

Strawberry, Apple, Grape Salad

CAPTAIN Create Recipes to Try at Home

INGREDIENTS

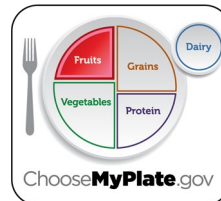
- 2 cups strawberries, sliced
- 1 apple, cut into bite sized pieces
- 1 cup red grapes, halved
- 4 ounces low fat plain or strawberry yogurt

DIRECTIONS

Mix fruit together and add yogurt. Serve chilled.

Source: Adapted by Mary Anna Henke from Food \$ense Kids –Strawberry lesson from Food \$ense, Utah State University, Nutrition, dietetics, & Food Sciences.

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Kiwi Pizza

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INGREDIENTS

- 4 whole wheat English muffins, halved & lightly toasted
- 1-2 cups low fat plain or strawberry yogurt
- 6 kiwis, sliced

DIRECTIONS

Preheat oven to 400 degrees F. Place each half of English muffins on a baking sheet and lightly toast in oven for about 5 minutes. Remove from oven and let cool a few minutes. Once English muffins are cooled, spread strawberry yogurt on each piece. Lay the kiwi slices on top of the yogurt covered English muffins.

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