



Snackivities:

Healthy Snacks for Every Season!



How to Use the Snacktivities Recipes:



Often the FFVP snack can simply be a fresh fruit or vegetable snack offered in the classroom with little to no additional planning. However, there are also opportunities to connect what you are teaching/learning (fractions) with the FFVP snacks. Using the recipes (doubling what is listed in the recipe) is a great example of integrating classroom learnings into the FFVP program that can help reinforce core subject matter requirements.

Or, you may be learning about agriculture in social studies and making the summer corn salsa (August) connects perfectly with your lesson in social studies on agriculture. Whether it be that you use these recipes in the classroom, in the after school program or simply send them home to families on a monthly basis, utilizing the recipes in this document will help schools to meet the required school wellness policy requirements for nutrition education and nutrition promotion by highlighting healthy foods and cooking methods.

The recipes are organized by month and according to the seasonality of produce in Nebraska, to highlight items when it is typically available in stores. When possible try and partner with area farmers to purchase local produce. Enjoy!

Recommended Supplies for Classroom Cooking

- To make cooking with children in the classroom a bit easier, a list of recommended supplies is provided to keep in the classroom.
- These supplies can be ordered as part of the NE FFVP program and charged to the **operational expenses** of the claim. Receipts for these items should be maintained by the staff member that submits the FFVP claim.
- Cutting board, apple cutter and small paring knife
- Wax paper, can be used for student cutting surface
- Plastic knives for students
- Blender or food processor
- Toaster oven (for roasting veggies)



FFVP Special Order Form

*Reminder: Only fresh fruit and vegetable ingredients and paper products for serving these recipes can be order through the FFVP program.

*Activities or events that use the FFVP items must occur during the school day and snacks are ONLY for students and teaching staff directly involved in the nutrition education/promotion activity. Items purchased with FFVP funds cannot be claimed as part of the school meal program or CACFP program.

• Teachers' Name: _____

• Number of Students: _____

• Date Ingredients Needed: _____

• Paper Supplies Needed: _____

• Fresh Fruit or Vegetables

Needed: _____

• Pick up date and time: _____ *Give the kitchen staff one week to order your items in for you.*

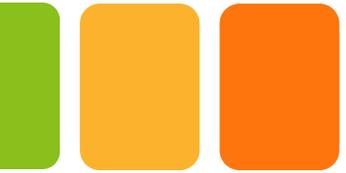
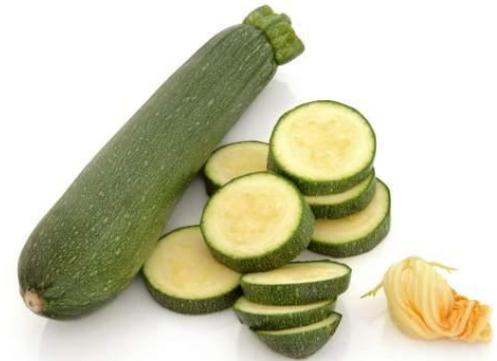
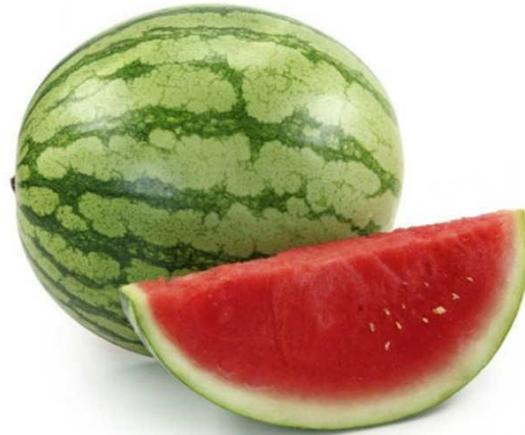


Educational activity connected with making the recipe, if any. (These documents can be kept on file to support that nutrition education is being conducted to support the nutrition education and nutrition promotion components of the wellness policy requirements.)

Holiday Celebration Planning!

- Classrooms often participate in celebrating any number of celebrations, why not make them healthy?
- The recipes in this document, which can double as a party activity as well as the snack can help you move away from high sugar, high calorie snacks.
- Children when interviewed, place a higher value on the activities or crafts done in the classroom during celebrations, the food offered.
- Have the children use the high speed handwashing handout to be sure hands are clean before preparing food- Have Fun!





August

Corn, Watermelon and Zucchini





Summer Corn Salsa

- 3 cups fresh corn- cut off the cob (about 6 cobs)
- 1/2 cup finely diced red onion
- 1 cup cherry tomatoes, sliced in half
- 3 tablespoons cider or red wine vinegar
- 3 tablespoons extra-virgin olive oil
- 1/2 teaspoon kosher salt
- 1/2 teaspoon freshly ground black pepper
- 1/2 cup julienned fresh basil leaves



Benefits:

Vitamin C and Fiber

Steps:

1. Cook corn in boiling water for 10 to 15 minutes, let cool.
2. Cut corn off the cob or use cooked frozen corn.
3. Have children cut cherry tomatoes and basil with a plastic knife.
4. An adult can cut the onions- set aside.
5. Toss the kernels in a medium bowl with the red onions, tomatoes, vinegar, olive oil, salt, and pepper.
6. Just before serving, add in the fresh basil. Add additional salt and pepper to taste, if desired.
7. Serve cold or at room temperature- Enjoy!



