

Three-Minute Fruit Pie

- 1 package graham crackers
- 4 ounces light cream cheese
- 2 apples, fresh
- 1 teaspoon sugar
- ½ teaspoon cinnamon
- 1 teaspoon brown sugar

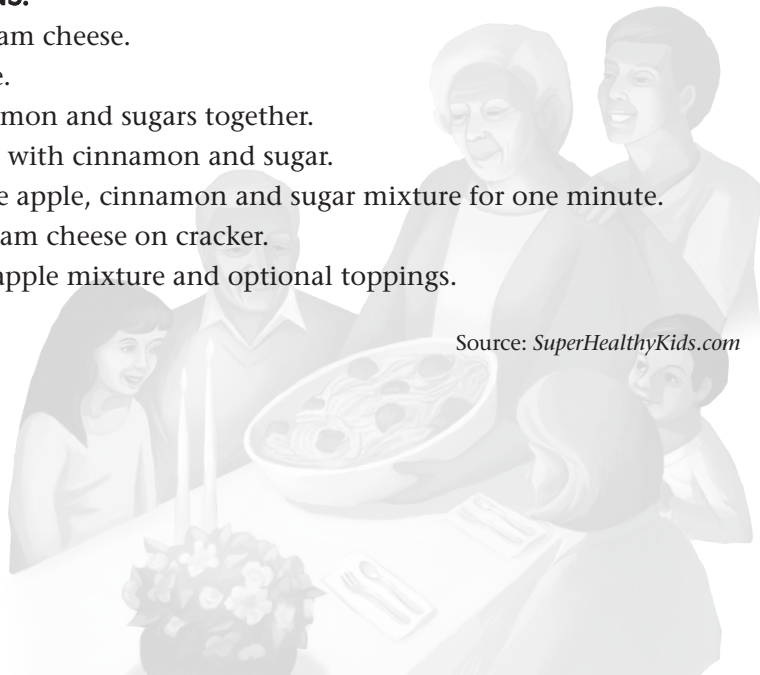
Optional toppings:

Assorted fruit (grapes, kiwi, raisins, apple wedges, peaches, banana), chocolate or caramel sauce, granola, coconut

DIRECTIONS:

1. Soften cream cheese.
2. Dice apple.
3. Mix cinnamon and sugars together.
4. Toss apple with cinnamon and sugar.
5. Microwave apple, cinnamon and sugar mixture for one minute.
6. Spread cream cheese on cracker.
7. Top with apple mixture and optional toppings.

Source: SuperHealthyKids.com



Celebrate Together: Family Lesson

Three-Minute Fruit Pie

LEADER'S CHECKLIST FOR COOKING STATIONS

Set up work stations for each family group.

