

FRUIT DIP

Give each child a choice as to the type of fruit he or she would like to eat. Bananas work especially well, but children will also enjoy peaches, apples, pineapple, melon, etc. Let the students cut up their own fruit using serrated plastic knives. Give each child a small amount of chopped nuts and a spoonful of yogurt on a paper plate. Have the children pick up a piece of fruit with a toothpick, dip it first into the yogurt and then into the nuts before taking each bite.

***Caution!
Contains
Nuts!***