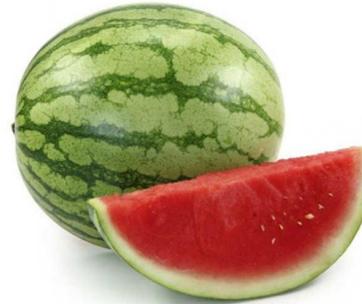


Watermelon Sorbet

Preschool Friendly
Recipe



- 1 cup apple juice
- $\frac{1}{4}$ cup water
- $\frac{1}{4}$ cup lemon juice
- 3 cups seedless watermelon



Steps:

1. Cook the apple juice, water and lemon juice together, stirring occasionally until boiling (can be done in a crock pot).
2. Remove from heat and cool to room temperature or chill.
3. Cut up the watermelon into quarters and remove all seeds, if any.
4. Have the children scoop the watermelon flesh into a large bowl
5. Puree 3 cups of watermelon in a blender or food processor.
6. Stir into chilled apple juice mixture.
7. Freeze in shallow airtight containers over night.
8. Store in the freezer.

Benefits:

Get your Vitamin A!



* Have children wear I tried it stickers home after trying this fun snack!

Zucchini Pizzas



- 4 -5 Zucchini depending on size
- 1 large jar of Pizza sauce
- 30 Turkey Pepperoni
- $\frac{3}{4}$ cup Shredded mozzarella cheese
- 1 bag shredded Parmesan cheese
- Non Stick Cooking Spray
- Baking Sheet

Benefits:

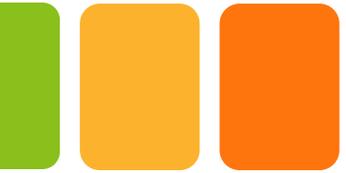
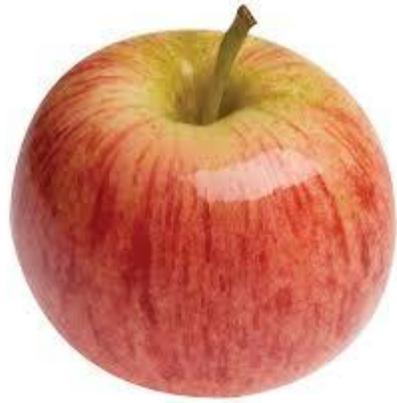
Very low in calories



Steps:

Directions-

1. Cut zucchini in 1/4 inch slices on a parchment paper-lined baking sheet. Place in 400 F degree oven for 3-5 minutes or until golden brown. Prepare enough zucchini so that each students can have two pizzas.
2. Flip and bake again for 2-3 minutes or until browning on second side.
3. Remove from oven and let cool, give two slices to each child and let the children carefully top with sauce, mozzarella cheese, one pepperoni per mini pizza, and finally with Parmesan cheese.
4. Return to baking pan and bake for 2-3 minutes or until cheese is melted and bubbling.
5. Enjoy!



September

Apples, Avocados and Cantaloupe



No Peel Applesauce

Equipment- Pressure cooker or Instant Pot, apple slicer and potato masher or immersion blender

Ingredients

- 12 Cups Sliced Organic Apples
- 1 Cup Filtered Water
- 2 Teaspoons Cinnamon
- ½ Teaspoon Nutmeg



Steps:

- Wash your apples! You won't be peeling off the skin so you want to make sure they are clean.
- Next slice your apples into large chunks. You can do this by hand, or use an apple slicer! Don't worry about making the slices even, it's just for quicker cook time.
- Pour your apple slices into your instant pot or pressure cooker. Next add in cinnamon, nutmeg, and water. Give it a good stir until the apples are evenly coated.
- Place the cover on your pressure cooker, and make sure it's set to SEAL. Cook on HIGH for 25 minutes.
- When it's done, release the pressure and remove the cover. Use a hand masher or immersion blender to blend until desired consistency. If you want it on the chunkier side, don't fully puree the mixture.
- Let cool and enjoy!

Benefits:

Vitamin C



Kermit the Frog Avocado Toast

Ingredients

- 15 slices whole wheat bread
- 3 avocado
- 3 lime
- Garlic Salt & pepper to taste (optional)
- 3 red bell peppers
- 1 head of romaine lettuce (or 5-6 leaves of spinach)
- 4 string cheese
- 1 small can of sliced olives

Steps:

1. Slice avocados in half and scoop out the flesh into a small bowl.
2. Sprinkle garlic salt and pepper over the avocados to taste.
3. Halve the limes and juice the limes
4. Add salt and pepper to taste, if not using garlic, add garlic salt.
5. Cut red pepper into small mouth shaped pieces, have children put on their toast.
6. Cut string cheese into thin slices- about 1/4 inch
7. Use a bit of olive on the cheese to make it look like an eye
8. Use romaine leaves to use as the neck piece garnish- Enjoy!

