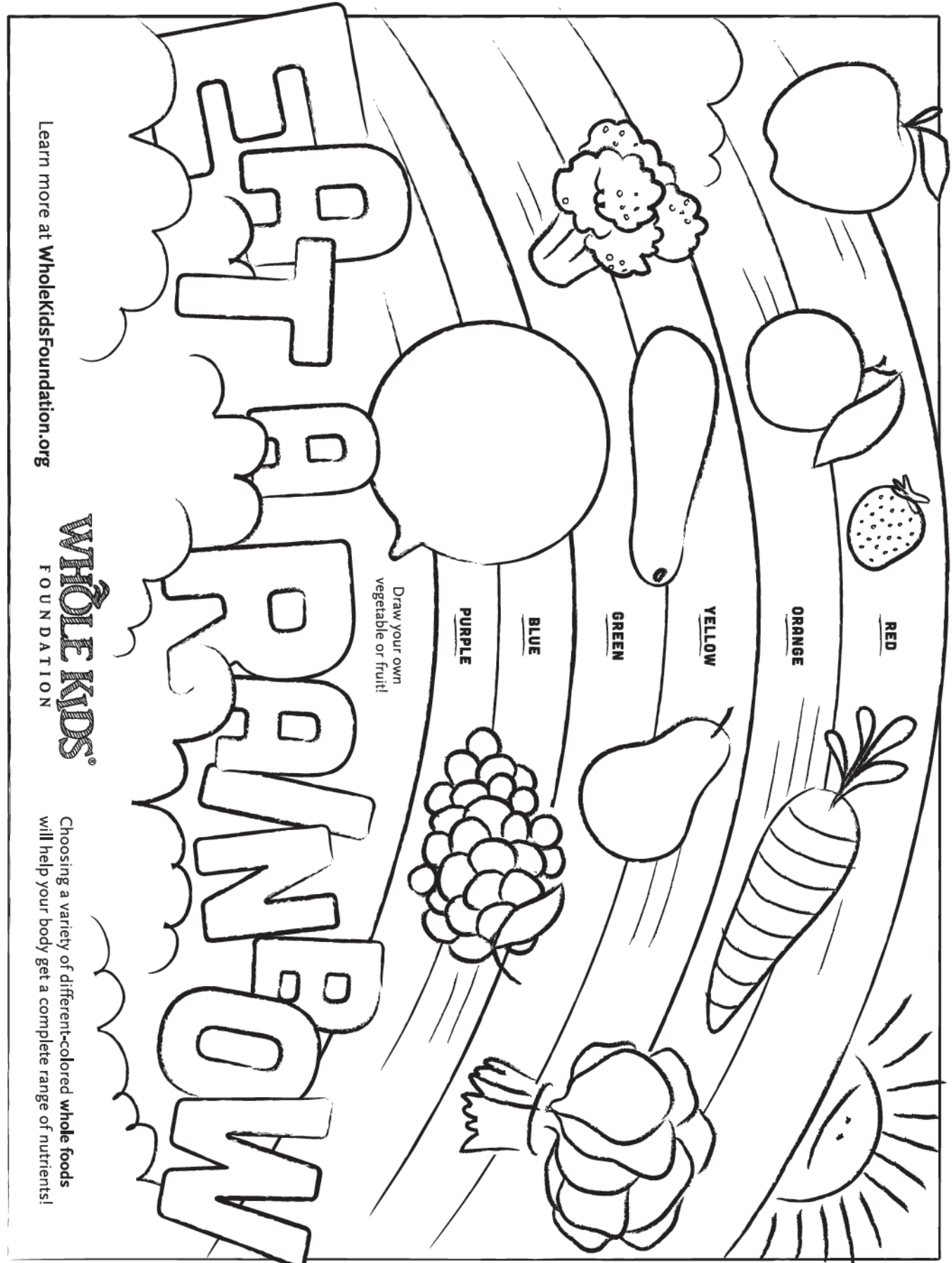


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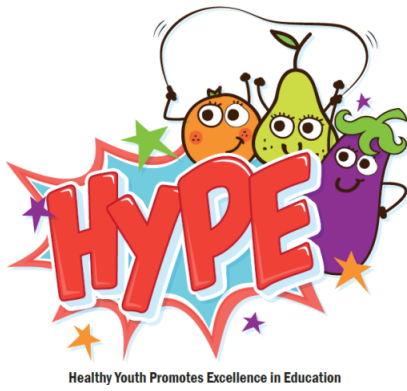


Draw your own vegetable or fruit!

Learn more at WholeKidsFoundation.org

WHOLEKIDS
FOUNDATION

Choosing a variety of different-colored whole foods will help your body get a complete range of nutrients!



Recipe of the Month

Berries & Yogurt



Serving per Recipe: 6

Serving Size: 1 cup

Fun Food for Thought:

Greek yogurt is packed with protein to keep you full for hours. It can also be used as a substitute for mayonnaise and sour cream.

Ingredients

- ◆ 3 cups vanilla Greek yogurt
- ◆ 3 cups fresh berries or other fruit

If desired, top with two tablespoons of cereal, granola, or nuts for an added crunch!

Directions

1. Wash hands.
2. If using fresh fruit, rinse, peel, and/or trim as needed. If using thawed frozen fruit, drain excess juices. Cut into 1/4- inch thick slices. There should be about 3 cups total.
3. Layer 1/2 cup yogurt into each of the 6 cups or bowls. Top with 1/2 cup fruit.
4. If using, top with cereal, granola, or nuts.

This institution is an equal opportunity provider.

How did you like the recipe?

(circle one)

