

Healthy Treats for Classroom Parties

Yogurt Parfaits

- Low-fat or nonfat yogurt
- Low-fat granola
- Berries (fresh or frozen)
- Small cups
- Spoons

Trail Mix



- Nuts
- Chex
- Pretzels
- Sesame seeds
- Dried fruit



Vegetables and Dip

- Green/red/yellow bell peppers
- Cucumbers
- Broccoli
- Cauliflower
- Mushrooms
- Jicama
- Carrots
- Celery



Yummy Yogurt Fruit Dip*

Ingredients:

- 1 cup nonfat vanilla yogurt
- 2 TBSP brown sugar
- ¼ cup low-fat granola

In a bowl, stir together yogurt, brown sugar, and granola until well mixed. Wash and cut fruit and place on a platter. Put toothpicks in each piece of fruit, if desired. Pick up fruit with toothpick or fingers and dip in yogurt. Enjoy!

*Recipe from KidShape

Vegetable Dip*

Ingredients:

- ½ cup low-fat sour cream
- ½ cup plain, nonfat yogurt
- ¼ cup chopped green onion
- ¼ bunch chopped cilantro

In a bowl, stir sour cream, yogurt, onion, and cilantro until well mixed. Wash and cut vegetables and place on a platter. Pick up vegetables with fingers and dip in sour cream/yogurt. Enjoy!

*Recipe from KidShape

Fruit Salad

- Fresh or canned fruit in juice or light syrup
- Pineapple
- Banana
- Peaches
- Pears
- Mandarin oranges

Fruit Kabobs

- Apples
- Bananas
- Melons
- Pineapple
- Kiwi
- Strawberries
- Small stick pretzels
- Cheese cubes

