



It's Berry Fun!

Article written by Cami Wells (camiwells@unl.edu), MS, RD, Extension Educator

Berries are so colorful and tasty that most kids don't need any extra incentive to gobble them up. However there are so many fun things you can do with berries that can turn an ordinary snack into something extra-special! Here are a few simple ideas you can make with basically the same foods!

Berry Butterfly

- ¼ cup fresh berries, washed*
 - 2 teaspoons low-fat cream cheese
 - ½ of a whole-wheat mini bagel
1. Wash hands with soap and water. Spread cream cheese on bagel. Cut in half.
 2. Decorate with berries!

Makes one serving containing 90 calories, 2 g fat, 130 mg sodium, 14 g carbohydrate, 2 g fiber, 3 g protein.



Berry Funny Face

- 2 Tablespoons fresh berries, washed*
 - 1 grape, washed*
 - 2 teaspoons low-fat cream cheese
 - ½ of a whole-wheat mini bagel
1. Wash hands with soap and water. Spread cream cheese on bagel.
 2. Decorate with berries for eyes and mouth and a grape for the nose!

Makes one serving containing 80 calories, 2 g fat, 130 mg sodium, 13 g carbohydrate, 1 g fiber, 3 g protein.



Berries and Bunnies

- ¼ cup fresh berries, washed*
 - 6 bunny or other animal crackers
1. Wash hands with soap and water. Place berries in a small bowl.
 2. Top with crackers!

Makes one serving containing 40 calories, 1 g fat, 15 mg sodium, 8 g carbohydrate, 2 g fiber, 1 g protein.



Berry Pretty Flower

- ¼ cup fresh berries, washed*
 - 2 teaspoons low-fat cream cheese
 - ½ of a whole-wheat mini bagel
1. Wash hands with soap and water. Spread cream cheese on bagel.
 2. Decorate with berries!

Makes one serving containing 90 calories, 2 g fat, 130 mg sodium, 14 g carbohydrate, 2 g fiber, 3 g protein.



Berry Helpful Hints

- 🍓 Because berries have a short shelf life, an alternative to enjoy them year round is to buy them frozen or buy fresh berries and freeze them yourself.
- 🍓 To freeze fresh berries: wash, drain well and pat dry with a clean paper towel. Place in a single layer on a baking sheet. Freeze berries until firm, then package frozen berries in freezer bags or containers.
- 🍓 When making pancakes and waffles, add the blueberries as soon as the batter has been poured on the griddle or waffle iron. This will make the pancakes prettier and they will be easier to flip. If frozen blueberries are used, cooking time will probably have to be increased.
- 🍓 Whole frozen berries destined for your baked goods should be used frozen. Gently fold into pies, cakes and muffins just prior to baking.

Source: National Center for Home Food Preservation:
<https://nchfp.uga.edu>

*Cut berries in half to reduce choking hazard for young children.

For more information check out Food Fun for Young Children Newsletter at: <http://go.unl.edu/chi>