EQUIPMENT

- Plates
- Table knife
- Cutting board
- Napkins

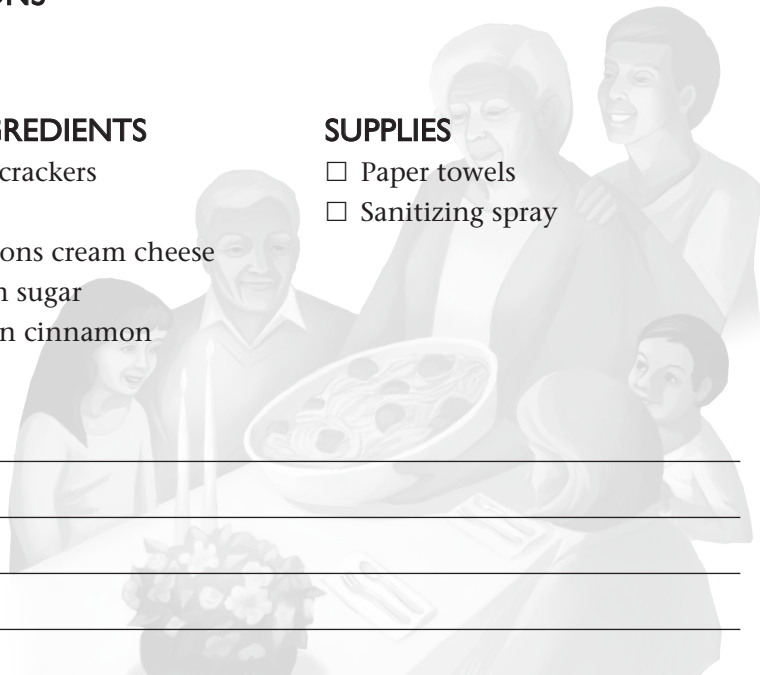
RECIPE INGREDIENTS

- 4 graham crackers
- 1 apple
- 2 tablespoons cream cheese
- 1 teaspoon sugar
- ½ teaspoon cinnamon

SUPPLIES

- Paper towels
- Sanitizing spray

NOTES



Celebrate Together: Family Lesson

Apple Wedge Dessert

- 2 apples
- Lemon juice
- 4 ounce cream cheese or peanut butter*
- Selection of toppings:
 - ¼ cup granola
 - ¼ cup chocolate
 - ¼ cup coconut
 - ¼ cup dried cranberries
 - ¼ cup raisins
 - ¼ cup chopped nuts
 - 1 tablespoon toasted wheat germ

Option:

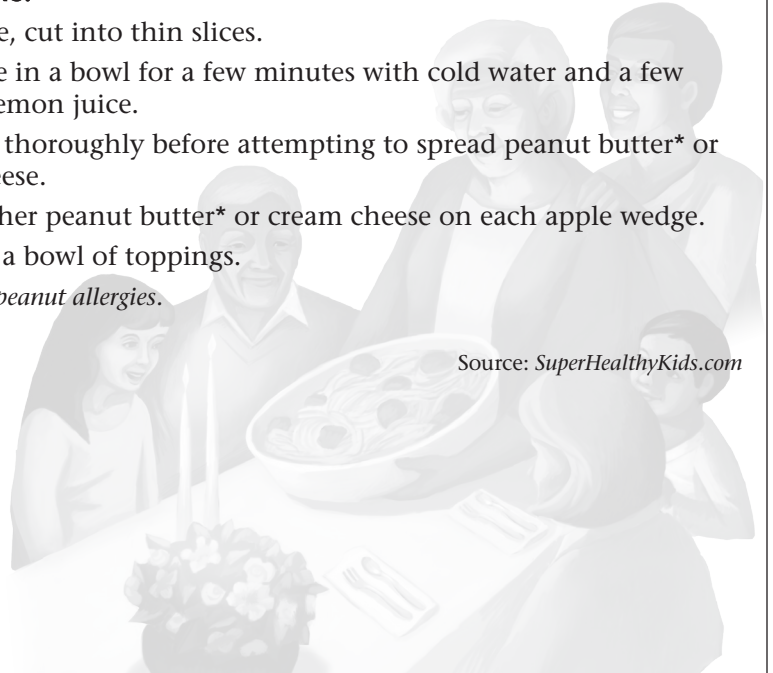
Provide a variety of fruits.
Each person creates his or her own "fruit face."

DIRECTIONS:

1. Core apple, cut into thin slices.
2. Soak apple in a bowl for a few minutes with cold water and a few drops of lemon juice.
3. Dry apple thoroughly before attempting to spread peanut butter* or cream cheese.
4. Spread either peanut butter* or cream cheese on each apple wedge.
5. Press into a bowl of toppings.

**Beware of peanut allergies.*

Source: SuperHealthyKids.com



Celebrate Together: Family Lesson

Apple Wedge Dessert

LEADER'S CHECKLIST FOR COOKING STATIONS

Set up work stations for each family group.

EQUIPMENT

- Knife to cut apple
- Cutting board
- Bowls for toppings
- Spoons
- Plastic knives (for cream cheese)
- Plates
- Napkins

RECIPE INGREDIENTS

- Apples
- Cream cheese or peanut butter*
- 2 to 3 small cups of toppings

**Beware of peanut allergies.*

SUPPLIES

- Paper towels
- Sanitizing spray

NOTES



Celebrate Together: Family Lesson