



Healthy Desserts

Dessert can be a healthy part of the meal. Try bread pudding, it offers milk, eggs and bread—good food that gives us great nutrition. Other healthy desserts include fruit dishes like crisps or cobblers, pumpkin puddings, baked fruits like apples—there are lots of possibilities. Just remember that variety is important, and that dessert is just one part of a day's total food. Keep serving sizes on the small side, and enjoy! Parents can help young children learn how all foods can fit into a healthy diet.

For recipes: Contact your county extension office in Kansas or visit the website at www.kidsacookin.ksu.edu

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