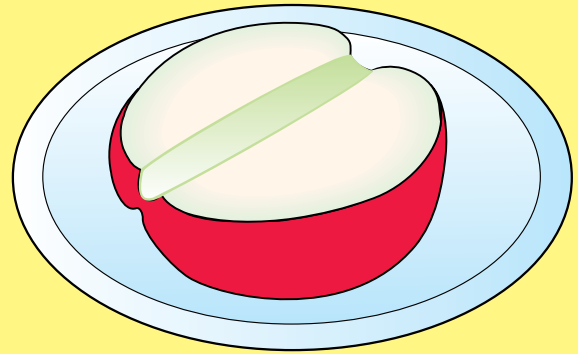
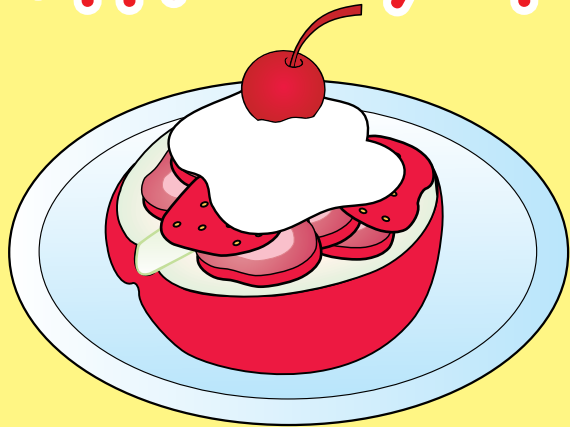
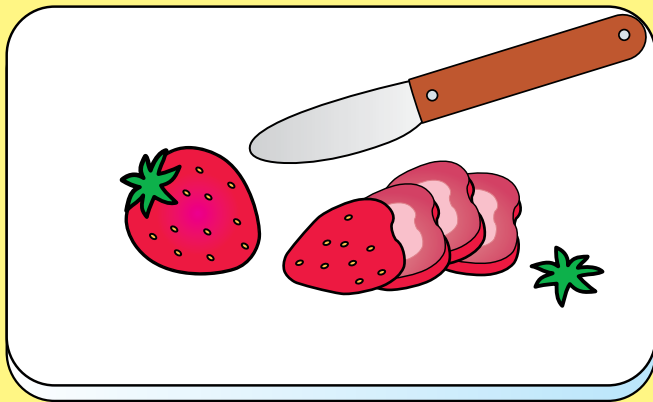


September Apple Berry Cup



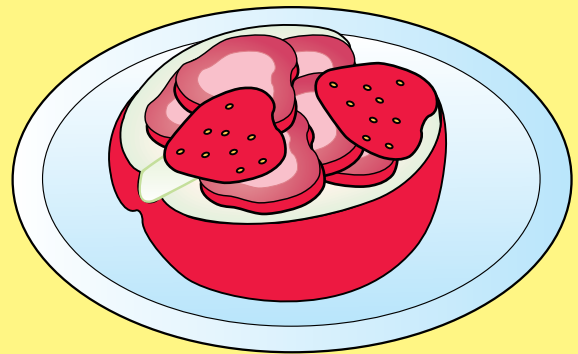
Put cored DOLE® Apple half on plate.

1



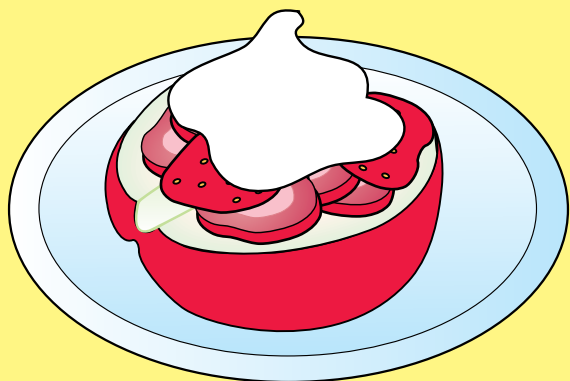
Slice two medium DOLE Strawberries.

