

# Orange Fruit Skewers

## Materials

Cutting board  
Knife  
4-Skewers



Servings: 4 Fruit skewers

## Ingredients

One large banana  
1 cup cantaloupe, peeled and cubed  
½ cup sliced peaches, canned or fresh  
1 whole orange  
½ cup mango, peeled and cubed



## Procedure

1. Slice banana into ½ inch slices with knife (like you would put on your cereal in the morning ☺)
2. Cut mango and cantaloupe into bite size pieces
3. Cut peach slices in half so that they are bite size
4. Pick 3 or more different fruits to put onto your skewer.
5. Enjoy!

## Substitutions

- \* Use fresh fruit instead of canned or frozen fruit
- \* Add a different orange fruit instead on of the fruits called for in the recipe

## Fun Facts

- \* Botanically, papaya is a berry
- \* Tangerines are called “zipper” fruit because of their segments

# Orange Vegetable Sampler

## Materials

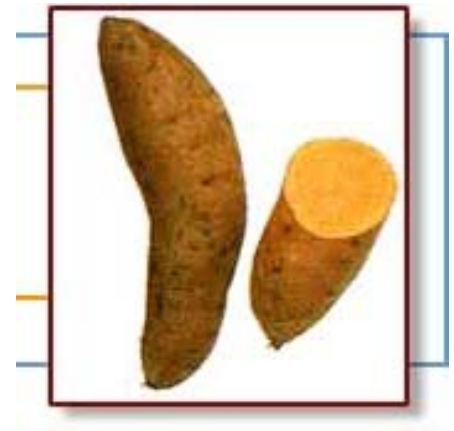
Cutting board  
Knife  
Medium bowl  
Stirring spoon  
Plate  
Toothpicks



Servings: 4

## Ingredients

One large carrot  
1/2 cooked and peeled sweet potato  
2/3 cup plain yogurt  
1/3 packet ranch dressing mix



## Procedure

1. Cut carrot in to pieces, various sizes that you like, on the cutting board
2. Cut sweet potato into various size pieces on the cutting board
3. Mix yogurt and ranch dip mix in mixing bowl with spoon. Mix until combined
4. Place sweet potato and carrot pieces on a plate
5. Enjoy by using a toothpick to pick up pieces of vegetables and dipping them in the mix if you want (optional)!

## Substitutions

- \* Try different dips and sauces with the vegetables
- \* Try mashing the sweet potatoes and have them instead of regular mashed potatoes

## RED: Fresh Tomato Salsa

### Materials

- Chef's knife
- Cutting board
- Big bowl
- Spoon
- Plate

### Ingredients

- 2~3 medium sized fresh tomatoes, finely diced
- ½ red onion, finely diced
- Fresh lime juice
- ½ cup chopped cilantro
- Salt & Pepper to taste
- Corn tortilla chips



### Serving Size

3-4 Cups

### Directions

1. Wash tomatoes, onions, and cilantro.
2. Diced Tomatoes and onions
3. Combine all of the ingredients in a medium sized bowl.
4. Serve with chips!

### Substitution/Tips

1. Chili pepper can be added per your preference.
2. Yellow & white onion can be used instead of red onion.
3. Lycopene in Tomato protects you from diseases such as cancer & can keep your heart healthy!

## RED: Strawberry Dip

### Materials

- Chef's knife
- Cutting board
- Spatula
- Blender
- Big bowl
- Plate & small bowl



### Serving Size

4 servings

### Ingredients

- 4 cups fresh strawberry (2 cups for the dip)
- 1 cup low fat vanilla yogurt
- ¼ cup low fat cream cheese
- ½ cup walnuts (option)

### Directions

1. Wash strawberry well.
2. Chop walnuts.
3. Combine all ingredients in blender or food processor and mix until smooth.

### Substitution / Tips

1. You can also use frozen strawberry for your dip.
2. You can also enjoy other fruits with this dip. (ex. Apple, Orange, Banana etc)
3. VitC in Strawberry keeps your heart healthy and keeps your memory strong!

