

Nutrition Education

Sweet Potatoes 'n' Pears

Sweet Potatoes are rich in dietary fiber, vitamin A, vitamin C, and vitamin B6

Ingredients:

- 9 cups cubed peeled sweet potatoes
- 1 (15 ounce) can pear halves, drained
- 1/3 cup packed brown sugar
- 1 T. butter, softened
- 1/2 teaspoon ground cinnamon

1. Boil sweet potatoes. Drain and place in a large mixing bowl. Add the remaining ingredients; beat until combined.



Healthy Banana Split

Ingredients:

- 1 small, ripe banana
- 2 cup fresh blueberries or other fresh fruit
- 2 cup nonfat or low-fat vanilla yogurt
- 2 cup low-sugar, high fiber cereal
(such as Cheerios, Wheaties, Grape-Nuts,
or Bran Flakes)

1. Peel the banana and slice it lengthwise (from tip to tip). Wash the blueberries by placing them in a colander and running water over them. (If you are using another fruit, wash it and cut it into small pieces.)
2. Spoon the yogurt in a mound in the center of a cereal bowl.
3. Sprinkle the cereal on top of the yogurt
4. Arrange the banana halves on either side of the yogurt
5. Sprinkle the top with the blueberries or other fruit.

