

FROZEN GRAPES

Try this refreshing snack when you are thirsty.

Makes 1 serving. 1 bag per serving.

Prep time: 2 minutes + **Freeze time:** 1 hour

Ingredients

1½ cup seedless **grapes**
plastic sandwich bags

Preparation

1. Wash and dry grapes. Place grapes in plastic bag and zip tight, removing excess air.
2. Place bag in freezer for at least 1 hour. Remove from freezer and enjoy!



Note: Do not give to young children as they may choke.

Photo courtesy of and recipe adapted from the *Network for a Healthy California*.

FRUIT FREEZEES

This yummy treat is perfect to keep in the freezer and share later.

Makes 8 servings. 1 freezee per serving.

Prep time: 10 minutes +

Freeze time: 3 hours

Preparation

1. Place yogurt and fruit in a blender. Cover tightly. Blend until smooth. Put equal amounts into paper cups.
2. Freeze until thick and slushy, about 1 hour. Insert one spoon, handle up, into each cup of frozen fruit mixture. Return to freezer and freeze until solid, at least 2 hours.
3. To serve, remove from freezer and let sit for about 10 minutes. Peel paper cup off each treat and enjoy, holding the spoon as a handle.

Ingredients

1 (8-ounce) container nonfat lemon yogurt
2 cups seedless **watermelon**, cubed
1 basket fresh **strawberries**, tops removed
1 medium banana, peeled and sliced
8 (7-ounce) paper cups
8 plastic spoons



Photo courtesy of and recipe adapted from the *Network for a Healthy California*.

RICE PUDDING

Choose your favorite fresh fruits that are in season. If fresh fruits are not available, try frozen or canned fruit.

Makes 12 servings. $\frac{1}{2}$ cup per serving.

Prep time: 10 minutes + **Cook time:** 30 minutes



Photo courtesy of and recipe adapted from the *Network for a Healthy California*.

Ingredients

- nonstick cooking spray or $\frac{1}{2}$ Tbsp vegetable oil
- $2\frac{1}{2}$ cups cooked white rice
- 2 Tbsp margarine, melted
- $\frac{1}{4}$ cup granulated sugar
- 1 egg
- 1 egg white
- $\frac{1}{4}$ tsp ground cinnamon
- $\frac{1}{8}$ tsp ground nutmeg
- 1 cup raisins
- $1\frac{1}{2}$ cups nonfat or lowfat milk
- 8 cups fruit, such as sliced **strawberries**, **blueberries** or chopped **mangos**

Preparation

1. Preheat oven to 350°F. Spray a 13x9-inch baking dish with nonstick cooking spray or lightly brush with oil.
2. Combine rice, margarine, sugar, egg and egg white, cinnamon, nutmeg, raisins and milk in a medium bowl. Mix well.
3. Pour into baking dish. Bake in oven until top is golden brown, approximately 30 minutes. Top pudding with fruit and serve.



Fitness Tip: Follow-the-Leader and Hide-and-Seek are great games to play with kids.



FRESH FRUIT COBBLER

Use your favorite fruits that are in season for this light and healthy dessert. Use canned fruit when fresh fruits are not available.

Makes 12 servings. 1 cup per serving.

Prep time: 15 minutes + **Cook time:** 15 minutes

Preparation

1. Preheat oven to 425°F.
2. Place fruit in a medium oven-safe bowl or pie pan. Sprinkle with cinnamon and 2 tablespoons granulated sugar. Bake for 4 minutes.
3. Combine remaining 2 tablespoons granulated sugar, baking mix, and juice in a medium bowl. Stir until ingredients are moistened.
4. Carefully remove fruit from oven using oven mitts. Drop small spoonfuls of dough over fruit. With back of spoon, spread out dough slightly. Spaces will remain with fruit showing.
5. Sprinkle top with brown sugar. Bake for 12-15 minutes or until lightly browned.
6. Serve warm or cold. Add a dollop of lowfat vanilla or lemon yogurt.

Ingredients

- 8 cups mixed peeled and sliced fruit, such as **apricots, peaches, plums, nectarines**, apples and/or **pears**.
- 2 tsp ground cinnamon
- 4 Tbsp granulated sugar, divided
- 2 cups reduced-fat all-purpose baking mix (for example, Bisquick®)
- $\frac{2}{3}$ cup apple juice
- 2 Tbsp packed brown sugar
- 2 (8-ounce) containers nonfat or lowfat vanilla or lemon yogurt

Photo courtesy of the California WIC Program and recipe adapted from the *Network for a Healthy California*.



FUDGY FRUIT

Chocolate covered fruit is a perfect after-dinner treat!

Makes 4 servings. $\frac{1}{2}$ banana, 2 strawberries per serving.

Prep time: 15 minutes + **Cook time:** 30 seconds

Ingredients

- 2 Tbsp semi-sweet chocolate chips
- 2 large bananas, peeled and cut into quarters
- 8 large **strawberries**, whole
- $\frac{1}{4}$ cup unsalted peanuts, chopped or smashed

Preparation

1. Place chocolate chips in a small microwave-safe bowl. Heat on high for 10 seconds and stir. Repeat until chocolate is melted, about 30 seconds.
2. Put wax paper on a small tray, then place fruit on top. Use a spoon to drizzle the melted chocolate on top of the fruit.
3. Sprinkle the fruit with chopped nuts.
4. Cover the fruit and place in the refrigerator for 10 minutes or until the chocolate hardens. Serve chilled.



Fitness Tip: Try some of these stretches:

- Stand with legs together and reach for your toes.
- Sit on the floor with legs apart in a V-position. Bend over, keeping your back flat, and reach forward with arms straight out, palms down.
- Stand tall and reach for the sky.

Photo courtesy of and recipe adapted from the *Network for a Healthy California*.