

Turtle Apple (Loksi' Takolo Maso'fa')



Price per recipe: \$0.71

Makes two turtle apples

Nutrition facts per serving:

70 calories, 0 g fat, 0 mg cholesterol,
0 mg sodium, 18 g carbohydrate,
3 g fiber, 0 g protein

You will need:

- 1 small or medium apple
- 1 can mandarin oranges
- Small plate
- Can opener (adult use)
- Sharp knife (adult use)

Options:

Be creative! Try to make the turtle using other fruits or vegetables.

Instead of the apple, try a pear, peach, bell pepper or tomato.

Instead of the oranges, try cherry halves, grapes, celery slices or carrot slices. You could also use a butter knife to carve a turtle shell design into the apple.

Adults:

Use a sharp knife to cut apple in half, remove core and discard. Using can opener, open mandarin oranges and discard sharp edged lid.

What to do:

1. Wash hands; get out ingredients and utensils.
2. Wash apple.
3. Place apple half in center of small plate.
4. Put mandarin oranges next to apple for arms, legs and head.
5. Enjoy your turtle apple.



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