Benefits:

Heart Healthy Fats



*** Have children wear I tried it stickers home after trying this fun snack!**



Cantaloupe Cooler

Ingredients

Makes 15- 6 oz portions

- 1 cantaloupe (ripe)
- 2 1/2 cups orange juice (divided)
- 2 tablespoons sugar (divided)
- 1 cup ice (crushed)

Steps:

1. Cut cantaloupe into quarters, scoop out seeds.
2. Let children use a spoon to scoop out the melon flesh into a large bowl.
3. Put half of the cantaloupe into the blender, add 1 1/4 cup orange juice, 1 tablespoon sugar and 1/2 cup ice.
4. Blend until smooth (blend in two batches to prevent separating.)
5. Pour into 6 oz cups- Enjoy!

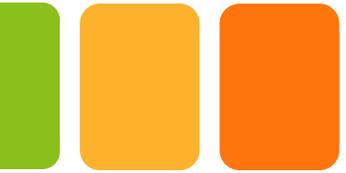
Preschool Friendly
Recipe



Benefits:

- High in Vitamin C





October

Pears, Mandarin Oranges and Bananas

Silly Pear Bites

- 6 large Strawberries
- 5 large (3 diameter) Pears
- Sunflower/Soy butter-2 cups
- Light cream cheese- 2 cups (optional)
- Sunflower seeds- 1 package
- 30 mini marshmallows
- Miniature Chocolate Chips

Steps:

1. Slice pears with an apple cutter.
2. Slice the strawberries (about 1/8 inch thick)
3. Have children coat the inside of two pear slices with a filling of sunflower butter, soy butter or cream cheese.
4. Add the other apple slice to the bottom of the "mouth".
5. Place 1 sliced strawberry inside the mouth for the tongue.
6. Insert sunflower seeds into the upper pear for the teeth.
7. With a dab of sun butter/cream cheese have children "Glue" each marshmallow eye to the pear, then "glue" the choc chip to the marshmallow
8. Each student can eat their creation- Enjoy!



Benefits:

- Good source of FIBER
- High in ANTIOXIDANTS



Banana Ghosts

- 1 banana per 2 children
- 1 bag of milk chocolate Chips
- 1 bag of milk chocolate Chips- mini chips

Steps:

1. Peel and Cut banana in half- give each child a half of a banana.
2. Give each child two mini chocolate chips for the eyes and one large chocolate chip for the mouth.
3. Press the chips into the banana near the pointed end of the banana to make the ghost's head. Enjoy!



Preschool Friendly
Recipe

Benefits:

- Good source of VITAMIN C & POTASSIUM



Funny Face Oranges

- 15 mandarin oranges
- 10 Sharpie markers

Steps:

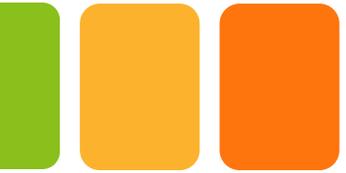
1. Rinse and dry 15 mandarin oranges.
2. Use a sharpie or other marker that will write on the orange skin.
3. Let children add their favorite Jack-O-Lantern face to the orange.
4. Enjoy!



Benefits:

- High in Vitamin C





November

Pumpkin, Blackberries and Celery



Pumpkin Pie in A Cup

- 15 Vanilla Pudding Cups
- 1 can-Pumpkin puree
- 1/2 cup brown sugar
- 15 Graham Crackers
- 8 gala apples, sliced
- 15- 6 oz Clear Cups
- 15 Ziploc Bags



Benefits:

- High in Vitamin A

Steps:

1. Put 1 full graham cracker sheet in a Ziploc bag and let child smash with fists or with the back of a spoon; pour crushed graham cracker crumbs into bottom of their own cup for the crust.
2. Have children spoon one individual vanilla pudding cup on top of the graham cracker crust.
3. Mix pumpkin puree with brown sugar.
4. Put 2 TBL of the pumpkin mixture on top of the pudding.
5. Eat with apple slices- Enjoy!





Fruit Celebration Turkey

Ingredients

- 1 pear
- 2 yellow delicious apples
- 3 kiwi
- 1/2 pound of a bag of red and green grapes
- 5 mandarin oranges
- 1 pint of blackberries
- 1 cup orange juice

Steps:

1. Peel mandarin oranges, kiwi and destem grapes.
2. Cut apple using an apple slicer.
3. Soak apples in orange juice to prevent from browning.
4. Cut pear in half, soak in orange juice to prevent from browning.
5. Arrange into Turkey starting with the pear moving to the apple slices being the outer most layer. Enjoy!

