

AUTUMN HARVEST TREAT



INGREDIENTS:

- 6 medium Fuyu persimmons
- 1 container whipped cream cheese
- 1 bag dried cranberries
- 1 bag pumpkin seeds

INSTRUCTIONS:

1. Slice the persimmons horizontally into 1/4 inch thick rounds.
2. Spread a thin layer of cream cheese on top of the persimmon slices.
3. Creatively top persimmon rounds with cranberries and pumpkin seeds.

Yield: 20 slices

Source: *Nutrition Department Original*

Harvest
of the
Month™

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HUMBOLDT COUNTY OFFICE OF EDUCATION
Nutrition Programs & Services

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