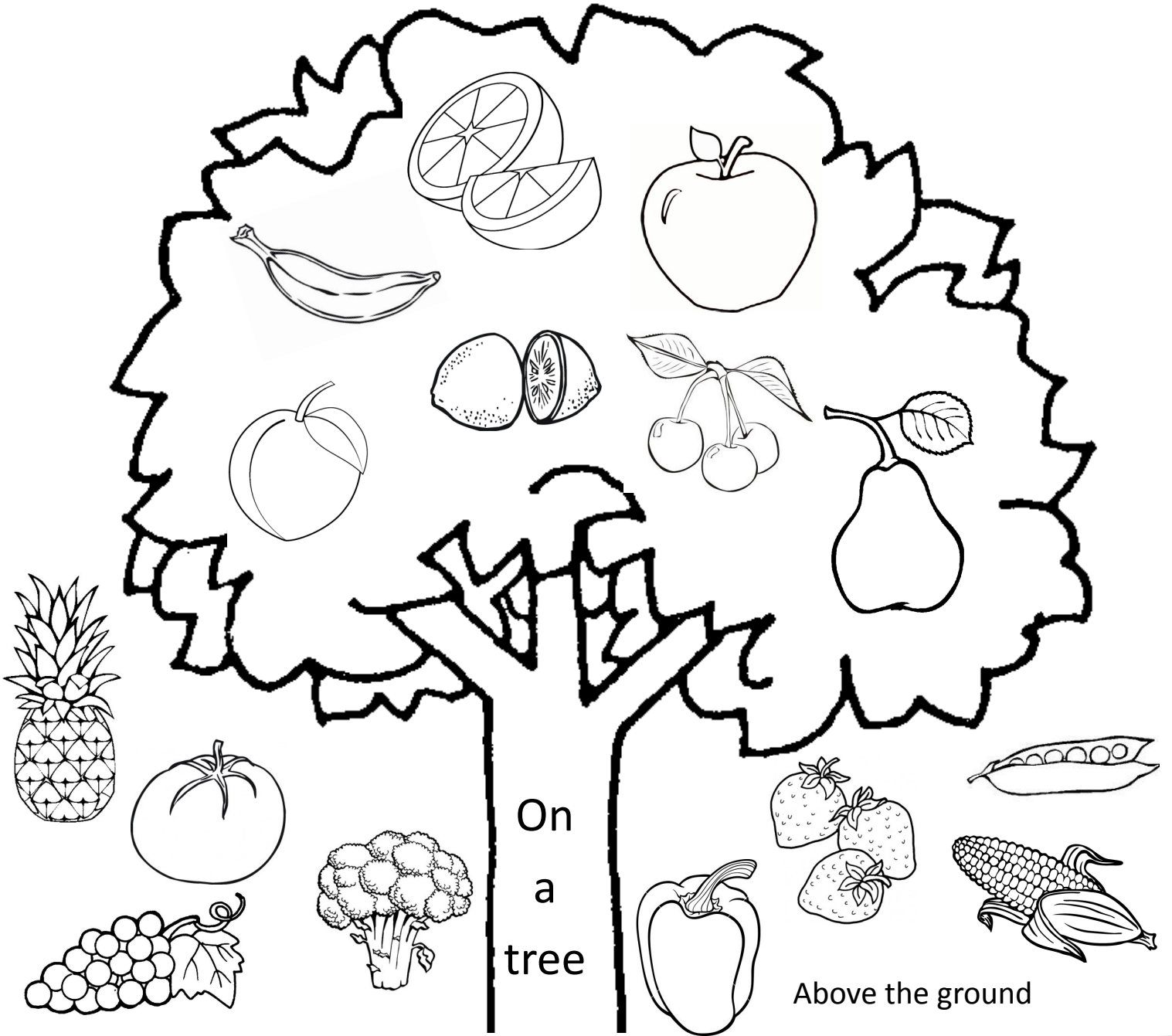
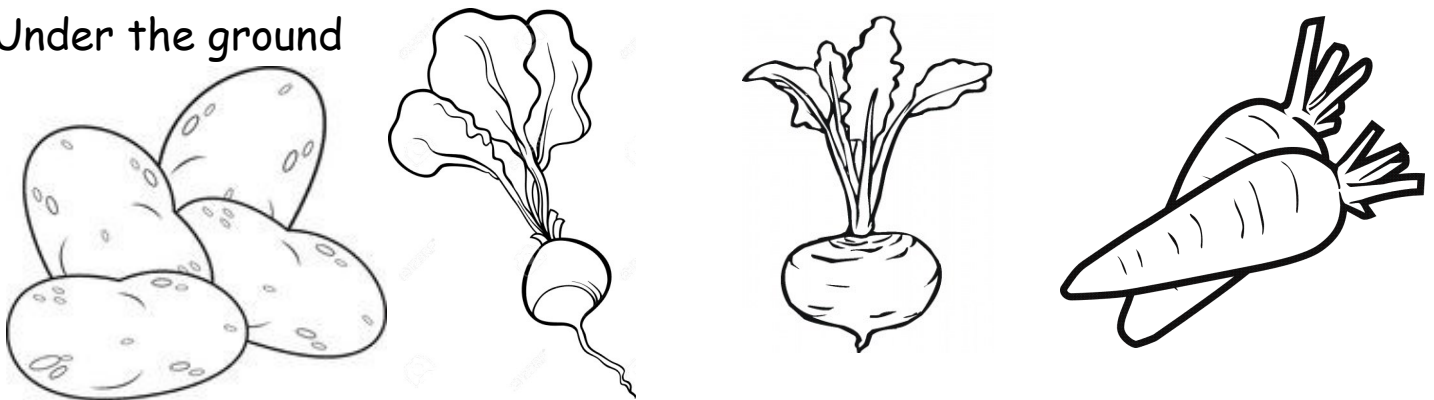


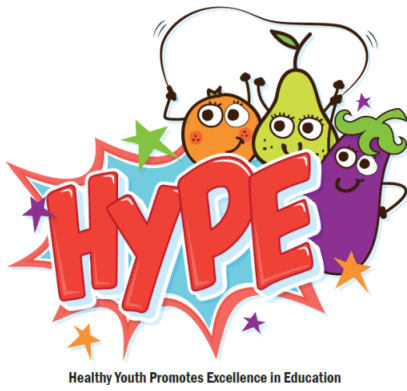
Name: _____

Where Does it Grow?



Under the ground





Recipe of the Month

Tropical Trail Mix

Servings per Recipe: 30

Ingredients

- ◆ 2 Cups Pumpkin Seeds
- ◆ 1 Cup Coconut Flakes
- ◆ 2 Cups Dried Pineapple
- ◆ 2 Cups Dried Banana Chips
- ◆ 2 Cups Dried Kiwi

Directions

1. Wash Hands.
2. Mix all ingredients together.
3. Enjoy!

Fun Food For Thought:

- *Dried fruit can be made by taking the water out of the fruit by sun drying or using a dehydrator. Since the water is removed, this also means that the natural sugars in the fruit are concentrated.*



This institution is an equal opportunity provider.

How did you like the recipe?

(circle one)

