

Frozen Yogurt Blackberry Kabobs!

EQUIPMENT

- Wooden skewers
- A wide bowl for the yogurt
- Parchment paper or plate for the finished yogurt sticks
- Freezer
- Microwave

INGREDIENTS

- Frozen or fresh blackberries
- Yogurt (honey Greek yogurt is great)

INSTRUCTIONS

1. **Put** eight to ten berries on the stick.
2. After placing the last berry on the stick, **snip** off the stick's sharp tip.
3. **Roll** the berries in the yogurt until they are well covered.
4. **Lay** them next to each other on the parchment paper (*You can also stand them up in a jar to freeze*).
5. **Place** them in the freezer for thirty minutes.

FACILITATOR NOTE: If time does not allow have participants come back at the end of the day to sample any frozen items that were not ready at the end of the class period.

Cool Whip Fruit Crackers

EQUIPMENT

- Cutting boards
- Cutting knives
- Napkins

INGREDIENTS

- Honey graham crackers
- Bananas
- Cool Whip
- Tangerines

INSTRUCTIONS

1. **Slice** the bananas.
2. **Peel** and **pull apart** the tangerine pieces.
3. **Break** the graham crackers into smaller squares.
4. **Spread** Cool Whip on the graham crackers.
5. **Top** off with bananas and tangerine slices.
6. **Serve** on napkins.

Fruit Kabobs

EQUIPMENT

- Wooden skewers
- Knives
- Cutting board
- Cookie sheet or plate for the finished fruit kabobs

INGREDIENTS

- A variety of fruits, such as strawberries, oranges, pineapple, grapes, and blueberries

INSTRUCTIONS

1. **Rinse** the fruits and **chop** them into bite-size pieces.
2. **Stack** one of each fruit on a wooden skewer.
3. **Lay** them on a cookie sheet or plate to **serve** immediately.

Salt on Watermelon

EQUIPMENT

- Wooden Popsicle sticks
- Large plate
- Sharp knife

INGREDIENTS

- Watermelon
- Salt
- Lemons and lemon juice

INSTRUCTIONS

1. **Cut** the watermelon into triangular slices.
2. **Stick** a wooden Popsicle stick into each wedge's green rind.
3. Lightly **sprinkle** salt and **squeeze** lemon juice on the fruit.
4. **Serve**.

Waffle Sushi Rolls

EQUIPMENT

- Pizzelle maker (waffle maker)
- Cutting board
- Mixing bowl
- Whisk
- Tablespoon
- Knife
- Plastic forks
- Paper plates

INGREDIENTS

- Waffle mix, such as Bisquick
- Eggs
- Sugar
- Whipped cream cheese
- Strawberries, bananas, and pineapples (or another fruit of your choice)
- Maple syrup

INSTRUCTIONS

1. **Slice** the fruit into long, thin matchsticks, which will help them fit well in the roll.
2. **Preheat** the pizzelle maker.
3. **Mix** the waffle mix (sugar, eggs, and Bisquick).
4. **Put** heaping tablespoons of the waffle mix into the pizzelle maker and **cook** for about thirty seconds before removing.
5. **Remove** the waffle from the maker and lay it on your cutting board.
6. **Spread** cream cheese over it and top it with whichever fruit you want—be careful that you don't overfill!
7. With the fillings in the center, carefully **roll** the waffle into a tube shape.
8. **Seal** the seam with a little cream cheese.
9. Use a sharp knife to **cut** the tube into smaller rounds.
10. **Line** them up on a plate like sushi and serve with syrup.

Mini Nilla Nanner Sandwiches

EQUIPMENT

- Cutting board
- Plate
- Knife

INGREDIENTS

- A box of Mini Nilla wafer cookies
- A few bananas
- *Peanut butter and/or Nutella (optional)*

INSTRUCTIONS

1. **Slice** the bananas.
2. **Stick** a wafer on one end. **Stick** another wafer on the other end with a bit of peanut butter or Nutella (*optional*).
3. **Serve** on the plate.

Homemade Orange Creamsicles

EQUIPMENT

- Mixing bowl
- Whisk
- Popsicle molds
- Freezer

INGREDIENTS

- 1 cup orange juice
- 1 cup coconut milk
- 3 tsp. honey
- 1/4 tsp. orange extract
- 1/2 tsp. vanilla extract

INSTRUCTIONS

1. **Whisk** all the ingredients together.
2. **Pour** mixture into Popsicle molds.
3. **Freeze** for four to six hours or until frozen.

