

# April Healthy Living

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## Healthy Tip

This month's healthy tip is to reduce your screen time. I know for a lot of people, including me it is really hard to not always be looking at a screen. If you are constantly looking at a screen, you may damage your eyes and get frequent headaches. If you need to be on your screen it is a good idea to avoid it right before bed or right when you wake up.

## Healthy Recipe

This spring try these Yogurt & Honey Fruit Cups. They are delicious and a healthy way to start off your morning or a enjoy as an afternoon snack! Try making this snack for your family!

### Ingredients

- 4-1/2 cups cut-up fresh fruit (pears, apples, bananas, grapes, etc.)
- 3/4 cup mandarin orange, vanilla or lemon yogurt
- 1 tablespoon honey
- 1/2 teaspoon grated orange zest
- 1/4 teaspoon almond extract

### Directions

1. Divide fruit among 6 individual serving bowls.
2. Combine the yogurt, honey, orange zest and extract.
3. Spoon over the fruit.



