

## DLS Helps to DIY



Parents, during the Month of Love, we often think of exchanging Valentines with our youngsters. Although that is a fantastic way to express our love for our children, I was thinking perhaps we could put into practice the old adage that “Children spell love: T-I-M-E!” You can create a delicious **Fruit Pizza** that is so easy children of any age **can** help! And since February is also American Heart Month, we can be heart healthy by eating lots of fresh fruits together as a family.

The recipe is easy:

- 1 Ready-made Graham Cracker pie crust
- 1 Package (8 oz) Low-fat cream cheese, softened
- 1/3 Cup white sugar
- ½ Teaspoon vanilla
- Variety of fresh fruits of your choosing- such as strawberries, bananas, grapes, or blueberries, etc.

Step 1: Wash your hands making lots of bubbles with the children!

Step 2: Mix the cream cheese and sugar until smooth. - **The** children can take turns mixing.

Step 3: Spread the cream cheese mixture into the pie pan. - The children can help spread it around.

Step 4: Cut the fruit into bite-sized bits.

Step 5: Add fresh fruit on top. - The children can decorate their pizza with the toppings they choose.

Step 6: Serve and Enjoy! Refrigerate any leftovers (3-5 days).

While eating the fruit pizza as a family, you can take turns saying one thing you love about each other! And Happy Valentine’s Day!

For more ideas on cooking with kids, visit:

<https://food.unl.edu/recipes-cooking-kids>

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