

RECIPE IDEAS

March 2013

Cinnamon Apple Snacks

Ingredients

- Apple
- Cinnamon

Directions:

- Cut up apple into slices
- Put apple slices into a plastic bag
- Add cinnamon, seal bag, and shake
- Refrigerate cinnamon apple slices
- Enjoy tasty apple slices served with yogurt!



Recipe from <http://www.superhealthykids.com>



Recipe from <http://www.sheknows.com/food-and-recipes>

Veggie People

Ingredients:

- Ranch dressing
- Cherry or grape tomatoes
- Baby carrots
- English cucumbers
- Broccoli
- Cauliflower

Directions:

Start with a single-serving ranch dressing at the top of the plate for the head. Line the top of the dressing with a vegetable such as broccoli, cauliflower or shredded carrots to create hair. Slice a baby carrot thinly to use as eyes. Take an English cucumber and slice it, keeping the slices side by side. Place at the bottom of the ranch dressing to form the body of the veggie person. Next use two baby carrots to make each arm and leg. Lastly, use tomatoes for the hands and feet of your veggie person.

Serve with small blocks of cheese

Note: Do not serve to children four years and younger due to risk of choking