



recipes

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Elmo's Apple Berry Breakfast Dumplings

Breakfast with Elmo



Prep Time:
20 min



Cook Time:
2 min



Makes:
8 wontons

Ingredients:

- 8 wonton wrappers
- 1/2 apple diced
- 1/3 cup blueberries or raspberries
- # 1 tsp minced fresh ginger
- 1 tsp applesauce
- 1 tsp brown sugar
- 1 tsp ground cinnamon
- 1 cup low-fat or nonfat vanilla yogurt

Get your morning giggle on with Elmo and these fruity breakfast dumplings! Turn ordinary wonton wrappers into a healthy treat that's sure to make your family smile.

Directions:

Step 1: Things You'll Need

Gather these ingredients to make Rosita's Arroz-a-roni and Cheese.

Step 2: Turn Up The Heat

Preheat the oven to 400°F. Line a baking sheet with parchment paper.

Step 3: Make the Berry-licious Filling

In a small bowl, combine berries, apples, fresh ginger, and applesauce.

Little Hands Tip: Ask your child what he thinks this will taste like.



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Step 4: Simmer

Bring a large pot of water to a simmer.

Step 5: Dollop on Some Filling

Count out eight wonton wrappers and place them on a flat surface.

Little Hands Tip: Try counting by two's and even four's! Put some apple and berry mixture in the center of the wonton wrapper.

Step 6: Half Moon Shapes

Next, moisten the edge of the wrapper with water and fold it in half. Press the edges to seal the dumpling into a half moon shape.

Step 7: Count to 60

Place wontons in the simmering water, three at a time, for about one minute.

Step 8: Drain the Dumplings

Remove with a slotted spoon and drain on a paper towel. Transfer dumplings to the prepared baking sheet.

Step 9: Sugar and Spice

In a small bowl, combine the cinnamon and brown sugar. Sprinkle the mixture over the dumplings.

Little Hands Tip: Pretend the mixture is giggle powder and laugh as you sprinkle.

Step 10: Brown and Crisp

Bake 8-10 minutes, or until the dumplings are crisp and lightly browned.

Step 11: Elmo Says, "Yum, Yum, Dumplings!"

Let cool slightly and serve warm. Enjoy these fun breakfast treats by dipping them in the vanilla yogurt!