

**MAKE HALF YOUR
PLATE FRUITS
AND VEGETABLES**



BE THE CHEF!

PREP TIME: 15 MINUTES

Berry Jams Party Bites

This healthy treat combines fruit, nuts, and whole grains to make sure you have lots of energy to dance and play all day.



SERVINGS: 6

SERVING SIZE: ½ muffin

INGREDIENTS:

- 3 whole-grain English muffins
- 6 tablespoons peanut butter or sunflower seed butter
- 1 cup fresh or frozen (and thawed) strawberries, sliced
- ½ cup fresh or frozen (and thawed) blueberries

SAFETY STEPS

In every food preparation activity, it's important to follow proper safety steps. Follow the food safety instructions on pages 4–5.

- Wash your hands. Use gloves or utensils to handle food. Clean surfaces to be used for food preparation with hot, soapy water. Cover the food preparation area with clean butcher paper or a disposable tablecloth for easy cleanup.
- Prepare the ingredients. Rinse and prepare produce for the **Berry Jams Party Bites** using safe food-handling practices as described on pages 4–5. Place all ingredients on plates or in bowls, cover, and refrigerate until ready to use.
- Lead kids in proper hand-washing steps. See page 4.



DIRECTIONS

1. Using a fork, gently split English muffin in half.
2. Spread 1 tablespoon of peanut butter on each English muffin half.
3. Layer strawberries and blueberries on top of each English muffin half, covering peanut butter.
4. Serve immediately or chill until served.

OPTIONS

- Instead of strawberries and blueberries, use pineapple (canned in 100% juice is OK) or bananas for a delicious twist.
- **Allergic to nuts?** Use sunflower seed butter in place of peanut butter.

Food Demonstration Samples: Divide each muffin half into fourths. Makes 24 servings.

NUTRITION INFORMATION

Amount per serving: ½ muffin; **Calories:** 177; **Total Fat:** 9 g; **Saturated Fat:** 2 g; **Sodium:** 195 mg; **Potassium:** 225 mg; **Total Carbohydrate:** 20 g; **Dietary Fiber:** 4 g; **Sugars:** 7 g; **Protein:** 7 g; **Vitamin A:** 10 IU; **Vitamin C:** 17 mg; **Vitamin D:** 0 IU; **Calcium:** 100 mg; **Iron:** 1 mg.



Get children involved in making the recipe!

SHOW them how to:

- Slice the strawberries, using a plastic knife (for ages 6–7 and up with adult supervision).
- Use a fork to gently split English muffin halves.
- Measure the peanut butter.
- Spread the peanut butter on each muffin half.
- Add the berries to muffins.



Share these fun facts:

- * Cups, tablespoons, and teaspoons are divided into fractions.
- * Show children ½ cup and 1 cup to illustrate the fractions.
- * Nut and seed butters are an excellent source of protein.