Great Celebration
Recipe



Benefits:

- High in Fiber



Veggie Turkey

Ingredients

- Carrot sticks- 1 pound
- Celery sticks- 1 pound
- String cheese- 1 oz or one whole string cheese per child
- Plastic knives
- Light ranch dressing
- Turkey faces- Have students decorate a paper turkey face on brown paper and glue to cups.

Steps:

1. Have the children cut the cheese in half both lengthwise and widthwise with a plastic knives.
2. Use pre-cut carrots or have adult cut into long slices.
3. Use pre-cut celery or have adults cut the celery into long skinny sticks.
4. Have the children decorate the turkey face (next page) and glue to the cup.
5. Have children assemble the turkey similar to the picture shown- add the string cheese, 3 carrot sticks and 3 celery sticks.
6. Offer ranch dressing with the snack cup if desired.

Preschool Friendly
Recipe



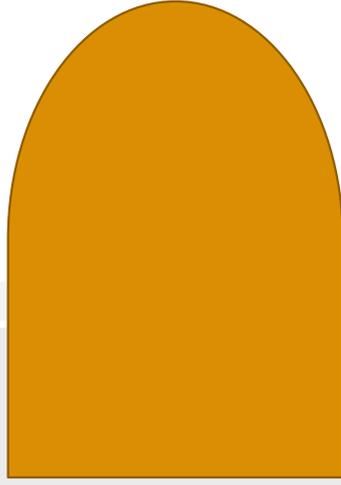
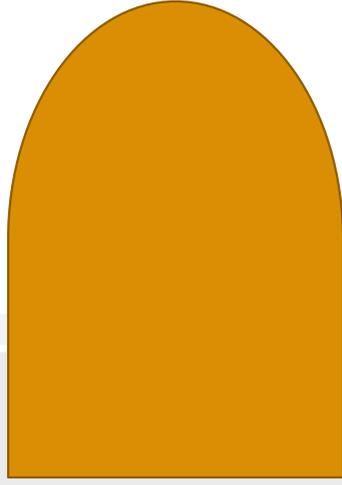
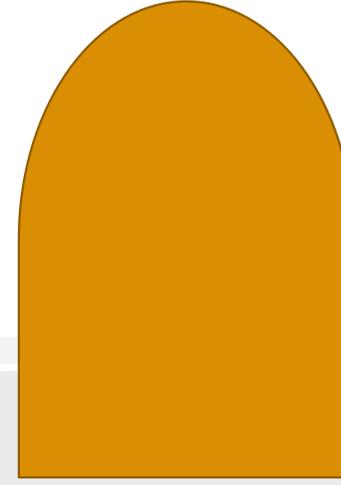
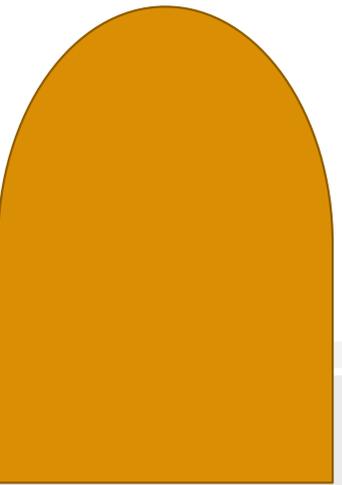
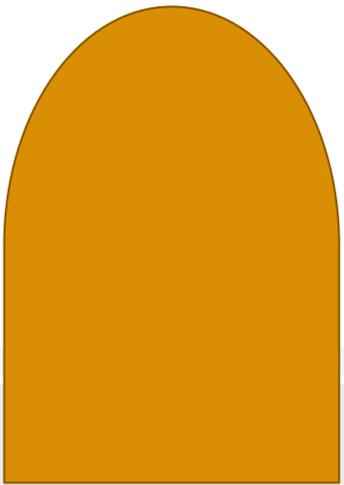
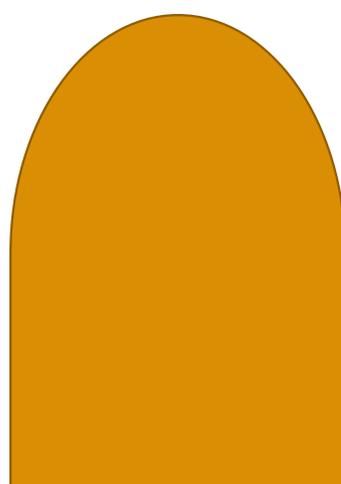
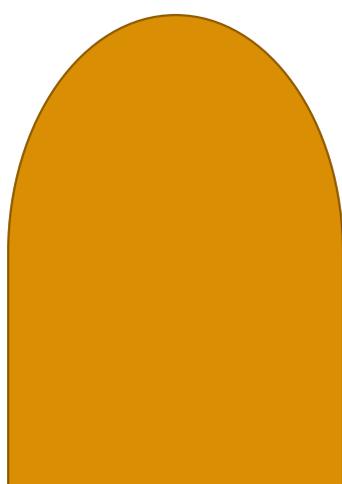
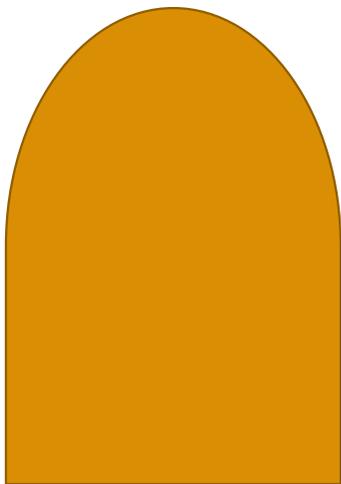
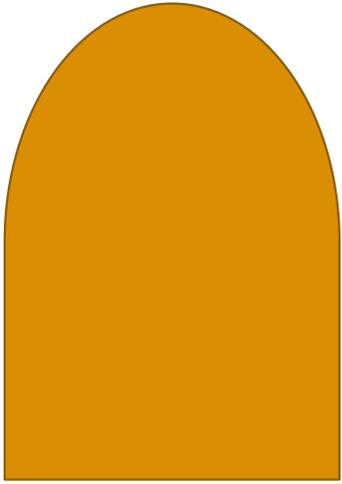
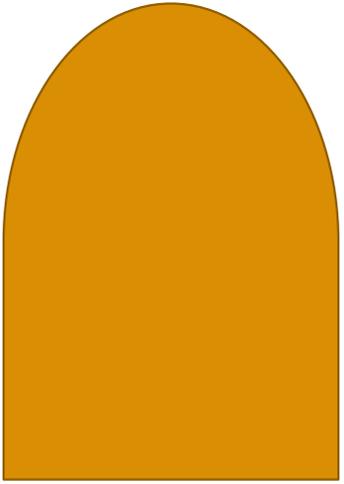
Benefits:

