

Fruit in a Cone

Snack of the Month June – 2015



Fruit full of fun. Fresh fruit served in a creative and fun way makes moms smile as kids enjoy a healthy snack.

Prep Time: 10 Min

Start to Finish: 10 Min

Makes: 4 servings

INGREDIENTS

3 cups cut-up fresh fruit
4 ice-cream cones
4 teaspoons honey (only for children over one year of age)
4 teaspoons granola, miniature semisweet chocolate chips or chopped peanuts

DIRECTIONS

1. Place 3/4 cup of the fruit in each cone.
2. Sprinkle each cone with 1 teaspoon honey and 1 teaspoon granola.
3. Serve immediately.



Recipe Provides: Fruits 1/2c

NUTRITION INFORMATION PER SERVING

Serving Size: 1 cone	Total Fat: ½ g	Saturated Fat: 0 g
Calories: 120	Calories from Fat: 5	Carbohydrates: 28 g
Cholesterol: 0 mg	Dietary Fiber: 2 g	Sodium: 10 mg
Sugars: 20 g	Protein: 1 g	



Recipe adapted from www.eatbetterearly.com