

Nutrition Activities

This topping is great on pancakes or French toast and is good for you too!

Sweet and Chunky Topping

2 cups	Fresh Fruit (try strawberries, raspberries, peaches, or cherries)
2 Tbsp.	Cornstarch
½ Cup	Water

- 1) Chop the fruit into large pieces.
- 2) Mix the cornstarch with the water and use a whisk to stir it together. Put it in a small saucepan and heat it on the stove until it is boiling.
- 3) Add 1 cup of the chopped fruit to the saucepan and stir it until it boils again.
- 4) As soon as it boils, take it off the stove and put it on a trivet or a hot pad. Add the fruit that is left and stir.

You can serve this warm or put the mixture into the refrigerator and serve it cold later. It's fun to make and sweet to eat.