



Kid-Friendly Recipes

Orange Taste Test

Ingredients

5 Navel oranges
5 Valencia oranges
orange juice

Directions

1. Wash all fruit.
2. Slice each orange into quarters.
3. Provide one quarter of each variety to each student.
4. Pour ¼ cup of orange juice for each student.
5. Taste!

Makes 20 taste tests

Developed by: Network for a Healthy California - MCOE

Rise 'n Shine Fruit Cup

Ingredients

6 oranges (peeled and sliced into bite-sized pieces)
3 bananas (peeled and sliced)
1 apple (grated)
cinnamon

Directions

1. Wash all fruit.
2. Peel and slice oranges and bananas into bite-sized pieces.
3. Grate the apple.
4. Combine fruit in a bowl and mix well.
5. Spoon 1/4 cup fruit mixture into cups.
6. Sprinkle with cinnamon.
7. Taste!

Makes 24 taste tests

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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)
2½ cups low-fat lemon yogurt
1¼ cups low-fat granola

Directions

1. 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

Recipe Adapted From Harvest of the Month Newsletter

Citrus Ambrosia

Ingredients

1¼ cup 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
3¾ Tbsp. shredded coconut (optional)

Directions

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

Makes 24 taste tests

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