



Orange: *the flavor of sunshine*

Oranges are full of Vitamin C, which is needed for keeping children healthy. Try these recipes with the sunny taste of oranges.

Orange Snack Balls

- 3 cup bran flake cereal, crushed
- 1/2 cup wheat germ
- 2/3 cup peanut butter
- 1/4 cup orange juice
- 2 Tbsp honey
- 1/2 cup raisins

In a large bowl, combine bran flakes, wheat germ, peanut butter, orange juice, honey, and raisins. Mix well. Shape dough in hands to form balls. Chill. Store in refrigerator. *Makes about 24 balls.*

Caution: Do not use honey in uncooked food or drinks for children under two years of age. Honey may contain botulism toxins, which could make young children sick.

Summer Fruit Rice Cakes

- 6 rice cakes
- 1/4 cup low-fat cream cheese, softened
- 1 (11-oz.) can mandarin oranges, drained
- 1 kiwi, peeled & sliced
- 1/2 cup fresh sliced strawberries

Spread a thin layer of cream cheese on each rice cake, then top with fresh fruit. *Makes 6 servings.*

Fruit Kabobs

- 1 banana
- 1 (11-oz.) can mandarin oranges, drained
- Thin pretzel sticks

Slice the banana. Give each child several mandarin orange sections and banana slices, and pretzels. Tell them to make kabobs by pushing the pretzel sticks into the fruit. Enjoy!

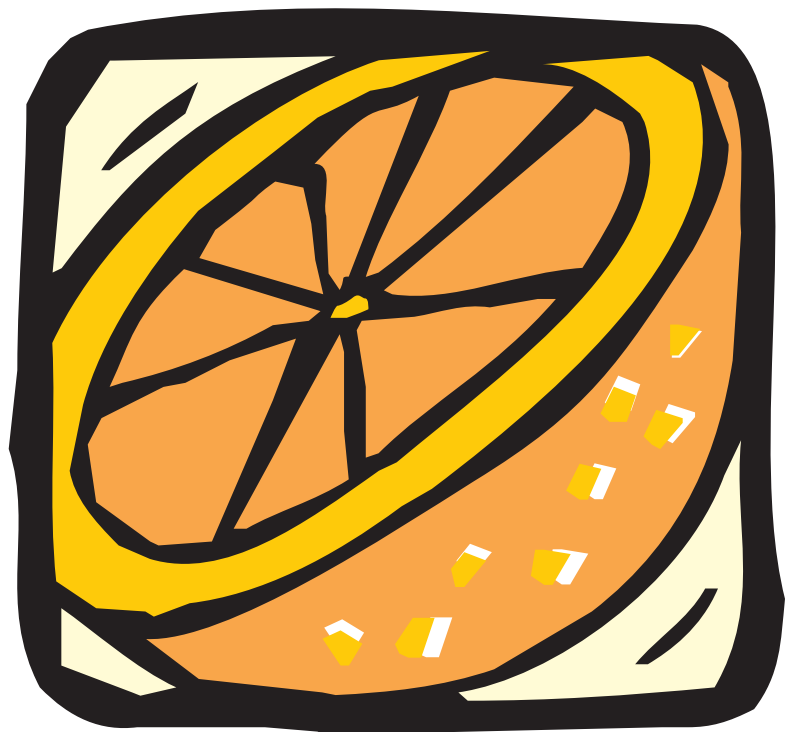
Mandarin Orange Rice Pudding

(made in the crockpot)

- 2 1/2 cups cooked rice
- 1 cup low-fat evaporated milk
- 1/2 cup canned mandarin orange liquid
- 1/2 cup light brown sugar
- 3 Tbsp melted butter
- 1 tsp vanilla
- 3 eggs, beaten
- 1/2 cup raisins

- 1 cup canned mandarin orange sections, reserve liquid (see above)

Combine rice with all ingredients except orange sections. Mix well. Lightly butter crockpot. Pour in rice mixture. Cover and cook on Low for 4 to 6 hours or on High for 2 to 3 hours. Stir during first 30 minutes. During last half-hour, fold in orange sections. *Makes 10 to 12 servings.*



Orange Nut Bread

- 4 1/2 cups flour
- 1 1/2 cups sugar
- 4 tsp baking powder
- 1 tsp salt
- 1 tsp baking soda
- 2 Tbsp grated orange peel
- 2 eggs
- 1 cup low-fat milk
- 1 cup orange juice
- 1/4 cup margarine, melted

Combine flour, sugar, baking powder, salt, and baking soda in a large bowl. Stir in orange peel. In a small bowl, beat eggs, milk, orange juice, and margarine until smooth. Stir in dry ingredients until moistened. Pour into 2 greased loaf pans. Bake at 350°F for 50 to 60 minutes or until a toothpick inserted in the center comes out clean. *Makes 2 loaves.*

Easy Orange Parfaits

- 1 (4-serving size) vanilla instant pudding mix
- 1 3/4 cups orange juice
- 1 (8-oz.) carton vanilla or pineapple low-fat yogurt
- 3/4 cup coarsely crushed graham crackers

Prepare pudding mix according to package directions, using the orange juice instead of milk. Fold the yogurt into the pudding. Divide one-third of the pudding mixture among 6 bowls. Sprinkle with half of the crushed crackers. Repeat pudding and cracker layers. Top with remaining pudding mixture. *Makes 6 servings.*

Orange-Pineapple Treat

- 1 (20-ounce) can unsweetened pineapple chunks, well drained
- 2 oranges, peeled, sectioned, and cut into chunks
- 1 (6-oz.) container low-fat vanilla yogurt
- Granola for topping, optional

Combine pineapple, oranges, and yogurt. Mix well. Spoon into small dishes. Sprinkle granola on top. *Makes about 8 servings.*



Pennsylvania Pathways

Professional Development
for Child Caregivers

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