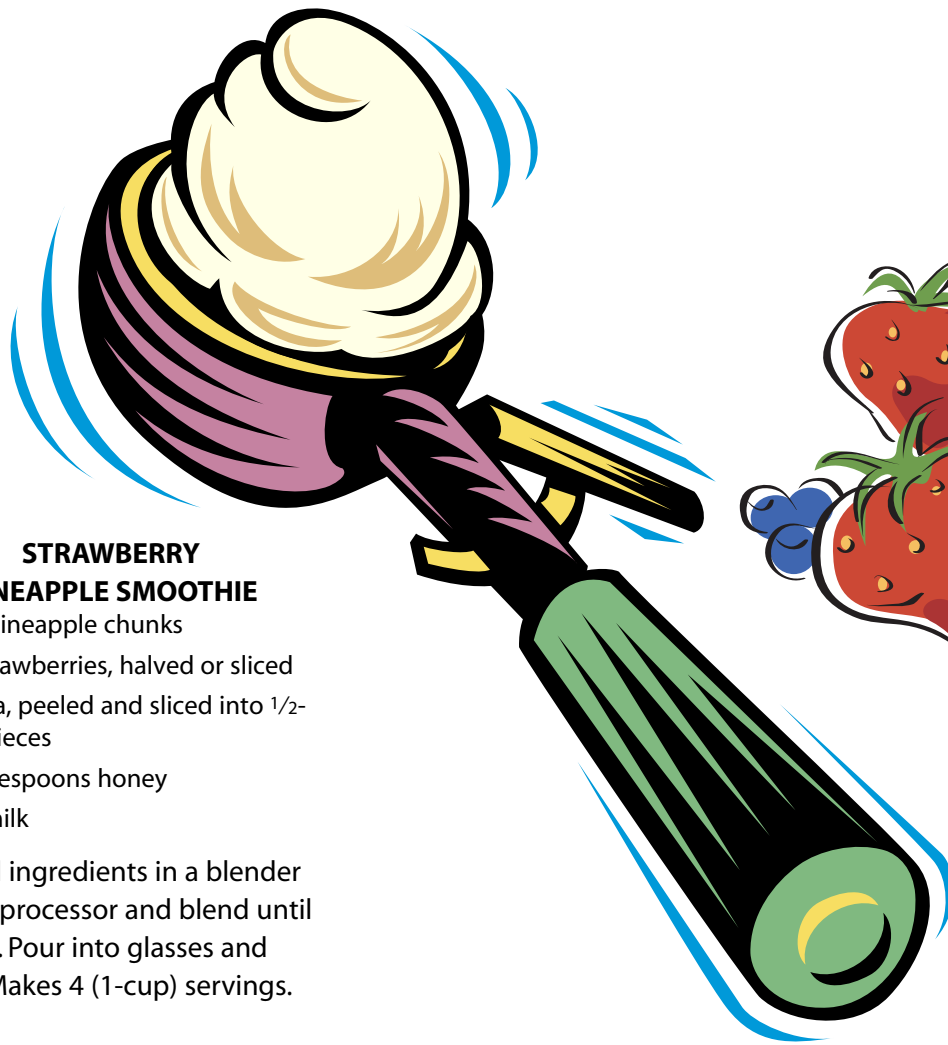
## BANANA BERRY JUMBLE

- 2 bananas, halved and cut into 1/2-inch pieces
- 3/4 cup cranberries, fresh or frozen
- 1/4 cup quick or old-fashioned oats
- 1/2 teaspoon nutmeg
- 8-ounce container low-fat vanilla yogurt

Combine the first four ingredients in a large non-stick skillet. Cook on medium-high heat just until cranberries begin to soften, stirring occasionally. Remove from heat; cool slightly. Spoon into bowls and top with yogurt.

Makes 4 (1/2-cup) servings.





### STRAWBERRY PINEAPPLE SMOOTHIE

- 1/2 cup pineapple chunks
- 1 cup strawberries, halved or sliced
- 1 banana, peeled and sliced into 1/2-inch pieces
- 1–2 Tablespoons honey
- 2 cups milk

Place all ingredients in a blender or food processor and blend until smooth. Pour into glasses and enjoy! Makes 4 (1-cup) servings.

**CAUTION: Uncooked honey may make young children sick. Do not give honey to children under 2 years of age.**

### RED, WHITE, AND BLUE SUNDAES

- 1/2 cup fresh strawberries, washed and sliced
- 1/2 cup fresh blueberries
- 1 (8-ounce) container vanilla yogurt
- Coconut (if desired)

Spoon the yogurt into 2 bowls. Top each bowl with strawberries and blueberries. Sprinkle some coconut on top, if desired. Makes 2 servings.

### BLUEBERRY ORANGE MUFFINS

- 1/4 cup shortening
- 1/3 cup firmly packed brown sugar
- 1 egg
- 2/3 cup low-fat milk
- 1/3 cup orange juice
- 2 teaspoons grated orange peel
- 1 1/3 cups flour
- 1 cup quick or old-fashioned oats
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon cinnamon
- 1/2 teaspoon salt (optional)
- 3/4 cup fresh or frozen blueberries

Heat oven to 400°F. Grease 12 muffin cups or line with paper liners. Combine shortening and brown sugar in a large bowl. Beat by hand or with an electric mixer until well blended. Stir in egg, milk, orange juice, and orange peel. Combine flour, oats, baking powder, baking soda, cinnamon, and salt (if used). Stir into liquid ingredients until just blended. Fold in blueberries. Fill muffin cups 2/3 full. Bake for 18 to 20 minutes or until golden brown. Makes 12 muffins.



**Pennsylvania Pathways**

Professional Development  
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Sources: [aboutproduce.com](http://aboutproduce.com); [gingerich.com](http://gingerich.com)

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