

Tropical Fruit and Dip

A combination kids will love!



Level: Easy

Makes: 3 cups dip

Kids' Tool Kit

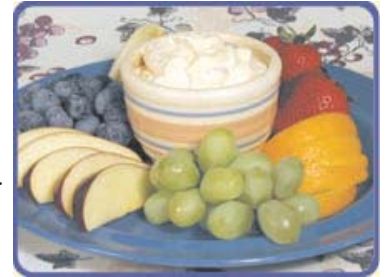
Knife
Cutting board
Mixing bowl
Measuring cup
Spoon

Chef's Choice

Tropical Fruit
and Dip
Graham cracker
sticks
Low fat milk

Ingredients:

Fruit tray with bananas, pineapple,
oranges, apples, grapes, melon
2 cups fat-free sour cream
1 cup pina colada or other fruit flavor yogurt
½ of 4-ounce package french vanilla
instant pudding (dry mix)



Directions:

Remember to wash your hands!

1. Wash and prepare bite-size pieces of fruit.
2. Combine sour cream, yogurt and dry pudding mix in a medium bowl. Mix well and chill.



Helpful Hints: Use a variety of available fruit—some seasonal, some unusual, some favorites. To keep fruit from turning brown after cutting, dip cut pieces in pineapple or orange juice.



Safety Tips: Wooden toothpicks could cause choking in small children. Try using pretzel stick "toothpicks" to spear fruit for dipping.

Nutrition Facts

Serving Size 1/4 cup dip (242g)
Servings Per Container 12

Amount Per Serving	
Calories 160	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 5mg	2%
Sodium 140mg	6%
Total Carbohydrate 37g	12%
Dietary Fiber 3g	11%
Sugars 26g	
Protein 5g	
Vitamin A 40%	Vitamin C 80%
Calcium 15%	Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.
Calories: 2,000 2,500

Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Source: Book in a Bag, Family Nutrition Program, K-State Research and Extension, Manhattan, KS. For additional books, lessons and recipes, visit <http://www.humec.ksu.edu/fnp/bib.html>. Suggested book for this cooking activity: *Handa's Surprise* by Eileen Browne.

For more information about this recipe and other fun recipes: contact your county extension office in Kansas, visit the website at www.kidsacookin.ksu.edu, or e-mail kidsacookin@ksu.edu.

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.