

Frozen Berry Cups:

Place crushed graham crackers, yogurt and berries in muffin liners. Freeze.



Baked Apples:

Toss apple slices with a little cinnamon. Microwave for 2 minutes.

Let your child help in the kitchen.

- Rinse the berries
- Toss apples slices with cinnamon
- Place fruit in bowl or on top of the yogurt cups



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