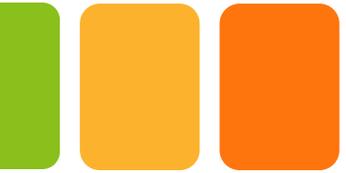
- Good source of Fiber
- Packed with VITAMINS



<http://catchmyparty.com/photos/800261>

 Turkey Face Cut-outs





December

Strawberries, Bell Peppers and Bosc Pears

Banana Santa Hats

Great Celebration Recipe

Ingredients

- 3 package of Strawberries
- 8 Bananas
- 8 Large and 16 Mini-marshmallows
- 16 Red M&M's or red hots
- Brown Sprinkles
- 16 Skewers

Benefits:

- Good source of ANTIOXIDANTS
 - High in FIBER
- Contains Vitamins A,C, & K



Steps:

1. Have the children cut the tops off the strawberries with a plastic knife, making a flat base.
2. Cut each banana in half. Give one banana half and one strawberry to each child.
3. Cut large marshmallows into two slices (they will be the brim for the stocking hat).
4. Using the skewers, add the banana, then the marshmallow slice.
5. Add the cut strawberry, and a miniature marshmallow on top.
6. Use the sprinkles and m & m to decorate the face, Enjoy!



Red and Green Holiday Kabobs

Preschool Friendly
Recipe

Ingredients

- 1 pint of grape tomatoes
- 1 bunch of broccoli
- 3 green peppers
- Tooth picks
- Ranch dressing- reduced fat
- Portion cups (get from cafeteria)

Steps:

1. Cut the peppers into 1 x 1 inch pieces
2. Cut broccoli into bit size pieces
3. Rinse grape tomatoes and pat dry
4. Have children spear 1 pepper slice, 1 tomato and 1 broccoli piece on the toothpick
5. Squirt 2 table of ranch dressing into the portion cup.
6. Have children place holiday kabob in ranch dressing, as pictured.
7. Enjoy!

Benefits:

- High in FIBER
- Contains Vitamins A,C, & K



Rudolph Reindeer

Ingredients

- 16 Bosc Pears- ripe
- 1 bag of Pretzels
- 1 bag White Chocolate Chips
- 1 jar Marchinno Cherries
- Tooth picks - optional

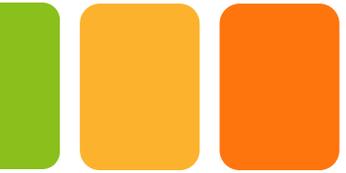
Steps:

1. Cut the pears in half so it will sit flat on the plate
2. Make two holes on the sides near the top of the head for the antlers.
3. Break pretzel twists in half & press in the halves in the holes on the pear.
4. Press 2 white chocolate chips in the pear for eyes.
5. Cut a cherry in half, and place on the end of the pear as a red nose, secure with toothpick if desired.
6. Enjoy!

