



Top 10 Fruit Snacks for Kids

1. **Popsicles!** Freeze 100 % juice to make popsicles.
2. **Fruit Sandwiches.** Use slices of apples or pears and low-fat cheese.
3. **Peanut Butter & ...*Whatever!*** Serve fresh fruit with a dab of peanut butter.
4. **Fruit & Yogurt.** Fresh fruit dipped in your kid's favorite low-fat yogurt.
5. **Smoothies.** Kids won't pass up tasty fruit smoothies.
6. **Fruit Cups.** Canned fruit or single-serve fruit cups.
7. **Applesauce Dip.** Fresh fruit dipped in applesauce.
8. **Dried Fruits.** Pack up dried fruits such as raisins, blueberries, apricots and apple slices for great on-the-go snacks.
9. **Fun Fruit Salad.** Serve fresh fruit that can be dipped in salad dressings such as poppy seed or balsamic vinegar.
10. **Fruit Chunks.** Frozen fruit chunks such as grapes, banana slices, blueberries or watermelon are perfect when you're in a rush.

