

Making fruits and veggies fun – now that’s where so many of us get stuck! So this season, we went on a hunt to find recipes for **winter fun with fruits and veggies**. Give them a try and let us know what you think! We would love to hear how your family has fun with fruits and veggies!

Brrrr-illiant Banana Snowmen

Ingredients:

- Bananas
- Raisins
- Skewers
- Apples
- Pretzels
- Grapes
- Nut Butter (or sunflower butter)
- Carrots

Preparation:

String three banana slices onto the skewer, a triangular apple slice for the hat and a grape for the “puff-ball.” Use a nut butter to stick on raisins for buttons and eyes. Add a little slice of carrot for the nose. Finally, add two pretzels for arms.



Ski-tacular Veggies

Ingredients:

- Cottage Cheese
- Pretzels
- Carrots
- Celery
- Natural Cheese

Preparation:

Let kids hit this veggie slope, using cottage cheese for the snow. Cut up celery sticks for skis, carrots for the skier’s body and pretzels for ski poles! Then, cut a half circle out of cheese and other strips of cheese to create a warm sun.



North Pole Penguins

From the kitchen of: Madison (14) and Amelia (12)

Ingredients:

- Black Olives
- Toothpicks
- Carrots
- Reduced-fat Cream Cheese

Preparation:

Cut a carrot in half and slide it to the bottom of the toothpick (for penguin feet!). Next, cut an olive open and stuff with reduced fat cream cheese. Slide the olive onto the toothpick (for the body). Finally, take a whole olive, make a small cut and insert a small piece of carrot to make the nose. Slide the olive onto the toothpick (for the head). Enjoy!



Strawberry Snowmen

Ingredients:

- 1 lb. Strawberries
- 8 oz. Reduced-fat Cream Cheese
- 1 ½ T. Powdered Sugar
- 1 tsp. Vanilla

Preparation:

Wash strawberries and cut the stems off. Remove the tip, (enough for a hat). Clean out the whole strawberry with a paring knife, if necessary (some of them are hollow already). Next, in a mixing bowl, beat cream cheese, powdered sugar and vanilla until creamy. Add cream cheese mix to a Ziploc baggie with the corner snipped off and fill the strawberries with the mixture. Finally, once the strawberries are filled, top with the 'hats.' Then add your own creative touch. *Note: If not serving immediately, refrigerate.*



Grinch Kabobs

Ingredients:

- Green grapes
- Bananas
- Strawberries
- Mini Marshmallows
- Toothpicks

Preparation:

Wash your strawberries and grapes and slice bananas. After washing, also slice off a tiny bit of your strawberry so you have a straight base. Add these in the following order to your toothpick: one green grape, one slice of banana, a strawberry and a mini marshmallow.



Grape & Cheese Tree

Ingredients:

- Cheese cubes
- Grapes
- Celery Stick
- Piece of Broccoli

Preparation:

Wash grapes, celery stick and cut cheese into cubes. Use a celery stick to create a tree trunk. Then assort the cheese cubes to make the first layer of the tree and then grapes to make the second. Continue to alternate between grapes and cheese getting narrower as you move up the tree. Once you have reached the top, add your broccoli as the star! You can use different types of cheese and other colorful grapes to add more color to this festive tree.



PB&J & Fruit on a Stick

Ingredients

- Strawberries
- Bananas
- Whole-wheat bread
- Nut butter
- All-fruit jam
- Wooden skewers (or use thin pretzel sticks)

Preparation:

Make nut butter and jam sandwiches; cut into 1-in. squares. Wash strawberries (or use red grapes) and slice bananas. For each skewer (or pretzel stick), thread a strawberry (or grape), sandwich square and banana slice. Add another sandwich square and piece of fruit to each.



Apple Bites

Ingredients:

- Apples
- Peanut Butter
- Your choice of toppings (Raisins, Granola, Oats, Nuts, Coconut)

Preparation:

Wash apples, cut into circular slices. Then spread slices with your favorite nut butter (or sunflower butter). Top it off by sprinkling with granola, oats, raisins or coconut. Yum!



Shining Star Tree

Ingredients:

- Snap Peas
- Natural Cheese
- Pretzel Sticks

Preparation:

Place pretzel sticks vertically to form a tree trunk. Arrange snap peas to make the tree and top the tree with a star cut out of cheese.



Holiday Veggie Tree

Ingredients:

- Broccoli
- Cauliflower
- Cherry Tomatoes
- Star fruit

Preparation:

Wash the veggies. Trim the cauliflower and broccoli. Slice the star fruit. Then have fun arranging the veggies in the shape of a tree. Use the stalk of the broccoli for the tree trunk, and the shiny red cherry tomatoes to decorate the tree. Finally top the tree with a beautiful shining star fruit!

