CREATE BETTER HEALTH™ SNAP-ED

Create a Fruity Dessert

YOGURT PARFAIT

1 Choose one or more


Strawberries


Peaches


Oranges


Grapes


Cherries


Blackberries

Other Ideas

Apples
Bananas
Melons
Pineapples
Grapefruits
Pears
Berries

2 Wash, peel and slice fruit



3 Choose a topping


Granola


Graham Cracker Crumbs


Candied Nuts

Other Ideas

Crumble (recipe on back)

4 Choose a base


Greek Yogurt


Pudding


Cottage Cheese

Other Ideas

Cooked Oats Low-fat Frozen Yogurt

5 Layer ingredients

1. Base
2. Fruit
3. Topping
4. Repeat if desired

FRUIT CRUMBLE

1 Choose one or more


Apples


Cherries


Nectarines


Peaches


Pears

Other Ideas

Blackberry
Raspberry
Blueberry
Huckleberry
Strawberry
Elderberry

2 Wash, peel and cut fruit



3 In a separate bowl, combine crumble topping ingredients

- ½ cup oats
- ¼ cup brown sugar
- ¼ cup whole wheat flour
- 1 teaspoon cinnamon
- 2 tablespoons canola oil

4 Preheat oven to 375°F

5 Spray an 8-inch square baking dish with cooking spray

Layer the cut fruit on the bottom of the dish

6 Sprinkle the topping mixture over fruit

7 Bake for 35-40 minutes, serves 4 people

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SNAP benefits

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