



APPLE PEANUT BUTTER CRUNCH

Servings: 2

1 medium apple

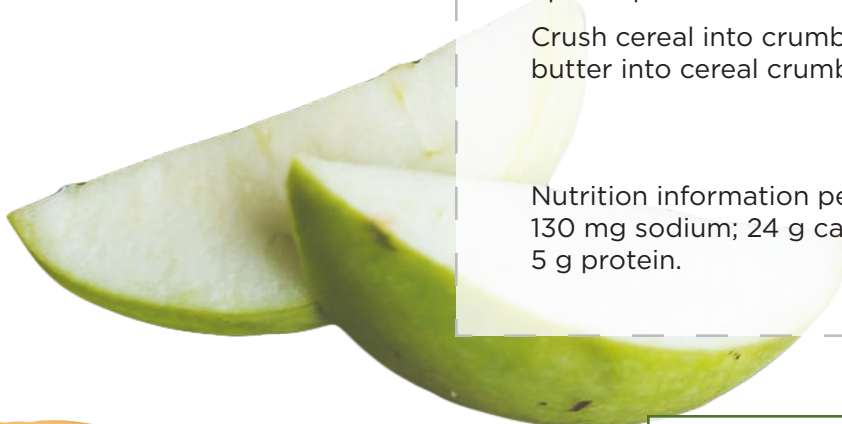
2 tablespoons peanut butter

1/2 cup whole grain cereal (bran flakes, oat rings, shredded wheat)

Scrub apple with a clean vegetable brush under running water. Core and slice into wedges.

Spread peanut butter on apple slices.

Crush cereal into crumbles. Press apple slices and peanut butter into cereal crumbles to coat.



Nutrition information per serving: 180 calories; 9 g total fat; 130 mg sodium; 24 g carbohydrates; 3 g dietary fiber; 5 g protein.

Fun with Fruit

Choose fruit. Designate a shelf or drawer in your fridge for washed fruit so kids can reach a healthy option easily. Reward kids by letting them choose their favorite fruit or try a new one.

Shop Smart to Save

Determine how much you want to spend before you go in the store.



CRUJIENTES DE MANZANA Y CREMA DE CACAHUATE

Porciones: 2

1 manzana mediana

2 cucharadas de crema de cacahuete

1/2 taza de cereal integral (copos de salvado, aros de avena, trigo rallado)

Friega la manzana con un cepillo vegetal limpio bajo el agua corriente. Remueva el núcleo y corte en rebanadas.

Unte la crema de cacahuete en las rodajas de manzana.

Aplaste el cereal en pedazos pequeños. Presione las rodajas de manzana y crema de cacahuete en el cereal para cubrir.

Información nutricional por porción: 180 calorías; 9 g grasa total; 130 mg sodio; 24 g carbohidratos; 3 g fibra dietética; 5 g proteína.



Diviértase con frutas

Elija fruta. Designe un estante o cajón en su refrigerador para la fruta lavada para que los niños puedan alcanzar una opción saludable fácilmente. Recompense a los niños dejándoles elegir su fruta favorita o probar una nueva.

Compre inteligentemente para ahorrar

Determine cuánto quiere gastar antes de ir a la tienda.



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The University of Tennessee Extension Department of Family and Consumer Sciences (UT Extension FCS) offers both the Tennessee Nutrition and Consumer Education Programs (TNCEP) and the Expanded Food and Nutrition Education Programs (EFNEP).

Through TNCEP, UT Extension FCS provides nutrition education and chronic disease prevention projects for persons eligible for the Supplemental Nutrition Assistance Program (SNAP). TNCEP is funded by the Department of Human Services (DHS) and the United States Department of Agriculture (USDA).

EFNEP is a peer-to-peer intensive direct education program using a hands on nutrition education approach to reach adults who are caregivers of young children as well as school-age youth at risk for food insecurity. EFNEP is funded by the United States Department of Agriculture (USDA) and by the Institute of Food and Agriculture (NIFA).