

February

Pick a better snack™ with your family - Save money and eat smart!

Many families buy apples and bananas regularly. These highly nutritious fruits are favorites among kids, but if you're getting tired of them, try out this recipe!

Splendid Fruit Salad

2 medium apples, chopped

1 banana, chopped

1 6 oz. container low-fat vanilla yogurt

1 tablespoon fruit juice (orange, apple, - whatever you have on hand; juice is optional.)

A pinch of cinnamon

1. Mix yogurt, cinnamon and juice in a medium bowl.
2. Wash and chop the fruit. Add to the yogurt mixture.
3. Stir and serve.
4. Smile while your family claps 😊.

Saving money on apples and bananas

Have you ever gotten to the check-out lane at the store and been surprised at how much your apples cost? You're not alone; apples vary by \$2-3 per pound based on the type of apple you buy. Double check the price for the type you are buying to avoid surprises at the check-out. A good price is about \$2.00 per pound.

Bananas are usually pretty affordable at fifty cents or less per pound. That is far less expensive than many packaged snacks like chips. But nothing wastes money faster than having to throw food away. You can stretch the life of bananas by freezing them when they start to turn dark brown. Just peel them and store them in a zip top bag in the freezer. You can defrost them for smoothies or banana bread anytime.



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