



# Kid-Friendly Local Fruits and Vegetables

- **Ants on a Log**

*Directions:*

Lightly spread low-fat cream cheese onto local celery stalks (cut stalks into thirds). Top with raisins

- **Fruit/Vegetable Diperoos**

*Directions:*

Cut up small pieces of local fruits or vegetables in small plastic baggies for a quick to grab snack. "Serve vegetables with lowfat ranch or buttermilk dressing for dipping. To make, buy the envelopes for dressing and add low-fat buttermilk and yogurt instead of mayonnaise. Serve fruit with low fat yogurt. Refrigerate until ready to serve."

- **Sandwich Faces**

*Directions:*

Spread a halve of a mini whole wheat bagel with low fat cream cheese. Place assorted local vegetables and fruits (thinly sliced red peppers, sliced carrots, halved tomatoes, slivered cucumbers, sliced strawberries, berries) on plates. Let children create a face on top of the cream cheese.

- **Frozen Grapes**

*Directions:*

Cut local grapes in quarters for children under 4 years

- **Smoothie Popsicles**

5 local peaches, washed and pitted  
1 medium banana  
4 ice cubes  
1 cup peach, vanilla, or plain low-fat yogurt  
1/2 cup low-fat milk  
1/2 cup 100 % fruit juice

*Directions:*

Mix all ingredients in a blender until smooth. Pour into 3 oz. paper cups and insert popsicle sticks. Freeze for at least 4 hours. Makes 12.