

Grape Caterpillar

Captain Create Recipes to Try at Home

INGREDIENTS

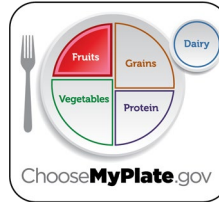
- Grapes
- Toothpicks
- Mini Chocolate Chips

DIRECTIONS

Line grapes up in a row. Connect with toothpicks. Push two mini chocolate chips in front grape for eyes. Enjoy!



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5-Minute Fruit Salad

CAPTAIN Create Recipes to Try at Home

INGREDIENTS

- 1 orange, diced
- 1 apple, diced
- 1 banana, sliced
- 1 container low fat or fat free yogurt (6 or 8-ounces)any flavor

DIRECTIONS

Peel and dice the orange, wash and dice the apple, slice the banana. Mix well with yogurt or top with yogurt. Serve immediately.



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