



Fruit Dishes

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Because you care about kids.

Sink or Float Salad

Ingredients:

- 1 envelope unflavored gelatin
- 1/4 cup apple juice, boiling
- 1 Tbsp. grape or blueberry juice
- 1 1/4 cups cold apple juice
- 3 ice cubes

Procedure:

Mix gelatin with boiling apple juice. Stir in remaining ingredients. Pour 1/2 cup serving into a clear plastic cup. Add any of the following fruits: mandarin oranges, seedless grapes, canned pineapple, cherries, or apricots. (Have the children watch them sink!) Add coarsely chopped nuts or fresh fruits such as strawberries, oranges, peaches, bananas, or apples. (The children can watch them float!) Be sure to have a total of 1/2 cup of fruit in each serving. Chill until firm.

Yield:

4 servings

Serving Size:

1 plastic cup

Food Program Meal Component:

Generous 1/2 cup fruit/vegetable



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Tropical Banana Bake

Ingredients:

- 4 large, peeled, sliced bananas (2 lbs.)
- 1 can (1 lb.) chunk pineapple, drained
- 1/2 cup raisins
- 2 Tbsp. butter
- 2 Tbsp. brown sugar
- 1 1/4 cups orange juice
- 1/2 tsp. cinnamon
- 2 Tbsp. cornstarch
- Crushed graham crackers or coconut (optional)

Procedure:

Combine butter, brown sugar, 1 cup of orange juice, and cinnamon in a saucepan. Cook over medium heat until hot. Mix cornstarch into remaining 1/4 cup orange juice, stirring until dissolved. Add to hot mixture and continue to cook, stirring, until clear and thickened. Layer fruit in a 9" x 9" baking dish. Spoon hot sauce over. Sprinkle with crushed graham crackers or coconut (optional). Bake 15 to 20 minutes at 350 degrees. Serve warm.

Yield:

15 servings

Serving Size:

1/2 cup

Food Program Meal Component:

1/2 cup fruit/vegetable



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Rocket Salad

Ingredients for Each Salad:

- 1 slice pineapple ring
- 1/2 peeled medium banana
- 1/2 maraschino cherry
- 1 lettuce leaf

Procedure:

Place a crisp lettuce leaf on a salad plate. The "launching pad" is the pineapple ring. The "rocket" is the banana set upright in center of the pineapple ring slice. The "nose cone" is the cherry fastened to the top of the banana with a toothpick.

Yield:

- 1 rocket

Food Program Meal Component:

- 1/2 cup fruit/vegetable
-



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Peach Delight

Ingredients:

- 2 graham crackers
- 1 tsp. margarine
- 1/2 cup peach slices
- Aluminum foil - 9" x 9" square

Procedure:

Crumble the graham crackers on the piece of foil. Add the peaches and top with margarine. Fold the edges of the foil and seal tightly. Bake at 350 degrees for about 10 minutes, or until heated thoroughly. (These are fun to make for individual treats.)

Yield:

- 1 delight

Food Program Meal Component:

- 1/2 cup fruit/vegetable
- 1 bread/bread alternate for 1 to 5 year olds



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Honey Baked Pears

Ingredients:

- 4 pear halves
- 2 Tbsp. lemon juice
- 1/4 cup honey
- 1 Tbsp. butter
- 1/2 tsp. cinnamon

Procedure:

Place pear halves in a buttered baking dish. Combine the lemon juice with the honey. Pour over the pears. Sprinkle with cinnamon and dot with butter. Bake at 350 degrees for 40 minutes, basting occasionally. Remove from oven and serve immediately.

Yield:

4 halves

Serving Size:

1 half

Food Program Meal Component:

1/4 cup fruit/vegetable



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Frosty Fruit Salad

Ingredients:

2 cups sugar
1/8 tsp. salt
4 cups buttermilk
1 tsp. vanilla
1 - 20 oz. can crushed pineapple, drained
16 oz. can fruit cocktail, drained

Procedure:

In large bowl, combine the sugar, salt, buttermilk, and vanilla until well mixed. Gently stir in the drained fruits. Pour into 9" square pan. Freeze until firm. Cut pan into 14 equal portions.

Yield:

14 servings

Serving Size:

1 portion

Food Program Meal Component:

1/4 cup fruit/vegetable



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Red Raspberry Rouser

Ingredients:

- 2 cups frozen raspberries, thawed
- 1 - 8 oz. carton raspberry yogurt
- 1/3 cup chilled pineapple juice

Procedure:

Place all ingredients in blender container. Cover and blend on medium-low speed for 30 seconds, until smooth and thick. Pour into glasses.

Yield:

4 servings

Serving Size:

3/4 cup

Food Program Meal Component:

- 1/2 cup fruit/vegetable
- 1/4 cup (2 oz.) meat/meat alternate, at snack only



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Fruit Ambrosia

Ingredients:

- 4 medium bananas
- 4 medium oranges
- 1/2 cup orange juice
- 2 Tbsp. lemon juice
- 1/2 cup shredded coconut

Procedure:

Cut fruit into thin slices. Mix fruits in serving bowl. Combine orange and lemon juice. Pour over fruit. Sprinkle coconut over fruit.

Yield:

8 servings

Serving Size:

- 1/2 cup at breakfast or snack
- 1/4 cup servings at lunch/supper

Food Program Meal Component:

1/2 cup fruit/vegetable

Credit:

New Mexico Health & Environment Department, Public Health Division



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Baked Apples

Ingredients:

- 6 medium apples, cored
- 6 Tbsp. brown sugar
- 6 tsp. margarine

Procedure:

Arrange the apples in a 9" round microwave-safe dish. Spoon 1 Tbsp. of the sugar into each apple cavity. Place 1 tsp. of the margarine on top of each apple. Cover the dish with plastic wrap. Microwave on full power for 3 to 4 minutes, or until the apples are tender. Let stand a few minutes before serving.

