
Healthy Desserts for the Holidays

Brought to you by the
California Children's 5 a Day—Power Play! Campaign

Healthy desserts?! Try some fruit!

Everyone loves dessert, but is there really such a thing as a “healthy dessert”?! Fruit is a great way to satisfy your sweet tooth and get much needed nutrients.

There is a wide variety of fruits available for us to choose from. They're full of Vitamins A and C, fiber, and photochemicals...all things our bodies use to help us stay healthy!

By increasing children's awareness and encouraging them to eat plenty of fruits and vegetables every day, we can help them develop life-long healthy habits. And what a great way to get a serving of fruit by eating dessert!

Choosing to offer fruits as a dessert can be an opportunity to reinforce good nutrition for everyone!



Recipe Ideas for Fruity Desserts

Sparkling grapes:

- Pour 1 package of gelatin powder into a measuring cup. Pour half into a bowl & place remaining to the side.
- Add 1/2 cup boiling water to gelatin & stir until dissolved. Add 1/2 cup ice cubes & stir until ice melts.
- Dip grape clusters into gelatin mixture & shake off excess liquid.
- Sprinkle extra gelatin powder over grape clusters and serve. *Enjoy!*

Banana Raspberry Smoothie:

- Combine 1-1/2 cups of pineapple juice, 1 cup low fat vanilla yogurt,
- 1 cup frozen raspberries, and 2 ripe medium bananas in a blender.
- Blend until smooth. *Enjoy!*

Fresh Fruit Kabobs:

- Cut fresh fruit into chunks/wedges (use apples, oranges, bananas, kiwi, strawberries, pineapple, etc). Place on wooden skewers and serve. *Enjoy!*



Kid's Corner

Can you guess the fruit or vegetable?

- I'm a leafy green veggie with lots of vitamin A & C. Eating me can help keep your skin healthy. What am I?
- I'm a big oval fruit that's green on the outside. On the inside, I'm red with black seeds. What am I?

Answers: 1)spinach 2)watermelon

For more information about
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