

EASTERSIDE ACADEMY

HEALTHY KIDS RECIPE



Dear Parent/Carer,

Monthly we will be sending home a healthy recipe for you to try at home with your family. If you give any of the recipes a try, please complete the slip at the bottom of this page and return to your child's class teacher. You can also send us a photograph of your family eating your results! Just send them to: contact@eastersideacademy.co.uk and we will put some up on our website!

Apple Pop Snacks

Apples by themselves are a crunchy and sweet snack that most kids love. These apple pops are a fun way to serve apples as a snack, but also add a dip and fun toppings!

Ingredients

Apples
Yogurt
Toppings



Directions

1. Slice your apples. Granny Smith apples work well as pop snacks.
2. Take a lolly stick or plastic straw and insert it into the centre of each apple slice.
3. Dip each slice in yogurt and then sprinkle on the topping of your choice.
4. Place on a baking tray lined with parchment paper and place in the freezer for 5-10 minutes or until the yogurt has slightly hardened. Don't forget to get them out as you don't want the apple to freeze!

Possible toppings can include: shredded coconut, sesame seeds, chocolate chips, cinnamon. You can also use both plain and strawberry yogurt.

Healthy Kids Recipes

We made:

Who was involved?

Was it easy to make? (Please circle) **YES** **NO**

Would you recommend it to another family? (Please circle) **YES** **NO**

Comment: