Fruit Group: Fruit It Up

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FRUIT GROUP

Fruit It Up

Fruit Nibbles

• Spread apple or banana slices with peanut butter.
• Cut a banana into chunks and freeze.
• Alternate pieces of fresh fruit and cheese cubes on a toothpick.
• Freeze fruit juice in an ice-cube tray. Just before it hardens, insert wooden sticks. Or pour the juice into paper cups, leaving some space at the top of each cup. Cut 4-inch squares of aluminum foil and make a slit in the center of each. Place a square over each cup and slip a wooden popsicle handle through each slit. The foil will hold the handles in the centers of the cups as the juice freezes.
• Freeze chunks of bananas, strawberries, or other fruits. Process in a blender with orange juice to make a tasty icy treat! Try different combinations of fruits and juices. Add nonfat yogurt, if desired.
• Alternate chunks of fruit with vanilla yogurt or low-fat vanilla pudding to make a parfait.

Using Fruits in Meals:

• At breakfast, use fruit in cereal, muffins, or pancakes.
• Pack fresh fruit for lunch.
• At dinner, add crushed pineapple or chopped apples to coleslaw. Add fruits to green salads for variety.
• For snacks, make a peanut butter and banana sandwich.