



# Kid Friendly Recipes

## DELICIOUS, NUTRITIOUS Fruit and Veggie Snacks

How do you entice your family to eat more fruits and vegetables? Try these snack and lunch suggestions that are super delicious and nutritious. Try to give children some choices in what they eat and let them serve themselves the amount they want. This encourages more positive attitudes toward food, especially in picky eaters. **Always watch children during meals and snacks. Young children, ages 2 to 3 especially, are at risk of choking on food.**

### Jazzy Juice Shakes

Add pizzazz to fruit juice with low-fat shakes high in Vitamin C and calcium.

**Orange Delight** Use 1 cup orange juice to  $\frac{1}{4}$  cup powdered milk and 3–6 ice cubes. Whip in a blender and serve. Next time try substituting tangerine-orange or orange-grapefruit juice. (Always use 100% juice. It has more nutrients.)



**Pink Cow** Mix  $\frac{1}{2}$  cup fresh berries, 2 tablespoons wheat germ,  $\frac{1}{2}$  cup low-fat yogurt, low-fat ice cream, or frozen yogurt, and 3–4 ice cubes. Blend and serve. Children will moo for more!

### Frozen Fruit Treats

Create your own frozen snacks with these recipes. Invite your child to help.

**Chilly Banana** Peel a banana and cut into halves or quarters. Insert a Popsicle stick in the center of each banana section. Wrap in foil and freeze. Eat plain or covered with peanut butter.

**Fruitsicles** Pour your child's favorite 100% juice into small paper cups. Freeze until slushy, then insert a Popsicle stick in each cup of juice. You can also add very small pieces of cut-up fruit at this stage. Continue freezing until solid. Peel away the paper cup to eat.



### Pack a Healthy Lunch

Make vegetables and fruits the star attractions of lunches or snacks to pack for school or work. Use thermal containers to keep these foods fresh and cool.

**Pita, Please** Invite family members to choose their own ingredients for pita-pocket veggie sandwiches. For example, offer shredded carrots, finely chopped red peppers, and chopped green vegetables such as spinach. Moisten with yogurt or dressing.



**Strawberry Soup** For soup to go with that sandwich, try a chilled strawberry soup. For each serving, puree  $\frac{1}{2}$  cup fresh strawberries, then mix in  $\frac{1}{2}$  cup low-fat vanilla yogurt. Add some low-fat or fat-free milk if the soup is too thick. Sprinkle in a little freshly chopped mint for an extra zing. Add peeled and chopped kiwi for an even more healthful soup.



**Dip It!** Yogurt, cream cheese, and salsa make great dips for old standbys like carrots, celery sticks, apple slices, and orange sections. Or try something new with a familiar dip . . . broccoli spears, pear slices, yellow squash, or even asparagus! Lightly steam the veggies to make them easier to chew, then chill before serving.