Benefits:

- Good source of FIBER
- High in ANTIOXIDANTS, VITAMIN C, & POTASSIUM





January

Blueberries, Grapes, Carrots

Snowman Pancakes

Ingredients

- 1 bag of Pancake mix or frozen pancakes
- 1 Banana
- 1 pint of blueberries
- 1 bag of dried Apricots
- 1 bag of red grapes- sliced
- String cheese
- 1 package of turkey bacon

Steps:

1. Make pancakes per package directions or use frozen pancakes.
2. Have children slice banana and put blueberries on eyes and in place for a mouth.
3. Cut the apricot into a triangle and place as the nose.
4. Cook turkey bacon per package directions
5. Place turkey bacon around the neck as scarf.
6. Have children place grapes at ears for ear muffs and use strings cheese to connect. Enjoy!!

Benefits:

- Good source of POTASSIUM
- Rich in FIBER & ANTIOXIDANTS



Snowmen On A Stick

Ingredients:

- 4 Bananas
- 3 Apples- 1 red, 1 green and 1 yellow
- Grapes- green, purple and red
- 32 Pretzel Sticks
- 1 bag of Miniature Chocolate Chips
- 16 Skewers



Benefits:

- Good Source of FIBER
- High in POTASSIUM

Steps:

1. Slice the bananas into 1 inch slices.(approx. 9 rounds per banana) soak in orange juice
2. Cut the apples into slices and halve each slice, soak in orange juice.
3. Line 3 banana slices on the skewer to make the body of the snowman; add an apple then a grape to the top for the hat.
4. Add 2 pretzel sticks for the arms, and mini chocolate chips for his eyes, nose and buttons. Enjoy!



Snowman Snacks

Ingredients:

- 8 Whole wheat bagels
- 1 tub Cream Cheese- low fat (easier to spread)
- 1 box Raisins or dried cranberries
- 1 bag mBaby Carrots
- Pretzel Rods
- 1 pint Blueberries (fresh or frozen)



Benefits:

- Good Carbohydrate source!
- Rich in Vitamin A and C



Steps:

1. Spread cream cheese on one half of the bagel.
2. Add baby carrot as the nose, raisin for eyes and mouth, and blueberries for the scarf.
3. Create a hat using a pretzel rod and dried cranberries. Enjoy!!



February

Beets, Raspberries and Tomatoes

Heart Beet Hummus

Benefits:

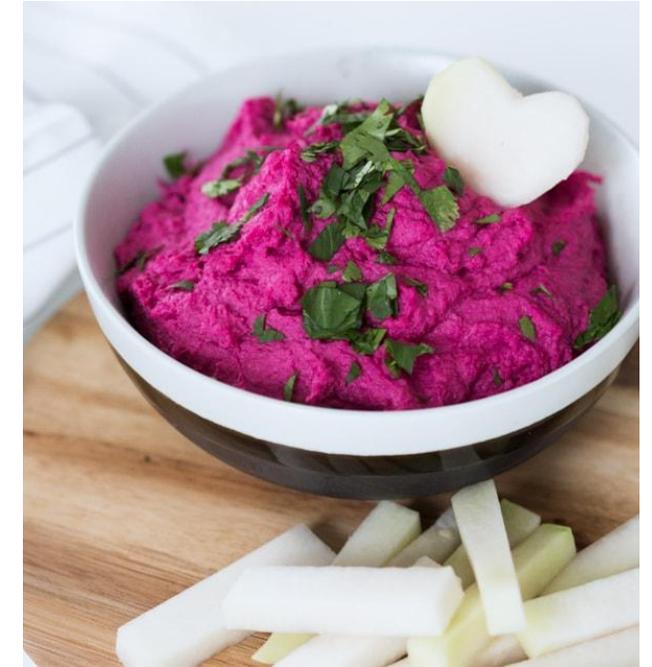
Good source of folate

- 2 medium beets
- 2- 15-ounce cans chickpeas
- 2 garlic cloves- cleaned
- 1/4 cup tahini
- 1 lemon (1/4 cup lemon juice)
- 3 tablespoons olive oil
- 1/2 to 3/4 teaspoon salt
- 1/4 cup water (optional)
- Jicama sticks for dipping



Steps:

1. Preheat oven to 400 F. Wash and pat dry the beets, then wrap each separately in aluminum foil and roast for 50 to 60 minutes, until tender when pricked with a fork., similar to potatoes.
2. Cool to room temperature, then slip off the skins with your fingers and roughly chop the beets (be careful- beet juice stains easily).
2. Drain and rinse the chickpeas. Place the beets, chickpeas, 2 cloves garlic, 1/4 cup tahini, 1/4 cup fresh squeezed lemon juice, 3 tablespoons olive oil, and 1/2 teaspoon kosher salt in a food processor, then process until smooth and creamy. If needed, add water a tablespoon at a time to come to the desired consistency.
3. Enjoy with jicama sticks or your favorite crackers!