Yield:

6 servings

Serving Size:

1 apple

Food Program Meal Component:

1/2 cup fruit/vegetable



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Instant Banana Treat

Ingredients:

- 2 cups mashed bananas (approx. 4 small bananas)
- 1 cup applesauce
- 1/4 cup plain yogurt

Procedure:

Mix all ingredients and serve immediately.

Yield:

6 servings

Food Program Meal Component:

1/2 cup fruit/vegetable



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Love Juice

Ingredients:

- 2 cups pineapple juice
- 10 oz. frozen strawberries
- 1 cup milk
- 2 tsp. sugar
- 8 ice cubes

Procedure:

Combine all ingredients in a blender. Blend until all ice cubes are crushed.

Yield:

6 servings

Food Program Meal Component:

1/2 cup fruit/fruit juice



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Purple Cow

Ingredients:

- 3/4 cup unsweetened grape juice
- 3 cups milk
- 1 small banana, sliced

Procedure:

Mix all ingredients together in a blender and blend. Serve immediately.

Yield:

6 servings

Food Program Meal Component:

- 1/2 cup milk
- 1/4 cup fruit/vegetable



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Pear Cottage Cheese Bunnies

Ingredients:

8 oz. cottage cheese
1 - 29 oz. can pear halves
Lettuce
Whole cloves
Almond slivers

Procedure:

For each serving, put a lettuce leaf on a plate and place a pear half, flat side down, on top of the lettuce. At the narrow end of the pear, insert two whole cloves for eyes and two almond slivers for ears. At the other end of the pear, place 1/8 cup of a spoonful of cottage cheese for a tail.

Yield:

8 servings

Serving Size:

1 bunny

Food Program Meal Component:

1/4 cup fruit/vegetable
1 oz. meat/meat alternate



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South Seas Smoothy

Ingredients:

- 1 1/2 cups milk
- 3 cups lowfat blueberry yogurt
- 3/4 cup pineapple-coconut juice
- 3 to 6 ice cubes

Procedure:

Give this mixture a whirl in the blender! Serve in tall glasses. Sprinkle unsweetened coconut on top, if desired. (You may want to do half a batch at a time.)

Yield:

8 servings

Food Program Meal Component:

1/4 cup meat/meat alternate at snack only



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Monkey Shine Juice

Ingredients:

- 2 cups 100% orange juice
- 2 small bananas

Procedure:

Place ingredients in a blender and mix until smooth and bubbly.

Yield:

6 servings

Food Program Meal Component:

1/2 cup fruit juice

Note: Do not serve with fluid milk at snack



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Apple Smiles

Ingredients:

- 6 small apples, cored and sliced into 1/8'ths
- 6 Tbsp. creamy peanut butter
- Miniature marshmallows
- Raisins (optional)

Procedure:

Spread one side of each apple slice with 1 Tbsp. peanut butter. Place three or four miniature marshmallows on top of another apple slice, peanut butter side down. Squeeze gently. Eat immediately.

Yield:

6 servings

Serving Size:

4 quarters

Food Program Meal Component:

- 1/2 cup fruit/vegetable
- 1 oz. meat/meat alternate



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Fruit Moos

Ingredients:

- 1 tray of ice cubes, crushed
- 3 cups vanilla ice cream
- 2 - 16 oz. cans fruit cocktail, drained
- 2 cups orange juice

Procedure:

Whirl all ingredients in a blender. Freeze, but only for one hour or it will become too solid.

Yield:

10 servings

Food Program Meal Component:

1/2 fruit/vegetable at snack only



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Fruit Slush

Ingredients:

3 pints strawberries, cleaned and hulled
Sugar, as desired
9 Tbsp. water
6 Tbsp. lemon juice

Procedure:

Puree the fruit. Blend in the water, sugar, and juices. Pour into an 8" square metal pan. Freeze for two hours, then stir. Freeze again until firm.

Yield:

23 - 1/4 cup servings, or 11 - 1/2 cup servings

Food Program Meal Component:

1 fruit/vegetable



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Orange Julius

Ingredients:

- 1/3 cup frozen orange juice concentrate
- 1/2 cup milk
- 1/2 cup water
- 1/2 tsp. vanilla
- 5 or 6 ice cubes, crushed

Procedure:

Place all ingredients in a blender or quart jar. Blend or shake until frothy.

Yield:

- 2 servings at breakfast/snack
- 4 servings at lunch/supper

Serving Size:

- 1/2 cup at breakfast/snack
- 1/4 cup at lunch/supper

Food Program Meal Component:

- 1 fruit/vegetable



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Kiwi Fruit Ice

Ingredients:

- 1 1/2 cups kiwi, peeled and diced
- 2 cups 100% apple juice
- 1 Tbsp. lemon juice
- 1/2 tsp. grated orange rind

Procedure:

Combine the kiwi, apple juice, and lemon juice in a blender or food processor. Process until smooth. Stir in the orange rind. Pour this mixture into an 8" square pan. Freeze until almost firm. Spoon the frozen mixture into a mixing bowl. Beat with a mixture until fluffy. Return the mixture to the pan and freeze until firm. Let frozen mixture stand at room temperature for 10 minutes before serving.

Yield:

3 1/2 cups

Serving Size:

1/2 cup servings

Food Program Meal Component:

1/2 cup fruit/vegetable