Fun Sandwich Combos

EQUIPMENT

- Cutting board
- Butter knife
- Bread knife
- Paper plates

INGREDIENTS

- Sliced bread
- Any of the following:
 - Cream cheese and berries (e.g., blueberries, strawberries, etc.)
 - Peanut butter, dried cranberries, and nuts
 - Apple butter and apple slices
 - Peanut butter with honey and bananas

INSTRUCTIONS

1. Depending on the type of sandwich you'd like to make, take the sliced bread and **spread** one topping on both slices.
2. **Add** the solids before sandwiching them together.
3. **Cut** in half.
4. **Serve** on plates.

The Yogurt Bowl

EQUIPMENT

- Bowls and spoons

INGREDIENTS

- Vanilla yogurt
- Cereal
- Fruit (e.g., blueberries, strawberries, and raspberries)

INSTRUCTIONS

1. If necessary, **chop** larger fruit (e.g., strawberries).
2. In each bowl, **layer** cereal and fruit and **top** with a heaping spoonful of vanilla yogurt.
3. **Serve** and enjoy.

Chocolate-Dipped Strawberries

EQUIPMENT

- Parchment paper
- Tray
- Microwave
- Microwavable bowl (optional)

INGREDIENTS

- Strawberries
- Microwavable dipping chocolate (*if you cannot find this, you can use a microwave to melt chocolate chips in a microwavable bowl*)

INSTRUCTIONS

1. **Rinse** the strawberries.
2. **Microwave** the dipping chocolate (*alternatively, melt the chocolate chips in a microwavable bowl in the microwave on half-power for one minute; stir and heat for another minute or until melted*).
3. **Holding** the strawberry by the stem, dip the fruit into the chocolate.
4. **Lay** the strawberries on the parchment paper to allow the chocolate to set.

Rainbow Fruit Pops

EQUIPMENT

- Popsicle molds
- Cutting boards
- Sharp knives
- Freezer

INGREDIENTS

- Fruit (e.g., strawberries, oranges, pineapples, grapes, blueberries, etc.)
- Lemonade

INSTRUCTIONS

1. **Wash** fruits and **chop** them into small pieces.
2. **Put** a mix of fruit in each Popsicle **mold** and **top off** with lemonade.
3. **Place** the molds in the freezer until they harden.

Raspberries Stuffed with Chocolate Chips

EQUIPMENT

- Large bowl

INGREDIENTS

- Raspberries
- Chocolate chips or white chocolate chips

INSTRUCTIONS

1. **Rinse** the raspberries.
2. **Stick** one chocolate chip into each opening.
3. **Place** them in a bowl to serve.

Sour Patch Glitter Grapes

EQUIPMENT

- Two plates

INGREDIENTS

- Grapes
- Jell-O mix packages

INSTRUCTIONS

1. **Open** the Jell-O mix packages and **empty** the powder onto one plate.
2. **Rinse** the grapes and **roll** them in the Jell-O powder on the plate until the grapes are coated.
3. **Leave** them on the second plate to serve.

Rainbow Fruit Platter

EQUIPMENT

- Large serving platter or tray with parchment paper
- Cutting knives
- Cutting boards
- Freezer

INGREDIENTS

- A variety of colorful fruit (e.g., *strawberries, oranges, pineapples, green grapes, blueberries, purple grapes, bananas, etc.*)

INSTRUCTIONS

1. **Wash** all of the fruit.
2. **Cut** the fruit into bite-size pieces.
3. **Place** them on a large serving platter (or a tray covered in parchment paper) in a rainbow pattern.

Banana Dogs

EQUIPMENT

- Paper plates
- Butter knives

INGREDIENTS

- Hot-dog buns
- Banana
- Peanut butter
- Jelly

INSTRUCTIONS

1. **Place** peeled bananas inside hot-dog buns.
2. **Spread** jelly and peanut butter on the bun's sides.
3. **Serve** on plates.

Apple Sandwiches

EQUIPMENT

- Cutting boards
- Knives
- Butter knives

INGREDIENTS

- Whole apples
- Peanut butter
- Roasted almond slices, chocolate chips, or granola

INSTRUCTIONS

1. **Core** the apples and **slice** them into disc-like pieces.
2. Using the butter knife, **spread** peanut butter on the apples.
3. **Top** with sliced almonds, chocolate chips, or granola and **make a sandwich** with the apple slices.
4. **Serve** and enjoy.

Yogurt Dots

EQUIPMENT

- Parchment paper
- Tray
- Freezer

INGREDIENTS

- Yogurt
- Sprinkles

INSTRUCTIONS

1. **Cover** the pan with parchment paper.
2. **Space** out droplets of yogurt on the sheet and lightly **cover** with sprinkles.
3. When complete, leave the tray with yogurt dots in the freezer (for thirty minutes).