Recipe and photo from:
<https://www.acouplecooks.com>

Raspberry Dazzler Sticks

Preschool Friendly
Recipe

- 12 skewers
- 2 Cups Vanilla Greek Yogurt
- 2 packages (6 oz) of Raspberries
- 1 (10-inch round) Toasted or grilled angel food cake*

Steps:

1. Cut the angel food cake into $\frac{1}{2}$ in squares.
2. Give each child a skewer, 8 raspberries and 4 cubes of cake.
3. Have children thread skewer with, 2 raspberries, then 1 angel food square, then 2 raspberries.
4. Give 2 tablespoons of Greek yogurt to each child to use for dip.



Benefits:

- High in Fiber



Valentines Veggie Tray

Great Celebration
Recipe



- 1 head cauliflower
- 1 pint of grape tomatoes
- 1 can olives packages
- 1 bag of radish
- 1 bunch of celery
- Low-fat ranch dip



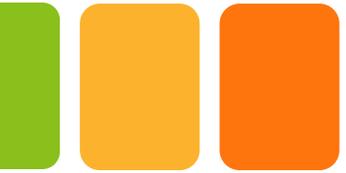
Benefits:

- High in Vitamin C and A

Steps:

1. Cut the cauliflower into bite size pieces.
2. Start with the center of the tray. Form the grape tomatoes into the shape of a heart.
3. Outline the tomatoes with the olives, then carrots taking care to keep the hear shape in tact.
4. Continue to fill in the heart shape with the cauliflower, celery and radishes. Enjoy with light ranch dressing!





March

Cucumbers, Kiwi and Broccoli



Leprechaun Hats

Great Celebration
Recipe



Ingredients

- Cucumbers- 1
- Yellow Bell Pepper- 1
- Provolone Cheese or string cheese- 3 – 4 oz



Benefits:

- Cucumbers are naturally HYDRATING
- Good source of Vitamin A & C

Steps:

1. Take your cucumber and cut one inch cylinders (approximately). One cylinder will make two hats.
2. Stand your cucumber cylinders straight up and cut down the middle. Lay them flat, cut side down. Those will be the tops of your Leprechaun hats.
3. With the rest of your cucumber cut some cucumber sticks, slightly larger than your cylinders. Those will be the lip of your hats.
4. Cut a few squares out of yellow bell pepper & cut some strips of cheese.
5. Assemble your hats and Enjoy!



Green Turtle Snacks

Preschool Friendly
Recipe

Ingredients

- 8 kiwi
- 1 pound of green grapes
- Small plastic knives
- 1 Black gel frosting tube

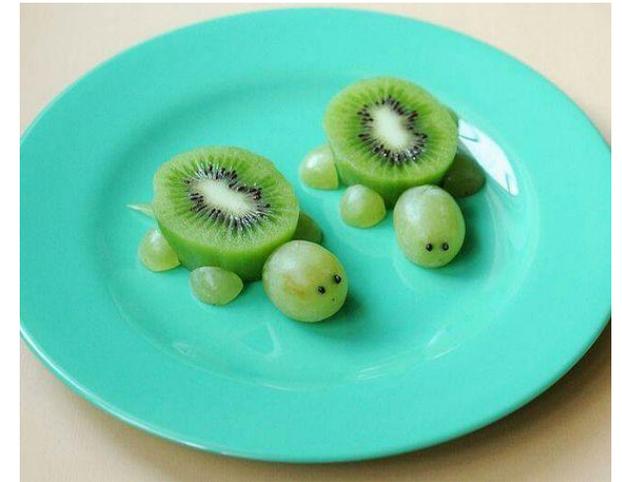


Benefits:

- Good source of Vitamin A & C

Steps:

1. Peel kiwi's and slice into thirds (these will be the body of the turtle).
2. Give each child two grapes and a plastic knife.
3. Cut ONE grape in half and then half again- leave the other grape whole.
4. Assemble turtle by putting the body (kiwi) on a plate and then placing the whole grape where the head should be, then place the cut grapes around the kiwi to form feet.



Recipe and photo from: lifehacks.com

Broccoli Trees

Ingredients

- 2 heads of broccoli
- 3 Red peppers- optional
- 1 bag of large pretzel sticks
- Light ranch dip
- Paper plate



Benefits:

- Good source of vitamin C and fiber

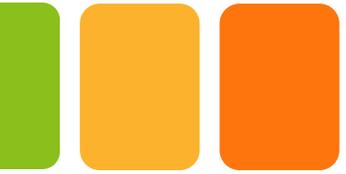
Steps:

1. Cut all broccoli into small tree-like pieces. Put in bowls for children at each table group.
2. Give each child a paper plate and a large pretzel stick.
3. Cut hearts out of the red bell pepper.
4. Assemble your trees and offer with light ranch dressing.
5. Enjoy!

A great Arbor day celebration snack.



