

# Apple Smiles

## Ingredients

10 Servings

25 Servings

## Directions

Apples, fresh,  
with skin

12  $\frac{1}{2}$  each

Cut apple into 4 equal pieces.

Peanut Butter, smooth,  
with salt

$\frac{1}{4}$  cup + 1 Tbsp

Spread  $\frac{1}{2}$  Tbsp peanut butter in the middle of 2 wedges.

Marshmallows

2  $\frac{1}{2}$  oz

Put 4 miniature marshmallows for teeth between wedges.

Top marshmallows and peanut butter with another apple wedge to resemble a smile.

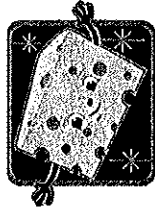
**Portion size for 3-5 year old: 2 smiles (to equal 4 apple slices, 1 Tbsp peanut butter)  
Each serving provides:  $\frac{1}{4}$  cup fruit,  $\frac{1}{2}$  oz meat alternate**

**Nutrition Tip:** Apples (with the skin on) are a great source of fiber. The skin contains phytochemicals (the red color in the apple skin) which help prevent diseases.

**Physical Activity:** Practice jumping today. Jump on both feet. Jump on left foot. Jump on right foot.

**Recipe Source:** Laura England, Kootenai Valley Head Start Program, MT

# Apple Cheese Biscuits



## Ingredients

Sugar, granulated  
Cinnamon, ground  
Bisquick, low-fat  
Cheddar cheese, low-fat,  
shredded  
Apple, peeled, cored and  
finely chopped  
Water  
Margarine, melted

## 12 Biscuits 24 Biscuits

2 Tbsp+2 tsp	1/3 cup
1/4 tsp	1/2 tsp
3/4 c +2 Tbsp	1 3/4 cups
1/4 cup	1/2 cup
1/2 medium	1 medium
2 Tbsp+2 tsp	1/3 cup
2 Tbsp	1/4 cup

## Directions

1. Combine sugar and cinnamon. Set aside.
2. In a mixing bowl, combine biscuit mix, cheese and apple. Make a well in the center of this mixture.
3. Add water all at once. Stir just until mixture forms a ball.
4. Divide into 12 or 24 pieces, according to servings in recipe. Shape each piece into a ball.
5. Roll each ball in melted margarine, then in the sugar mixture.
6. Arrange in a single layer in two greased 9" round baking pans.
7. Bake in a 400 degree F oven for 25-30 minutes or until golden brown. Cool for 5 minutes.
8. Remove from pan; serve warm.

Portion size for 3-5 year old: 1 small biscuit  
Each serving provides: 1/2 slice bread alternate

Nutrition Tip: Apples provide fiber to help keep your heart healthy. Fiber also aids in digestion and keeps bowels regular.  
Physical Activity: Walk to a nearby market/grocery store (if convenient) and count the different kinds of apples. Buy a few of each and have a "taste test".