

## Shopping List: 5 Tasty Dessert or Snacktime Treats

### Fresh Produce

1 cup sliced strawberries  
1 cup peeled, sliced kiwi  
1 cup cantaloupe chunks  
½ cup grapes  
3 bananas  
1 cup apple  
2 firm pears (Bartlett or Anjou)  
1 medium watermelon  
2 cup assorted fruit (such as nectarines, strawberries, or pears)  
Sprigs of mint - optional

### Liquid Goods

4 tablespoon maple syrup  
1 tablespoon honey  
½ cup apple juice

### Dry Goods

15 ounce can pineapple  
15 ounce peach halves  
15 ounce pear halves  
½ cup toasted oat cereal  
½ cup granola  
2 whole plain graham crackers  
½ cup raisins  
2 tablespoon chopped walnuts

### Dairy

16 ounce plain Greek yogurt  
14 ounces nonfat or lowfat vanilla yogurt  
1 tablespoon lowfat cream cheese

## **Fruit Salad Sundae**

Makes 4 servings. 1¼ cups per serving.  
Ready in 5 minutes.

### ***Ingredients***

1 Cup sliced strawberries  
1 Cup peeled, sliced kiwi  
1 Cup cantaloupe chunks  
½ Cup grapes  
1 Banana *peeled and sliced*  
1 (6-ounce) container of nonfat or lowfat vanilla yogurt  
½ Cup toasted oat cereal

### ***Directions***

1. Put fruit in a medium bowl and mix together.
2. Divide fruit into 4 cups or bowls.
3. Top with yogurt and cereal, and serve.

Nutrition information per serving: Calories 140, Total Fat 1g, Saturated Fat 0g, Carbohydrates 32g, Protein 4g, Dietary Fiber 4g, Sodium 55mg

*Recipe Source: Nutrition Education and Obesity Prevention Branch (NEOPB)*

## **Fruit Double Dip**

*A great way to introduce fruit as a dessert. These delicious dips are sure to be a hit!*

Makes 4 servings.  $\frac{3}{4}$  cup per serving.

Ready in 15 minutes.

### **Ingredients**

8 Ounce lowfat vanilla yogurt

2 Tablespoon grape juice

1 Teaspoon garlic powder

2 Cup fruits (such as nectarines, strawberries or pears *chopped or sliced*)

4 Large carrots *chopped*

### **Directions**

1. Combine yogurt and juice in a small bowl. Mix well.

2. Serve fruit with dip.

Nutrition information per serving: Calories 109, Total Fat 1g, Saturated Fat 0.5g, Carbohydrates 23g, Protein 3.5g, Dietary Fiber 3g, Sodium 39mg

*Recipe Source: Nutrition Education and Obesity Prevention Branch (NEOPB) – Children’s Power Play! Campaign*

## **Quick Fruit Salad**

*This salad is colorful and full of fruits with the power to help lower blood pressure and regulate blood sugar!*

Makes 4 servings. 2 cups per serving.

Ready in 5 minutes.

### **Ingredients**

1 Medium watermelon *cubed*  
15 Ounce chunk pineapple *drained*  
15 Ounce peach halves *drained and cut into chunks*  
15 Ounce pear halves *drained and cut into chunks*  
2 Bananas *cut into bite-sized pieces*  
Few sprigs of mint *lightly chopped (optional)*

### **Directions**

1. Toss all ingredients together in a large bowl.
2. Put in the refrigerator for an hour to chill before serving (optional).

Nutrition information per serving: Calories 277, Total Fat 1g, Saturated Fat 0g, Carbohydrates 71g, Protein 3g, Dietary Fiber 8g, Sodium 8.2mg

*Recipe Source: SuperFood Drive*

## **Baked Pears with Maple Yogurt & Granola**

*Packed with protein, adding some Greek yogurt to your breakfast is a great way to start the day.*

Makes 4 servings. 1 $\frac{1}{3}$  cup per serving.

Ready in 40 minutes.

### **Ingredients**

2 Firm pears (Bartlett or Anjou)

$\frac{1}{2}$  Cup apple juice

$\frac{1}{2}$  Cup water

1 Tablespoon honey

16 Ounce plain Greek yogurt

4 Tablespoon maple syrup

$\frac{1}{2}$  Cup granola

2 Tablespoon chopped walnuts

### **Directions**

1. Preheat the oven to 375°F.
2. Cut the pears in half lengthwise, and remove cores with a spoon. Place in an 8x8-inch baking pan, cut-sides down.
3. Pour apple juice and water over pears, and drizzle with honey. Cover pan loosely with foil and bake about 35 minutes or until tender.
4. When pears are done, pour the leftover baking liquid into a small saucepan and reduce over medium heat until about 1/4 cup of syrup remains; set aside to cool.
5. Open the container of Greek yogurt and stir in the maple syrup. Divide yogurt into four bowls. Place a half of the warm pear in each bowl, cut side up. Top with granola and walnuts, and drizzle with syrup you set aside.

Nutrition information per serving: Calories 311, Total Fat 7g, Saturated Fat 2g, Carbohydrates 62g, Protein 9g, Dietary Fiber 4.5g, Sodium 115mg

*Recipe Source: SuperFood Drive*

## **Apple Raisin Grahams**

*Add some extra crunch with this great snack, perfect for kids birthday party or picnic!*

Makes 2 servings. 1 piece per serving.  
Ready in 10 minutes.

### ***Ingredients***

1 Tablespoon lowfat cream cheese  
½ Cup raisins  
1 Cup apple *finely chopped*  
2 Whole plain graham crackers

### ***Directions***

1. Mix together cream cheese, raisins, apple, and cinnamon in a small bowl.
2. Put mixture on graham crackers . Serve.

Nutrition information per serving: Calories 272, Total Fat 3.2g, Saturated Fat 0.5g, Carbohydrates 6.1g, Protein 4.4g, Dietary Fiber 5g, Sodium 191mg

*Recipe Source: Nutrition Education and Obesity Prevention Branch (NEOPB) – Children’s Power Play! Campaign*