

CLOUDY with a chance of MEATBALLS

RECIPES FOR KIDS



Fresh Fruit Skewers

A really healthy snack or dessert that is fun to make.

Ingredients:

- 1 apple or pear
- 1 banana
- 2/3 cup seedless grapes
- 2/3 cup of pineapple or melon
- 1 cup plain or vanilla nonfat yogurt
- 1/4 cup dried coconut, shredded

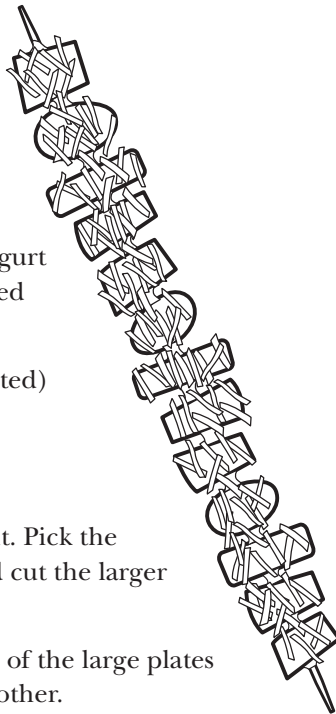
Utensils:

- knife (adult supervision suggested)
- 2 wooden skewer sticks
- 2 large plates

Directions:

1. Start by washing all of the fruit. Pick the grapes off of the stems. Peel and cut the larger fruit into bite size chunks.
2. Spread the coconut onto one of the large plates and empty the yogurt onto the other.
3. Slide pieces of fruit onto the skewer.
4. Hold each fruit skewer by the ends and roll the fruit in the yogurt until it is coated, then roll the fruit in the coconut.

Eat them right away or let them chill in the refrigerator until later in the day. Best served fresh.



Mini Layered Popsicles

These tiny popsicles can be made with juices and yogurt or pudding for a fun treat.

Ingredients:

Fruit juice, drink mix, yogurt or pudding

Utensils:

Ice cube tray, plastic wrap and toothpicks or popsicle sticks

Directions:

1. Pour first liquid into ice cube trays and fill one third of the way.
2. When the first layer is frozen, add a second layer of a different liquid, then cover the trays with plastic wrap and insert a toothpick through the plastic wrap into the center of each cube all the way to the first frozen layer. Freeze again.
3. Remove the plastic wrap, fill with the first liquid or another choice and freeze again.
4. Enjoy your mini popsicles!

Cheese Pita Wedges

Ingredients:

- 1 package pita bread
- 1/2 stick of melted butter
- 2 tablespoons of extra virgin olive oil
- 4 cloves of crushed and minced garlic
- 1 sprig of chopped fresh basil
- 1 teaspoon salt
- 1/2 cup grated Parmesan cheese

Utensils:

- knife (adult supervision suggested)
- bowl
- basting brush
- baking sheet

Directions:

Cut each pita into eight wedges. In a bowl, mix the butter, olive oil, garlic, basil and salt together. Brush the butter mixture over each pita wedge. Sprinkle each wedge with Parmesan cheese. Place wedges on a baking sheet and bake at 325F for about 10 minutes or until crisp. Eat them while they're hot!

