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NEBLINE

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Sweet Ideas Without Added Sugar

Natalie Sehi, MS, RD
 Extension Educator, UNL Dept. of Nutrition & Health Sciences

It seems like most holidays focus on food, and usually include something sweet like candy or chocolate. Don't get me wrong, I love a yummy piece of dark chocolate! If you're looking to make this Valentine's Day a little healthier for you and your family, consider starting the day with a fruit-filled smoothie (see the recipe below) or a parfait. I love smoothies and parfaits because you don't need to follow

a recipe. Choose your family's favorite fruits and yogurt, place in a blender with a little milk or 100% juice and blend to a desired consistency for a smoothie. For a parfait, layer fruit and yogurt, then top with granola or nuts.

Fruit is a quick, easy and healthy Valentine's treat. While looking for ideas for my children, I came across two cute ideas using Clementines/cuties and applesauce. The messages read, "Happy Valentine's Day Cutie" & "You're AWESOMEsauce Valentine." Be creative and think outside the box.

Visit with your children

about healthier alternatives and let them help you pick them out at the store. Check out the "Non-food Valentine Ideas" below for ideas for daycare or school.

Non-Food Valentine Ideas

- Friendship bracelets
- Toy cars
- Bubbles
- Sidewalk chalk
- Balloons
- Glow sticks
- Bouncy balls
- Pencils
- Erasers

Berry Fun

Cami Wells, MS, RD
 Extension Educator, Hall County

Berries are so colorful and tasty most kids don't need any extra incentive to gobble them up. However, there are so many fun things you can do with berries that can turn an ordinary snack into something extra-special! Here are a few simple ideas you can make with basically the same foods!

BERRY BUTTERFLY
 Blueberries and raspberries*
 Low-fat cream cheese
 1/2 of a whole-wheat mini bagel

Spread cream cheese on bagel. Cut in half. Have your child decorate with berries!



Photos: Cami Wells, Nebraska Extension in Hall County

BERRY FUNNY FACE
 Blueberries and raspberries*
 1 grape*
 Low-fat cream cheese
 1/2 of a whole-wheat mini bagel

Spread cream cheese on bagel. Decorate with berries for eyes and mouth and a grape for the nose!



BERRIES AND BUNNIES
 Blueberries and raspberries*
 Bunny or other animal crackers

Place berries in a small bowl. Top with fun animal crackers. You might even top it off with a spoonful of vanilla yogurt or pudding.



BERRY PRETTY FLOWER
 Blueberries and raspberries
 Low-fat cream cheese
 1/2 of a whole-wheat mini bagel

Spread cream cheese on bagel. Have your child decorate with berries!



*Cut berries and grapes in half to reduce choking hazard for young children.

RECIPES OF THE MONTH

Kayla Colgrove, MS, RDN, ACSM-CPT, Extension Educator, Lancaster Co.

Smoothies and snack mixes are great healthy snack options since they usually include at least two food groups. Enjoy these Valentine's Day-inspired recipes from my colleagues, Natalie Sehi and Cami Wells.

A SMOOTHIE FOR YOUR SWEETHEART

(Yield: 1 serving)

- 1/4 cup low fat yogurt (vanilla or strawberry)
- 1/2 cup frozen strawberries
- 1/2 frozen banana
- 1/3 cup fat-free milk

1. Wash hands with soap and water.
2. Combine all ingredients in a blender.
3. Blend until smooth. Enjoy!

Nutrition Information: Calories 167 Total Fat 1.8g Sodium 81mg Total Carbohydrates 33g Fiber 3.1g



Natalie Sehi, UNL Department of Nutrition & Health Sciences

VALENTINE'S DAY SNACK MIX

(Yield: 11 servings)

- 2 cups pretzels
- 2 cups heart-shaped cereal
- 1 cup freeze-dried strawberries
- 1/2 cup chocolate chips

1. Wash hands with soap and water. Stir together all ingredients.
2. Store in an airtight container.

Nutrition Information: Serving Size (1/2 cup): Calories 118 Total Fat 4g Sodium 132mg Total Carbohydrates 21g Fiber 2g



Cami Wells, Nebraska Extension in Hall County