

## Fun Friday Snactivity: Apple Snacks!

**Did you know there are 7500 kinds of apples in there world? There are 2500 varieties just in the United States. That's a lot of apples! They are full of Vitamin C to help strengthen our immune system and fiber to help you stay full! Apples are tasty and can be even tastier if you try this activity!**

**Remember: Always practice knife safety!**

Kitchen Knife Skills Video for children to watch beforehand:  
<https://www.youtube.com/watch?v=8RrufR-zLag>

### Ingredients:

- ✓ whole apples use your favorites or whatever is in the pantry or at the center
- ✓ bananas
- ✓ plain yogurt add a little honey to sweeten
- ✓ almond butter
- ✓ nutella
- ✓ granola
- ✓ strawberries
- ✓ honey to sweeten the yogurt, and drizzle

**\*\* Check allergy chart for any child with a food allergy before choosing ingredients\*\***

### Instructions:

1. Gather all your ingredients, and wash the apples. In a small bowl mix the yogurt with the honey.
2. Remove the cores form the apples. You will want to use an apple corer to remove the core from the apple. This could work with a knife, but a breeze with the apple corer.
3. Cut apples into thin slices after coring. (as seen in the picture). Some children may need assistance with this step.
4. Add a thin banana slice to the center of the apple so the ingredients won't run through the hole. You can also use a very thin apple slice to cover up the hole.
5. Now, add your topping however you will like them. Let the children get really creative with these.



Sources used: Busy Little Chefs; [www.Kideats.com](http://www.Kideats.com)