

Amazing Apple Recipes

Your child has learned that some foods are “anytime foods” - nutritious enough to be eaten anytime. Here are some great anytime snacks to try at home.

Anytime Apple Dip

What you need

Apples cut into thin slices
Vanilla-flavored yogurt
Whole-grain cereal “O”s

What to do

Set up an apple dipping station by setting out your plate of sliced apples along with bowls of yogurt and cereal. Let your child dip the apple slices.

Microwaved Baked Apples

Looking for an easy and delicious way to add fruit to your child’s lunch? Pack these baked apples in single serving containers.

Ingredients

2 small apples, sliced (peel if desired) 1 Tbsp. apple juice
1/2 tsp. brown sugar dash of cinnamon

Directions

1. Combine ingredients in a microwave-safe bowl.
2. Cover with plastic wrap.
3. Microwave 2-3 minutes, or until apples are soft.
Stir. Serve when cool.