Recipe and photo from: meetthedubins.com



April

Berries, Spinach and Apricots



Fruit Bunnies

Ingredients

- Green Apples
- Bananas
- Blueberries
- Raspberries
- Baby Carrots



Benefits:

- Good Source of Fiber
 - High vitamin C

Steps:

1. Cut green apple into 1/2 inch circular slices for the face.
2. Take your 2 blueberries and place them on the apple slice to make eyes. Then grab your red raspberry and place it on the apple slice for a nose.
3. Using your knife, slice your baby carrot into 6 thin strips. Place these thin strips beside the raspberry nose for whiskers – 3 on each side.
4. Finally, using your knife, slice your banana in half lengthwise. Place these 2 halves on top of the apple slice for bunny ears.
5. Enjoy!



Cheese & Cracker Chicks

Ingredients

- 1 box of round Whole Wheat Crackers
- 1 package of Cheddar Cheese Slices
- 1 bag of Baby Carrots
- 1 bag of Baby Spinach
- Toothpicks

Steps:

1. Have children use a circle cookie cutter to slice cheese into circles that are slightly smaller than your crackers. Have children put the cheese slices on both crackers.
2. Grab a handful of spinach leaves and place under the crackers for added nutrition and color.
3. Adults can slice thin rounds off the ends of the baby carrots. These rounds will be the chick's feet. Cut a triangle out of a carrot round and place on the chick for the beak. (this can be done in advance of the snack activity)
4. With the remaining piece of baby carrot, have an adult slice thin strips lengthwise using your knife for the chick's head feathers.
5. Have the children put the carrots on the cheese to finish creating the chicks.
6. Using a toothpick to poke two dot eyes on each chick. Enjoy!



Benefits:

- High in Calcium
- Spinach is a good source of IRON





Apricot Quinoa Snack Bars



Ingredients

- 2 ripe bananas
- 2 medium eggs
- 1/2 tsp vanilla extract
- 3/4 cup cooked quinoa
- 1 1/2 cups quick cooking oats
- 6 fresh apricot, sliced and roughly chopped



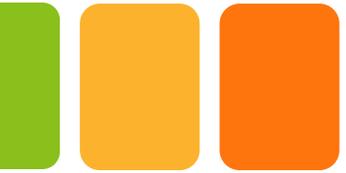
Benefits:

- High in Calcium
- Spinach is a good source of IRON

Steps:

1. Preheat the oven to 350 F and line an 8 x 8 inch dish with parchment paper.
2. Mash the bananas and add them to a bowl with the eggs and vanilla extract and mix well.
3. Add in the quinoa and oats and mix again. Finally stir in the chopped apricots. Children can help stir.
4. Transfer the mixture to the dish and bake in the oven for 25 minutes.
5. Allow to cool before cutting into 12 squares.
6. Serve with Greek yogurt and sliced apricots- Enjoy!





May

Asparagus, Mango and Strawberries



Roasted Cheesy Asparagus

Ingredients

- 1 pound asparagus spears, woody ends removed
- 3 tablespoons olive oil
- 1 tablespoon garlic salt
- 1/4 teaspoon fresh cracked black pepper
- 1 1/4 cup shredded mozzarella cheese



Benefits:

- Good source of Vitamin K and Folate

Steps:

1. Preheat oven to 425 F. Spray baking sheet with nonstick cooking oil spray.
2. Have children break off the bottom 1 inch of the stalk.
3. Place asparagus on the baking sheet. Set aside.
4. In a small bowl mix together olive oil, garlic, salt and pepper. Pour the mixture over the asparagus evenly.
5. Bake for 10-15 minutes or when bright green and when stalks begin to get tender.
6. Remove from the oven and top with the mozzarella cheese. Return to oven until the cheese melts and (about 4-5 more minutes).



Homemade Fruit Roll Ups

Steps:

- 4 cups of fresh or frozen mango or 4 mangos
- 2 TBL of sugar
- Parchment paper
- Ziploc bags

1. Preheat oven to 170 degrees.
2. Line a cookie sheet that has a lip with parchment paper (be sure to overlap your sides).
3. Puree mango in food processor until smooth.
4. Add sugar (or sweetener of choice) to taste.
5. Pour mixture on to prepared cookie sheet about $\frac{1}{8}$ " thick.
6. Bake for 6-8 hours, until center is no longer tacky.
7. Lift parchment paper out of cookie sheet and place on the countertop to cool.
8. Remove from parchment paper.
9. Cut into strips and roll. Store in a Ziploc bag in the refrigerator.

Benefits:

- Good Source of FIBER
- High in Vitamin C



Spring Fruit Wands



Benefits:

- Watermelon is a good source of HYDRATION
- High in ANTIOXIDANTS



Steps:

- Watermelon
- Strawberries
- Skewers
- Heart cookie cutters
- Plastic knives

1. Cut watermelon into 1/2 inch thick slices.
2. Cut the stems off of the strawberries; then use a knife to cut out a small portion of the middle so it looks like the shape of a heart.
3. Use a small heart shaped cookie cutter to cut out heart-shaped pieces of watermelon.
4. Alternate the strawberries and watermelon on to the skewers.
5. Enjoy!



Nebraska Fresh Fruit and Vegetable Program

