

Dips, Dippers and Dipping Cubes and Crumbs! (Side B)

Creative Crumbs or Sprinkle Foods

| | |
|--|------------------------------------|
| Cracker or cookie crumbs | Finely grated cheese |
| Cereal crumbs | Nuts ground in coffee bean grinder |
| Crushed or ground dehydrated veggies or fruits | Sprinkles |
| | |

Sprinkle foods are a food that are dipped into once the dip or wet food is on the dipper.

The task of dipping in wet food and then dipping in the sprinkles can be quite motivating for many children (and....the sprinkle food adds calories).

Dipping Cubes

| | |
|---|--------------------------|
| Pureed fruits | Cheese sauce |
| Pureed veggies | Blended soups |
| Meat purees | Blended or refried beans |
| Combination meat and fruit puree (Ex. Ham and apricots, chicken and applesauce) | Blended tasty leftovers! |
| | |

Many parents blend foods in advance and put them in an ice cube tray to freeze for later. They then defrost a cube as a mealtime dip. Parents have used many creative food combinations.