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the season



12 Days of

Winter Fun with Fruits and Veggies



**Making fruits and veggies fun
now that's where so many of us get stuck!**

So this season, we went on a hunt to find 12 Days of Winter Fun with fruits and veggies, and guess what? We found them, plus a whole lot more from families and kids who posted their creations on **powerup4kids.org** and other sites, like Pinterest. We would love to hear how your family has fun with fruits and veggies?

1

On the 1st Day of Winter fun...

Brrrr-illiant Banana Snowmen

INGREDIENTS

- Bananas
- Apples
- Grapes
- Carrots
- Raisins
- Pretzels
- Nut Butter (or sunflower butter)
- Skewers



www.cleandscentsible.com

PREPARATION

String three banana slices onto the skewer, a triangular apple slice for the hat and a grape for the "puff-ball." Use a nut butter to stick on raisins for buttons and eyes. Add a little slice of carrot for the nose. Finally, add two pretzels for arms.

2

On the 2nd Day of Winter fun...

Ski-tacular Veggies



INGREDIENTS

- Cottage Cheese
- Carrots
- Celery
- Pretzels
- Natural Cheese

PREPARATION

Let kids hit this veggie slope, using cottage cheese for the snow. Cut up celery sticks for skis, carrots for the skier's body and pretzels for ski poles! Then, cut out a warm sun, using the cheese.

3

On the 3rd Day of Winter fun...

North Pole Penguins



created by
Madison (14) and Amelia (12)

INGREDIENTS

- Black Olives
- Reduced-fat Cream Cheese
- Carrots
- Toothpicks

PREPARATION

Cut a carrot in half and slide it to the bottom of the toothpick (for penguin feet!). Next, cut an olive open and stuff

with reduced fat cream cheese. Slide the olive onto the toothpick (for the body). Finally, take a whole olive, make a small cut and insert a small piece of carrot to make the nose. Slide the olive onto the toothpick (for the head). Enjoy!