

Nutrition Activity

Here are some recipes for refreshing and healthy treats to enjoy this summer. Make preparing these snacks an activity for you and your child to do together. These recipes can help to teach children the effects of cold temperatures on liquids.

Frozen Applesauce and Fruit Cup

Ingredients:

- 1 c. chunky or regular applesauce
- 10 oz. pkg frozen strawberries, thawed
- 11 oz. can mandarin orange segments, drained
- 1 c grapes, chopped
- 2 T. orange juice concentrate

In medium bowl, combine all ingredients. Spoon fruit mixture into individual dishes or paper cups. Freeze until firm. Remove from freezer about 30 minutes before serving.

