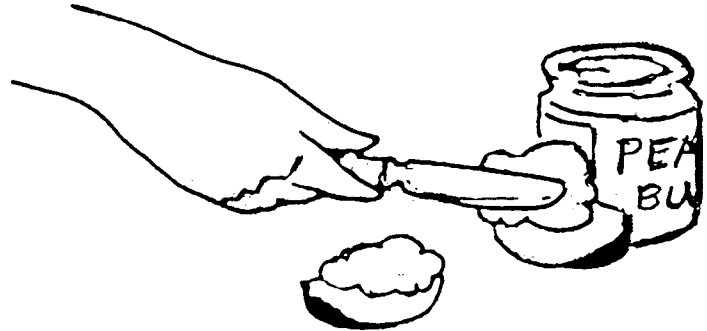




Fruit it Up

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.
- Make your own frozen fruit treats. 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.



Here Are Some Ways You Can Use Fruits in Your Meals

- At breakfast, use fruit in cereal, muffins or pancakes.
- At lunch, pack an apple, banana or orange in your lunch bag.
- At dinner, add crushed pineapple to coleslaw.
- For snacks, spread peanut butter on apple slices.



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