

Name: _____ Date: _____

Fuel your day with fruit at breakfast! Try some of these tasty ideas:

- Add chopped apples, dried fruits, chopped nuts, and a little brown sugar to plain oatmeal.
- Top a whole-grain waffle with low-fat yogurt and berries.
- Spread peanut butter on a whole-wheat tortilla. Top it with fruit and a grated carrot, then roll it up.
- Top whole-grain bread with low-fat cheddar cheese and apple slices. Ask your parents to toast it in the oven.
- Blend low-fat yogurt, fruit, and ice in a blender for a quick smoothie.

Power up with fruit as a snack. Try the following ideas:

- Create your own cereal snack mix with whole-grain cereal, dried fruits, and nuts.
- Enjoy orange wedges after sports practice.
- Dip fruits into low-fat vanilla yogurt.
- Make popsicles out of low-fat yogurt and fruit.

Make your own fruit treat! Work with a partner and follow the recipe below to make a yummy breakfast or power snack. Don't forget to wash your hands first!

Recipe Breakfast Sundae

Ingredients:

- 2 cups low-fat granola cereal
- 1 cup low-fat yogurt
- 1 cup fruit, chopped

Supplies:

- 1 tablespoon
- measuring cup
- 3 bowls
- 2 8-oz clear cups

Preparation Time: 10 Minutes

Serves: 2

Serving Size: 8 oz

Directions:

1. Use a measuring cup to measure out the ingredients and place each in a separate bowl.
2. Using a spoon, layer the granola, yogurt, and fruit into 2 plastic cups.
3. Get creative! Alternate colors. Try a variety of fruits.
4. Refrigerate or enjoy right away.

