Fruit and Cheese “Butterfly” Snack Mix (No Oven Recipe)

Makes 8 snacks

Stuff You Need
Re-sealable sandwich size plastic bags (1 per participant)
Chenille pipe cleaners or long twist ties (1 per participant)
3 bowls (or containers with covers)
Plastic wrap
Recipe ingredients (see below)

What’s In It?
8 oz. reduced fat Cheddar cheese, cut into bite-sized pieces (or use pre-cut cheese cubes)
2 cups whole strawberries, washed, stems removed, quartered
2 cups seedless red or green grapes, washed and cut in half

How to Put It Together
1. Place 1 oz. cheese in 1 side of re-sealable sandwich-size plastic bag; loosely tie pipe cleaner or twist tie around middle of bag.
2. Place fruit in other end of bag; seal bag, then twist pipe cleaner tightly around the middle of the bag to separate cheese from the fruit.
3. Curl ends of pipe cleaner to resemble antennae of a butterfly.
4. Refrigerate until ready to serve.
5. To enjoy snack, untwist pipe cleaner, leaving bag sealed. Gently shake bag to mix fruit and cheese.

Why It’s Good for You
This snack is a good source of calcium and also counts towards your daily Milk Group and Fruit Group goals!

Nutrition Information Per Serving: 130 calories, 6g total fat, 4g saturated fat, 20mg cholesterol, 180mg sodium, 10g carbohydrate, 1g dietary fiber, 9g sugars, 7g protein, 8% DV vitamin A, 40% DV vitamin C, 20% DV calcium, 0% DV iron.