

Engage your kids with healthy snacks and family movies



(BPT) - There's no time quite like family time. And what better way to enjoy those moments with your little ones than cooking, baking and making snacks together? According to The New York Times, what you do with your [kids in the kitchen](#) really matters. If they're regular little helpers, those early investments pay off, as it can help them become more health conscious, give them confidence and help them become more familiar with ingredients.

Apples make family snack time healthy and fun

You're probably at home more often than usual these days, so why not make the most of it? Studies show families that snack together, stick together. When you feed them snacks that have all the right nutrients you set them up for success and better eating habits as they grow.

Who says healthy snacks can't be enjoyable? There are all sorts of ways to create and savor flavors with fresh fruit, like apples. Apples provide a great source of fiber and nutrients for a growing child, and there are all kinds of snack recipes you can create with them.

Pairing good-for-you snacks with a family movie

Family movie nights call for family-friendly snacks. And if you're looking to skip the popcorn, soda and sweets, why not make a fun-themed healthy alternative that pairs well with the movie?

"It's a good idea," says Lori Taylor, CEO of The Produce Moms. "Associating healthy snacks with things they enjoy, like movies, TV shows or other activities, can provide incentive and help our children cultivate healthy habits."

If your kids are excited about the highly anticipated new DreamWorks Animation film, *Spirit Untamed*, you're in luck because the growers of JAZZ™ Apples have the perfect snack recipe for you, inspired by the film. Arriving in theaters June 4, *Spirit Untamed* is an epic adventure about a headstrong girl longing for a place to belong who discovers a kindred spirit when her life intersects with a wild horse. The film stars an incredible voice cast including Isabela Merced (*Dora and the Lost City of Gold*), Oscar® nominee Jake Gyllenhaal, Oscar® winner Julianne Moore, Marsai Martin (*Little*) and Mckenna Grace (*Captain Marvel*).

The JAZZ™ Epic Adventure Horseshoes recipe is super easy and simple to make. All it takes is a few ingredients, a helping hand from your kiddos and some imagination. Here's what you need to get started:

What you need:

- 2 JAZZ™ apples
- 2/3 cup of hazelnut spread
- 6-10 tablespoons of rainbow sprinkles

What you need to do:

- Cut the JAZZ™ apples horizontally.
- Remove the apple core using a round cookie cutter.
- Slice an edge off of the JAZZ™ rings to create a horseshoe shape.
- Spread hazelnut butter on top of the horseshoe shape.
- Top with sprinkles.
- Enjoy!

It's as simple as that. Just a few minutes of prep for a day or night full of family fun.

JAZZ™ apples are always bursting with a crisp, refreshing, tangy-sweet flavor and their naturally smaller size makes them a perfect pick for snacking. You can find them in your local grocery store today. Don't miss DreamWorks Animation's [Spirit Untamed](#) in theaters June 4, 2021. Learn more at [jazzapple.com](#).

Supplemental Information

Secondary Images



