



## Food Group Focus: Focus on Fruits

### Crunchy Fruit Sundae

1/4 wedge cantaloupe  
1 banana, peeled  
3/4 cup watermelon chunks  
1 kiwi, peeled  
1/2 cup pineapple chunks, packed in juice



12 seedless grapes  
1 medium pear  
1 medium apple  
2 whole graham cracker sheets, crushed  
3/4 cup vanilla topping (recipe below)

1. Cut all fruit into bite-size pieces and place into a large bowl. Mix fruit together and spoon into 6 individual serving cups.
2. Top each serving with 2 tablespoons of Vanilla Topping.
3. Sprinkle crushed graham crackers on top.

**Makes 4 serving.** Per serving: 93 calories, 1 gm protein, 1 gm fat, 23 gm carbohydrate, 3 gm fiber, 0 mg cholesterol, 21 mg calcium, <1 mg iron, 16 mg sodium.

### Vanilla Topping

1/2 cup unsweetened applesauce  
1 cup low fat vanilla yogurt

1/2 teaspoon cinnamon  
1/8 teaspoon nutmeg

1. Place all ingredients in a mixing bowl and blend well. Cover and chill.

**Makes 6 servings.** Per Serving: 27 calories, <1 gm fat, 1 gm protein, 5 gm carbohydrate, 0 gm fiber, 1 mg cholesterol, 38 mg calcium, 0.11 mg iron, 14 mg sodium.

### Fruit Smoothies

1/2 cup frozen strawberries, slightly thawed  
1 cup vanilla yogurt

1/2 cup orange juice  
1 banana, sliced

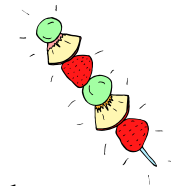
1. Combine ingredients in a mixing bowl.
2. Blend with a hand-held blender or regular blender.

**Makes 2 smoothies.** Per Serving: 211 calories, 7 gm protein, 1 gm fat, 46 gm carbohydrate, 3 gm fiber, 2 mg cholesterol, 235 mg calcium, 1 mg iron, 87 mg sodium.

### Fruit Kabobs

1 cup pineapple chunks, packed in juice  
2 bananas  
1/4 cup orange juice

12 strawberries  
18 grapes  
1/2 teaspoon cinnamon



1. Drain pineapple liquid into a small bowl.
2. Add orange juice and cinnamon to the liquid and mix.
3. Cut bananas into 6 pieces. Put banana pieces into the bowl with the juice and toss.
4. Wash the strawberries and grapes.
5. Build the kabobs by placing the fruit onto wooden skewers. Each skewer will have 2 banana chunks, 3 grapes, 3 or 4 pineapple chunks and 2 strawberries.

**Makes 6 Kabobs.** Nutrition Analysis: 75 calories, 1 gm protein, 5 gm fat, 19 gm carbohydrate, 2 gm fiber, 0 mg cholesterol, 13 mg calcium, <1 mg iron, 1 mg sodium.