

SNACK SUGGESTION

Almost-A-Pyramid Sundae

Caution! Check for nut allergies among group members before including nuts as an ingredient. Do not offer nuts if any children in your group are allergic to them. For more information about nut allergies go online to foodallergy.org.

Ingredients

- Nonfat vanilla yogurt
- Dash of cinnamon
- Chopped apples and grapes
- Walnuts or other nuts
- Granola or graham cracker crumbs

Equipment

- 4 or 5 large serving bowls
- 5 serving spoons
- Disposable cups
- Spoons

Procedures

1. Wash hands with soap and warm water for 20 seconds. Clean all work surfaces.
2. Thoroughly mix a dash of cinnamon into the yogurt.
3. Set out other ingredients in separate bowls on a table and have the children make their own sundaes.
4. Refrigerate leftovers immediately.

Source: Youth Curriculum Sourcebook (second edition, B7YCSB, 1999). University of Wisconsin-Extension Publications



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Running out of money for food? Contact your local food stamp office or go online to dss.mo.gov/fst/fstamp. For more information call MU Extension's Show-Me Nutrition line at 1-888-515-0016.

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