



Kid-Friendly Recipes

Taste Test

Ingredients

- 3 cups strawberries
- 3 cups blueberries
- 3 cups blackberries
- 3 cups raspberries

Directions

1. Rinse berries well under cold running water.
2. Place on paper towel to dry.
3. Taste!

Makes 24 taste tests (1/8 cup each)

Developed by: Network for a Healthy California - MCOE

Strawberry Smoothie

Ingredients

- 3 (6 oz.) containers low-fat vanilla yogurt
- 2 (16 oz.) packages of frozen (unsweetened) strawberries
- 1 ¼ cups 100% orange juice

Directions

1. Combine half of the ingredients in a blender to make the first batch.
2. Blend until smooth.
3. Repeat with remaining ingredients.

Makes 24 taste tests (1/4 cup each)

Recipe adapted from Harvest of the Month Cycle I Educator Newsletter (Berries)

Berry Parfait

Ingredients

- 24 clear plastic cups (6 - 8 oz.)
- 12 whole graham crackers (½ each)
- 3 cups (4 (6 oz.) containers) low-fat vanilla yogurt (½ cup each)
- 3 cups fresh strawberries (washed, stemmed & sliced) (⅛ cup each)
- 3 cups fresh blueberries (washed) (⅛ cup each)

Directions

1. Prepare fruit & combine in a bowl.
2. Give each student ½ of a graham cracker (2 rectangles). Have them break it on a plate/mat/napkin and put half on the bottom of the cup.
3. Add 1 tbsp of vanilla yogurt.
4. Layer 2 tbsp of mixed berries.
5. Repeat layering with remaining piece of graham cracker, 1 tbsp yogurt & 2 tbsp berries.
6. Taste!

Makes 24 taste tests

Recipe adapted from California Strawberry Commission

Berry Pizza

Ingredients

- 5 whole wheat pita pockets
- 1 container low-fat strawberry cream cheese
- 2 cups fresh strawberries
- 2 cups fresh blueberries
- 2 cups fresh raspberries
- 4 bananas (sliced)

Directions

1. Cut each whole pita in half. Open each half and separate the pieces for a total of 4 pieces per pita.
2. Spread each slice with ½ tbsp of low-fat strawberry cream cheese.
3. Arrange fruit (⅛ cup of each) on top to make a pizza.
4. Taste!

Makes 20 taste tests

Recipe adapted from California Strawberry Commission (www.calstrawberry.com)



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