



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.cleanandscentible.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.

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!

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.

for fun recipes, tips, and activities visit
[FACEBOOK.COM/BEARPOWER4KIDS](https://www.facebook.com/BearPower4Kids)

4

On the 4th Day of Winter fun...

Strawberry Snowmen

INGREDIENTS

1 lb. Strawberries
8 oz. Reduced-fat Cream Cheese
1 ½ T. Powdered Sugar
1 tsp. Vanilla

PREPARATION

Wash strawberries and cut around the top of the strawberry. Remove the top, (enough for a hat). Clean out the whole strawberry with a paring knife, if necessary (some of them are hollow already). Prep all of the strawberries and set aside. Next, in a mixing bowl, beat cream cheese, powdered sugar and vanilla until creamy. Add cream cheese mix to a Ziploc baggie with the corner snipped off and fill the strawberries with the mixture. Finally, fill the strawberries with cream cheese mixture, and top with the 'hats'.

Note: If not serving immediately, refrigerate.



6

On the 6th Day of Winter fun...

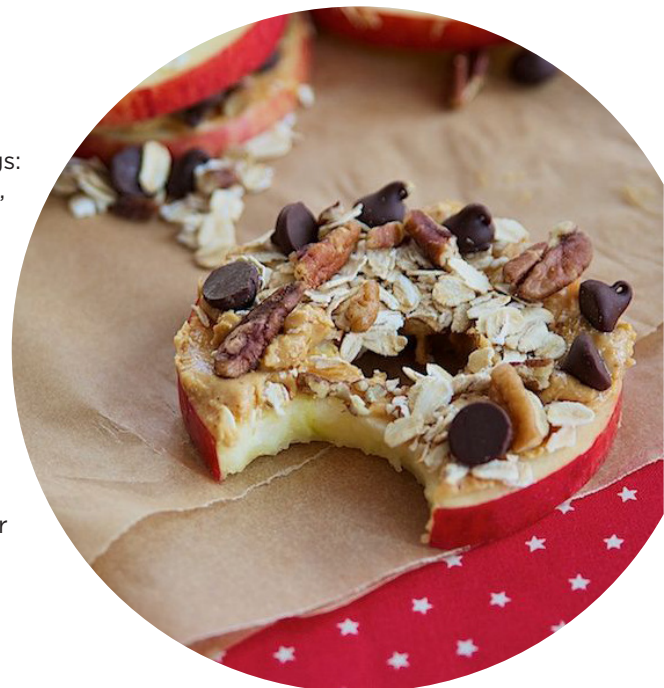
Apple Bites

INGREDIENTS

Apples
Peanut Butter
Your choice of toppings:
(Raisins, Granola, Oats,
Nuts, Coconut)

PREPARATION

Wash apples, cut into circular slices. Then spread slices with your favorite nut butter (or sunflower butter). Top it off by sprinkling with granola, oats, raisins or coconut. Yum!



5

On the 5th Day of Winter fun...

Grinch Kabobs



Clean & Scentsible
www.cleanandscentsible.com

INGREDIENTS

Green grapes
Bananas
Strawberries
Mini Marshmallows
Toothpicks

PREPARATION

Wash your strawberries and grapes and slice the bananas. Then slice off a tiny bit of your strawberry so you have a flat base. Add these in the following order to your toothpick: one green grape, one slice of banana, a strawberry and a mini marshmallow.

...with Fruits & Veggies!



7

On the 7th Day of Winter fun... **PB&J & Fruit on a Stick**



awhiskandtwowands.com

INGREDIENTS

Strawberries
Bananas
Whole-wheat bread
Nut butter
All-fruit jam
Wooden skewers (or use thin pretzel sticks)

PREPARATION

Make nut butter and jam sandwiches; cut into 1-in. squares. Wash strawberries (or use red grapes) and slice bananas. For each skewer (or pretzel stick), thread a strawberry (or grape), sandwich square and banana slice. Then repeat.

9

On the 9th Day of Winter fun... **Sharing Fruit Tree**

INGREDIENTS

Green Grapes
Raspberries
Strawberries
Star fruit
Tree-Shaped bowl

PREPARATION

Add green grapes to your bowl, arrange the strings of red fruit and top with a star fruit.



8

On the 8th Day of Winter fun... **Grape & Cheese Tree**

INGREDIENTS

Cheese cubes
Grapes
Celery Stick
Piece of Broccoli

PREPARATION

Wash grapes, celery stick and cut cheese into cubes. Use a celery stick to create a tree trunk. Then assort the cheese cubes to make the first layer of the tree and then grapes to make the second. Continue to alternate between grapes and cheese getting narrower as you move up the tree. Once you have reached the top, add your broccoli as the star!

You can use different types of cheese and other colorful grapes to add more color to this festive tree.



www.kraftcanada.com

for fun recipes, tips, and activities visit
FACEBOOK.COM/BEARPOWER4KIDS



10

On the 10th Day of Winter fun...

Shining Star Tree

INGREDIENTS

Snap Peas
Natural Cheese
Pretzel Sticks

PREPARATION

Place pretzel sticks vertically to form a tree trunk. Arrange snap peas to make the tree and top the tree with a star cut out of cheese.



11

On the 11th Day of Winter fun...

Holiday Veggie Tree



INGREDIENTS

Broccoli
Cauliflower
Cherry Tomatoes
Star fruit

PREPARATION

Wash the veggies. Trim the cauliflower and broccoli. Slice the star fruit. Then have fun arranging the veggies in the shape of a tree. Use the stalk of the broccoli for the tree trunk, and the shiny red cherry tomatoes to decorate the tree. Finally top the tree with a beautiful shining star (fruit)!

12

On the 12th Day of Winter fun...

PowerUp Planters



INGREDIENTS

Mini Pots
Sprigs of Parsley
Other veggies:
(Broccoli for mini trees)

Carrots
Hummus
Toothpick

PREPARATION

Wash your mini pot(s) and add hummus. Use a toothpick to poke a hole into the carrots, stick a sprig of parsley in the holes of each and plant your carrot in the hummus. You can also plant mini trees using broccoli. Enjoy!

