

Fruit Leathers and Bars

Fruit leathers and bars...

- are sheets or bars of blended and dried fruit.
- contain the same amount of sugar as chocolate bars.
- can cause dental cavities.
- have less fibre than real fruit.

Fresh fruit has less sugar, more vitamins and minerals and is a healthier snack option.

Enjoy fruit in different ways:

- Blend fruit into a smoothie.
- Add fruit to your oatmeal or cereal at breakfast.
- Make a colourful fruit salad.
- Chop up fruit and enjoy it with dip.



Vanilla Maple Yogurt Dip Recipe:

- ¼ cup low-fat vanilla yogurt
- ¼ cup light sour cream
- 1 tablespoon pure maple syrup
- A pinch ground cinnamon
- Combine yogurt, sour cream, maple syrup and ground cinnamon in a bowl.
- Use immediately or save in the refrigerator for up to 3 days.

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