# Yellow Banana-Mango Smoothie

## Materials

Knife

Cutting board

Liquid measuring cup

Teaspoon and 1/2 teaspoon

Blender

Cups for drinking

Serving Size: 4 (1 cup) servings

## Ingredients

2 c. frozen mango

1 1/2 c. sliced ripe banana

1 1/2 c. skim milk

2 t. honey

1 t. vanilla extract



## Procedure

1. Measure out 2 c. of frozen mangoes and place in blender
2. Slice banana into small chunks and place in blender with mango
3. Measure out milk, honey and vanilla and add to blender
4. Blend until smooth and pour into drinking cups

## Options/Substitutions

1. 2 T. dry milk can be added for a thicker, richer smoothie.
2. Fresh mango can be substituted for prefrozen by slicing mango and freezing ahead of time
3. Other fruits can be added or used to substitute for mango and banana to create interesting new flavors!

## Fun Facts!

- Bananas do not grow on trees, but rather large herbs!
- Bananas are one of the few fruits that are harvested year round! Lemons (another yellow fruit) also grow year round!

## Green Trees in a Broccoli Forrest

### Materials:

1. 1 medium size bowl
2. 1 cutting board
3. 1 knife
4. 4 plates



### Servings:

Serves 4 people

### Ingredients:

1. 2 carrots, peeled
2. 3 cups broccoli florets
3. 4 cherry tomatoes
4. 3 tablespoons parsley leaves

### Dipping Sauce:

1. ¼ cup plain nonfat yogurt
2. ¼ cup light sour cream
3. 2 teaspoons honey
4. 2 teaspoons spicy brown mustard

### Procedure:

1. Prepare dipping sauce, combine yogurt, sour cream, honey, and mustard in a small bowl
2. Trim ends of carrots and cut carrots in half, crosswise, and then lengthwise to make four pieces
3. Arrange plate by putting two carrot pieces side-by-side in the center
4. Arrange broccoli around the carrots, forming a cluster
5. Arrange tomatoes at the top of the plate
6. Spoon dip around the base of carrots and sprinkle with parsley

\*Recipe from Dole Super Kids website at <http://www.dole5aday.com/#broccoli>

## Green Fruity Parfait



### Materials:

1. 4 serving plastic cups
2. 1 cutting board
3. 1 knife
4. 4 spoons

### Servings:

Makes 4 servings

### Ingredients:

1. 2 cups chopped fresh green apples
2. 1 cup green grapes
3. 1 cup low fat vanilla yogurt
4. 1 firm, medium banana, peeled and sliced
5. ¼ cup sliced almonds



### Procedure:

1. In serving cups, layer apples, grapes, yogurt, and banana
2. Sprinkle the top with sliced almonds
3. Eat and enjoy!

### Tips/Substitutions:

1. Substitute Vanilla Yogurt with another flavor of your preference
2. You may add raspberries for more flavor and color

You may use frozen or canned fruits instead of fresh fruits

## Purple Acai Bowls

### Materials

- Blender
- Chopping Board
- Knife
- 2 Bowls
- 2 Spoons

Servings: 3 to 4

### Ingredients

- 3 packs of frozen acai
- 1 cup soy milk or apple juice
- 1 cup ice
- 3 large bananas
- 3/4 cup strawberries
- 3/4 cup blueberries
- 2 cups granola
- Honey (optional)



### Procedure

1. Add acai, ice, soymilk or apple juice, and 1.5 bananas to blender and blend until thick and creamy
2. Slice strawberries and bananas
3. Pour acai mixture into 3-4 bowls evenly (\* you may need to use a spoon)
4. Top each bowl of acai with granola. Add blueberries, sliced strawberries and sliced bananas.
5. Drizzle a thin layer of honey across bowl (\* optional)

### Substitutions/Tips

- If using frozen fruit blend it with the acai in Step 1 for a flavorful smoothie
- Change up the fruits you top the acai bowl with try mango, grapes, raspberries, or any other fruits you like

### Facts

- Acai grows in strings on acai palms in South America
- Blueberries are the 2<sup>nd</sup> most popular fruit in the United States