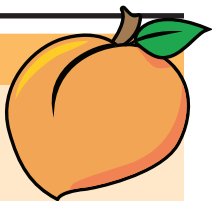


Peaches & Cottage Cheese

Ingredients:

- ½ cup peaches (fresh, canned, or thawed from frozen)
- ¼ cup reduced fat or fat-free cottage cheese
- Sprinkle of cinnamon (optional)



Directions:

- 1 Chop peaches into small pieces, no larger than ½ inch.
- 2 Mix chopped peaches and cottage cheese together in a bowl.
- 3 Sprinkle cinnamon on top, to taste (optional)

Tips:

- 1 Ensure peaches are cut into no larger than ½ inch pieces to avoid choking in small children.
- 2 If your child does not like cottage cheese, use low-fat or non-fat yogurt instead.



Child Health Initiative for Lifelong Eating & Exercise