

Yo-Fruit

Four fruits topped with yogurt!

4 servings

Ingredients:

- 1 cup canned pineapple chunks
- 1 banana
- 2 kiwi
- 1 cup grapes
- 1 container (8 ounces) low fat lemon yogurt
- nutmeg

Directions:

1. Place a bowl under a colander, drain pineapple chunks and put chunks in medium bowl. Save juice to drink later.
2. Peel banana, slice and add to bowl.
3. Peel kiwi, cut into bite-size pieces and add to bowl.
4. Cut grapes in half if serving to small children and add to bowl.
5. Stir fruit and put in individual dishes. Spoon yogurt over fruit.
6. Sprinkle with nutmeg.

Nutrition Facts: One 1/2 cup serving provides 150 calories, 1g total fat, 5mg cholesterol, 45mg sodium, 33g total carbohydrate

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through a contract awarded by the Kansas Department for Children and Families. USDA is an equal opportunity employer and provider. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689.

K-State Research and Extension
Family Nutrition Program

Kids a Cookin'

www.kidsacookin.ksu.edu

Chef's Choice

Yo-Fruit
Cinnamon Graham Crackers

Yo-Fruit

Four fruits topped with yogurt!

4 servings

Ingredients:

- 1 cup canned pineapple chunks
- 1 banana
- 2 kiwi
- 1 cup grapes
- 1 container (8 ounces) low fat lemon yogurt
- nutmeg

Directions:

1. Place a bowl under a colander, drain pineapple chunks and put chunks in medium bowl. Save juice to drink later.
2. Peel banana, slice and add to bowl.
3. Peel kiwi, cut into bite-size pieces and add to bowl.
4. Cut grapes in half if serving to small children and add to bowl.
5. Stir fruit and put in individual dishes. Spoon yogurt over fruit.
6. Sprinkle with nutmeg.

Nutrition Facts: One 1/2 cup serving provides 150 calories, 1g total fat, 5mg cholesterol, 45mg sodium, 33g total carbohydrate

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through a contract awarded by the Kansas Department for Children and Families. USDA is an equal opportunity employer and provider. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689.

K-State Research and Extension
Family Nutrition Program

Kids a Cookin'

www.kidsacookin.ksu.edu

Chef's Choice

Yo-Fruit
Cinnamon Graham Crackers

Yo-Fruit

Four fruits topped with yogurt!

4 servings

Ingredients:

- 1 cup canned pineapple chunks
- 1 banana
- 2 kiwi
- 1 cup grapes
- 1 container (8 ounces) low fat lemon yogurt
- nutmeg

Directions:

1. Place a bowl under a colander, drain pineapple chunks and put chunks in medium bowl. Save juice to drink later.
2. Peel banana, slice and add to bowl.
3. Peel kiwi, cut into bite-size pieces and add to bowl.
4. Cut grapes in half if serving to small children and add to bowl.
5. Stir fruit and put in individual dishes. Spoon yogurt over fruit.
6. Sprinkle with nutmeg.

Nutrition Facts: One 1/2 cup serving provides 150 calories, 1g total fat, 5mg cholesterol, 45mg sodium, 33g total carbohydrate

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through a contract awarded by the Kansas Department for Children and Families. USDA is an equal opportunity employer and provider. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689.

K-State Research and Extension
Family Nutrition Program

Kids a Cookin'

www.kidsacookin.ksu.edu

Chef's Choice

Yo-Fruit
Cinnamon Graham Crackers

Yo-Fruit

Four fruits topped with yogurt!

4 servings

Ingredients:

- 1 cup canned pineapple chunks
- 1 banana
- 2 kiwi
- 1 cup grapes
- 1 container (8 ounces) low fat lemon yogurt
- nutmeg

Directions:

1. Place a bowl under a colander, drain pineapple chunks and put chunks in medium bowl. Save juice to drink later.
2. Peel banana, slice and add to bowl.
3. Peel kiwi, cut into bite-size pieces and add to bowl.
4. Cut grapes in half if serving to small children and add to bowl.
5. Stir fruit and put in individual dishes. Spoon yogurt over fruit.
6. Sprinkle with nutmeg.

Nutrition Facts: One 1/2 cup serving provides 150 calories, 1g total fat, 5mg cholesterol, 45mg sodium, 33g total carbohydrate

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through a contract awarded by the Kansas Department for Children and Families. USDA is an equal opportunity employer and provider. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689.

K-State Research and Extension
Family Nutrition Program

Kids a Cookin'

www.kidsacookin.ksu.edu

Chef's Choice

Yo-Fruit
Cinnamon Graham Crackers