

Apple Salad

Captain CREATE Recipes to Try at Home

INGREDIENTS

- 4 apples
- 4 celery stalks
- 1/2 cup raisins
- 1 8-ounce carton low-fat yogurt

Makes 4-6 servings

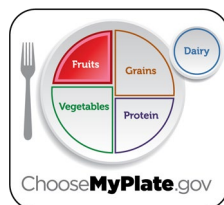
DIRECTIONS

Chop apple and celery into small pieces and place in a mixing bowl. Add raisins and yogurt and mix well.



Source: Adapted by Mary Anna Henke from Food, Fun, and Reading, Pre-kindergarten through Grade 2 Nutrition and Literacy Education Program –Fruit and Vegetable Lesson, The University of Vermont Extension.

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Peach Crisp

Captain CREATE Recipes to Try at Home

INGREDIENTS

- 2 15-ounce cans of sliced peaches (packed in 100% juice)
- 3/4 cup peach juice, reserved from canned peaches
- 1/2 tsp cinnamon
- 1 Tbsp cornstarch

Topping

- 3/4 cup oats
- 1/3 cup brown sugar
- 1/2 cup whole wheat flour
- 1/3 cup canola oil
- 1 tsp cinnamon

DIRECTIONS

Preheat oven to 375° F. Drain juice from peaches and save 3/4 cup juice. With a whisk, mix peach juice, cornstarch, and cinnamon. Place peaches in 8 inch lightly greased baking dish. Pour cornstarch/juice over the peaches. In a separate bowl, mix oats, brown sugar, whole wheat flour, and cinnamon. Add the canola oil and mix until mixture is coated. Sprinkle the topping mixture evenly over the fruit. Bake for 30-40 minutes or until the top is golden brown.

Source: Adapted by Mary Anna Henke from USU Extension, Food Sense, Create Better Health Fruity Dessert lesson

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