

Fruit “Nests”

These yummy little baskets are great for holding fruit!

They can easily be adapted to many seasons/holidays such as Easter, Halloween or Thanksgiving !

INGREDIENTS:

*1/4 cup organic butter, melted

*2 biscuits of “Shredded Wheat” cereal (large biscuits, not ‘Spoon-Size’)

*1/4 cup shredded unsweetened coconut

*1 Tbsp. brown sugar or coconut/palm sugar (healthier choice)

*Some fresh fruit, cut in small pieces (like - apples, pears, bananas, kiwi fruit, strawberries, blueberries, etc.)

*1/2 cup organic full fat yogurt

*ground cinnamon for garnish (optional)

UTENSILS needed to make recipe:

Glass measuring cup

LARGE Mixing bowl

Tablespoon

1/4-cup dry measuring cups

Wooden spoon

Muffin pan

Large silverware spoon

DIRECTIONS to make:

1. *Preheat* oven to 350-375 degrees.
2. Melt butter carefully on stovetop in a small pot.
3. *Crush* shredded wheat biscuits (with your VERY CLEAN hands!) in a large mixing bowl.
4. *Stir* coconut & sugar into the Shredded Wheat with a WOODEN SPOON (NOT your hands).
5. *Drizzle* melted butter over Shredded Wheat mixture. Stir together with a wooden spoon until evenly moistened.
6. *Line* 6 sections of a muffin pan with paper liners.
7. Using a large “silverware” spoon, *distribute* the mixture EVENLY into 6 sections of the muffin pan.

Before you start pressing into the basket shape, make sure there is an even amount in all the sections!

8. **PRESS** mixture onto the bottoms & up the sides of the liners with a silverware spoon. **Press tightly!** Be sure that there are no holes in the baskets.
9. *Bake* for 13-15 minutes, or until lightly browned. **SET YOUR TIMER !!!!!!!!!**
10. When they are finished, put the pan on the *stovetop* to cool for at least 30 minutes.
11. **CAREFULLY** *remove the liners* from the cooled baskets. They may break easily if you handle them too roughly. ***Put the baskets on a large plate.***
12. **WASH** then **CAREFULLY** cut up the fruit into very small pieces.
13. *Fill* the baskets with your choice of fruit, ***while they are on a PLATE*** (don't hold them as you fill them or carry the baskets around in your hand! They can easily crush or drop on the floor).
14. *Top* each basket with a small spoonful of yogurt, if desired.
15. *Sprinkle* lightly with cinnamon, if desired.

FOOD GROUPS in this dish! :

Fruit Group!

Whole Grain Group! (Shredded Wheat)

Calcium Group (yogurt)

NUTRIENTS in this dish! :

Vitamins A & C, and Fiber!

Fiber, B Vitamins, Iron

Calcium & Protein