

Alternatives to birthday snacks

Fruit Tortes are perfect for a birthday. They are bright, colorful, refreshing, and fun. If you want to add a little topping try sugar-free yogurt.

Berries with fresh whipped cream: Take individual clear plastic glasses and fill half way with any mixture of strawberries, blueberries and blackberries. Top with a dollop of freshly whipped cream

Pancake Cakes are another hit for a birthday breakfast treat. When the pancakes are sugar free, stacked up high and topped with fresh fruit they look like a birthday cake.

“Yogurt cupcakes”. A fun alternative that children can create in the morning and enjoy in the afternoon. Parents will send in the materials, yogurt, fresh fruit cupcake liners and a cupcake tray. Then the children fill a cupcake liner with yogurt and put the tray in the freezer. Once the yogurt is frozen the children can top it with fresh fruit.

Banana bread: Cut in slices like cake, serve with fruit salad on top.

Fruit kabobs with vanilla yogurt dip: Pick your child's favorite fruits—strawberries, blueberries, pineapple, kiwi, grapes, and melon, for example—and assemble colorful fruit kabobs. Serve with vanilla yogurt dipping sauce.

Cinnamon tortillas with fruit salsa: Take wheat flour tortillas and brush with melted butter. Sprinkle the tortillas with cinnamon sugar; cut each tortilla into 8 wedges and bake on an ungreased cookie sheet at 350 degrees for 10 minutes or until crisp. For the fruit salsa, pick any combination of your kid's favorite fruits—apples, strawberries, kiwis, pineapple and blackberries all work well—dice and mix with a little sugar and lime juice. Serve salsa in mini plastic cups or bowls with the tortilla chips on the side on paper plates for dipping.

*All of the ingredients can be sent in the morning and the children can make this as one of the daily activities.

