

Yo-Fruit

Four fruits topped with yogurt!



Level: Easy

Serves: 4

Kids' Tool Kit

- Can opener
- Knife
- Cutting board
- Vegetable peeler
- Spoon

Ingredients:

- 1 cup canned pineapple chunks
- 1 banana
- 2 kiwi
- 1 cup grapes
- 1 container (8 ounces) low fat lemon yogurt
- nutmeg



Chef's Choice

- Yo-Fruit
- Cinnamon graham crackers



Directions:

Remember to wash your hands!

1. Place a bowl under a colander, drain pineapple chunks and put chunks in medium bowl. Save juice to drink later.
2. Peel banana, slice and add to bowl.
3. Peel kiwi, cut into bite-size pieces and add to bowl.
4. Cut grapes in half if serving to small children and add to bowl.
5. Stir fruit and put in individual dishes. Spoon yogurt over fruit.
6. Sprinkle with nutmeg.



Helpful Hints: Citrus fruits are excellent source of vitamin C, and one kiwi has twice as much vitamin C as an orange. Kiwis get their name from a very large bird in New Zealand called the kiwi. The bird also has a fuzzy brown skin! Kiwi is best served fresh and can make other fruits mushy, so add kiwi to a fruit salad at the last minute.

You can eat the skin on a kiwi, but most prefer to use a peeler to remove the skin. If the kiwi is ripe, you can cut it in half and scoop out the green fruit with a spoon.

Sprinkle means to shake a small amount of an ingredient over the top of another food. Make sure to open the nutmeg container lid that has small holes to shake a little nutmeg on top of the yogurt. Be careful not to pour it out.



Safety Tip: Wash the lid on the pineapple can before opening. This prevents germs from getting into the fruit.

If kids under age 2 will be eating this snack, cut the grapes in half and cut the pineapple chunks into small pieces. Both can cause choking in small children.

Recipe used with permission from the curriculum, Kids in the Kitchen, Family Nutrition Education Program, Outreach and Extension, University of Missouri, Lincoln University.

| Nutrition Facts | |
|--|---------------------------|
| Serving Size 1/2 cup (210g) | |
| Servings Per Container 4 | |
| Amount Per Serving | |
| Calories 150 | Calories from Fat 10 |
| % Daily Value* | |
| Total Fat 1g | 2% |
| Saturated Fat 0g | 0% |
| Cholesterol 5mg | 1% |
| Sodium 45mg | 2% |
| Total Carbohydrate 33g | 11% |
| Dietary Fiber 3g | 12% |
| Sugars 29g | |
| Protein 4g | |
| Vitamin A 2% | Vitamin C 80% |
| Calcium 10% | Iron 2% |
| *Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs. | |
| Calories: 2,000 2,500 | |
| Total Fat | Less than 65g 80g |
| Saturated Fat | Less than 20g 25g |
| Cholesterol | Less than 300mg 300mg |
| Sodium | Less than 2,400mg 2,400mg |
| Total Carbohydrate | 300g 375g |
| Dietary Fiber | 25g 30g |
| Calories per gram: | |
| Fat 9 • Carbohydrate 4 • Protein 4 | |

For more information about this recipe and other fun recipes: contact your county extension office in Kansas, visit the website at www.kidsacookin.ksu.edu, or e-mail kidsacookin@ksu.edu.