Bookworm Apple Bark

Age: Preschool-age (3-4 years), Toddlers (18-36 months)

This activity helps your child's development in this domain: Language and Literacy, Cognitive

What You Need:

- 1 Granny Smith Apple
- 1 Tablespoon peanut butter (or any type of spread)
- 2-1/2 Tablespoons golden or black raisins
- 1-1/2 Tablespoons dried sweetened cranberries

What To Do:

1. Cut apple into four quarters, and remove the core.
2. Together, spread peanut butter onto the apple quarters.
3. Mix together the raisins and cranberries and sprinkle this on top of the peanut butter.
4. Enjoy! This makes a good breakfast or snack treat.

Adapted from Fruits & Veggies More Matters