

Kid-Friendly Recipes

January 2009

Taste Test

Ingredients

5 tangerines
5 tangelos
5 mandarins
5 oranges

Directions

1. Gently wash all fruit and peel.
2. Slice into quarters.
3. Place one slice of each variety on each student's plate.
4. Have the students taste and compare the flavors.

Makes 20 taste tests

Developed by: Network for a Healthy California - Merced County Office of Education

Citrus Banana Split

Ingredients

5 ripe bananas [sliced lengthwise twice (to make 4 pieces) and in half (to make 8 strips per banana)].
5 tangelos (peeled, seeded and cubed)
5 mandarins (peeled and cubed)
5 oranges (peeled and cubed)
2½ cups low-fat lemon yogurt
1¼ cups low-fat granola

Directions

1. Wash all fruit.
2. Place 2 strips of banana on each plate (like you would a banana split).
2. Place 1 section of each fruit in between the banana strips (like 3 different scoops of ice cream).
3. Place 2 tablespoons of yogurt on top of the fruit.
4. Sprinkle with 1 tablespoon of granola
5. Taste!

Makes 20 taste tests

Developed by: Network for a Healthy California - Merced County Office of Education

Citrus Ambrosia

Ingredients

1¼ cups low-fat vanilla yogurt
3 tangerines (peeled, seeded and cubed)
2 grapefruit (peeled, seeded and cubed)
3 oranges (peeled and cubed)
Grated peel of tangerine
¾ Tbsp. shredded coconut (optional)

Directions

1. Wash all fruit.
2. Stir tangerine peel into yogurt.
3. Divide fruit into 20 taste tests.
4. Spoon yogurt mixture over fruit.
5. Sprinkle with coconut (optional).
6. Taste!

Makes 24 taste tests

Recipe adapted from Harvest of the Month Family Newsletter (Mandarins)

Citrus Morning Sunrise

Ingredients

1 orange, peeled
2 tangerines, peeled
½ lemon, juiced
1 cup finely chopped pineapple, frozen
1 banana, peeled and chopped
½ mango, chopped
1 container (6 oz) low-fat plain yogurt
1 cup 100% orange juice

Directions

1. In a blender, combine orange and tangerines and lemon juice.
2. Add pineapple, banana and mango. Puree until all fruit is blended.
3. Add yogurt and blend until smooth.
4. Stir in juice and serve.

Makes 20 Taste Tests (1/4 cup each)

Adapted from:

www.sunkist.com/healthy/recipes/citrus_morning_sunrise.asp



Merced County Office of Education
632 W. 13th Street
Merced, CA 95340
(209) 381-5974
nnetwork@mcoe.org
Visit us at www.mercednutrition.org



This material was created and approved as an extension to Harvest of the Month developed by the *Network for a Healthy California*. This material was funded by the USDA's Food Stamp Program through the California Department of Public Health's *Network for a Healthy California*. These institutions are equal opportunity providers and employers. The Food Stamp Program provides nutrition assistance to people with low income. It can help buy nutritious foods for a better diet. For information on the Food Stamp Program, call 1.888.328.3483.