2



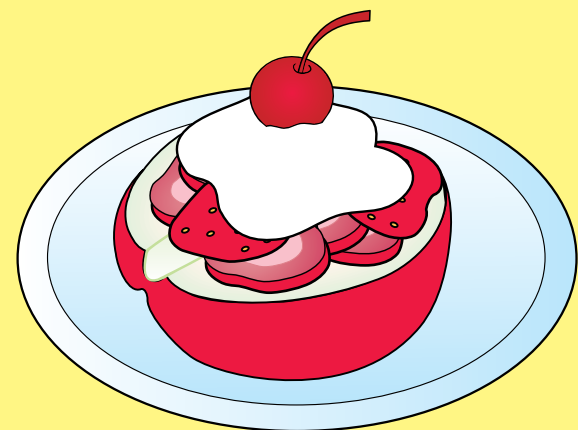
Spoon sliced strawberries into apple cup.

3



Put 1 tbsp. vanilla yogurt.

4



Top with a DOLE Cherry and enjoy!

5

Apple Berry Cup

Makes 2 servings.

Ingredients:

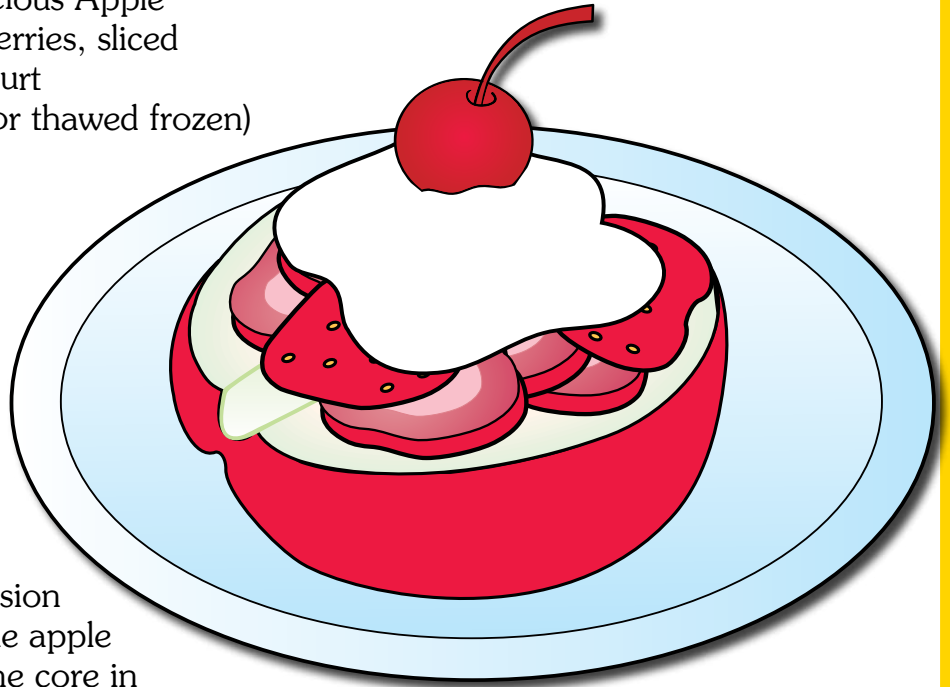
- 1 large DOLE® Red Delicious Apple
- 4 medium DOLE Strawberries, sliced
- 2 tablespoons vanilla yogurt
- 2 DOLE Cherries (fresh or thawed frozen)

You will need:

- cutting board
- knife
- tablespoon
- plates

Here's how:

1. With help or supervision from an adult, cut the apple in half and cut out the core in each half.
2. Spoon sliced strawberries into apple cups.
3. Top with vanilla yogurt and a cherry, and enjoy!



Fun fact about apples: Why does an apple a day keep the doctor away? Because apples are loaded with antioxidants, which protect your body's cells from damage.