

Creating Taste Adventures With Fruits And Vegetables

(NAPSA)—Here's an easy recipe for kids to create their own taste adventures: Take fruits and vegetables, mix in lots of imagination and hands-on fun and end up with inventive, nutritious meals and snacks that they—and the rest of the family—can enjoy from breakfast through dinner.

Parents and nutritionists alike know that kids love to eat foods they've had a hand (and mind) in creating. On its Web site (www.dole5aday.com), Dole Food Company offers its top recipe picks for kids to toss, mix and whirl their way to 5 A Day.

During a busy week, it's as easy as the kids starting the day by whipping up a five-minute Fruit 'N' Juice Breakfast Shake, made with just four ingredients, including bananas—a good source of energy, vitamins and minerals that helps give kids the power their growing bodies demand. Ask kids "What looks like a tree and is high in vitamin C?" It's broccoli. After school, they can create Trees In A Broccoli Forest, edible art that also features carrots and cherry tomatoes to enjoy for an afternoon snack.

Fruit 'N' Juice Breakfast Shake

Serves 2

*2 "5 A Day" servings per person
Est. Prep Time: 5 minutes*

- 1 very ripe, medium banana, peeled**
- ¾ cup pineapple juice**
- ½ cup lowfat vanilla yogurt**
- ½ cup strawberries, rinsed, stems removed**

Break banana into small pieces and put in blender with pineapple juice, yogurt and



Mixing food with fun is one way to get children to eat their vegetables.

strawberries. Secure lid and blend until smooth.

Divide shake between two glasses and serve immediately.

Per serving: 168 calories, 4 g protein, 1 g fat (.59 sat.), 35 g carbohydrate, 43 mg sodium, 3 mg cholesterol.

Trees In A Broccoli Forest

Serves 4

*2½ "5 A Day" servings per person
Est. Prep Time: 15 minutes*

Dipping Sauce:

- ¼ cup plain nonfat yogurt**
- ¼ cup light sour cream**
- 2 teaspoons honey**
- 2 teaspoons spicy brown mustard**

Broccoli Trees:

- 2 carrots, peeled**
- 3 cups broccoli florets**
- 4 cherry tomatoes**
- 3 tablespoons parsley leaves**

To prepare the dipping sauce, combine all ingredients in a small bowl.

Hold carrots against cutting board and trim off the ends. Cut each in half, crosswise, then lengthwise to make

four pieces.

Arrange each plate by putting two carrot pieces side-by-side in the center. Arrange broccoli around the carrots, forming a cluster. Arrange the tomato at the top of the plate. Spoon dip around the base of carrots and sprinkle with the parsley.

Per serving: 84 calories, 3 g protein, 2 g fat (2 g sat.), 12 g carbohydrate, 74 mg sodium, 1 mg cholesterol.

Young chefs can create and taste adventures with fruits and vegetables such as:

- Layering chopped pineapple, raspberries, bananas, dates, sliced almonds and lowfat vanilla yogurt for a morning masterpiece in a fun parfait glass.

- Giving peanut butter sandwiches extra zip by adding sliced bananas and using raisin bread.

Kids can check out these recipes and more on "5 A Day Adventures," Version 2000, offered by Dole. The CD-ROM, designed for children ages 5-10, incorporates the latest health research, state-of-the-art graphics and animation and original songs.

The "5 A Day Adventures" CD-ROM is available for \$14.95. To order, send your request with a check to Dole Food Company, Nutrition and Health Program, 100 Hegenberger Road, Suite 100, Oakland, CA 94621.

Dole Food Company is a founding member of the national 5 A Day for Better Health Program, launched in 1991 by the National Cancer Institute and the Produce for Better Health Foundation. For more information on Dole's 5 A Day nutritional education materials, visit www.dole5aday.com.