Frozen Yogurt Blackberry Kabobs!

**EQUIPMENT**
- Wooden skewers
- A wide bowl for the yogurt
- Parchment paper or plate for the finished yogurt sticks
- Freezer
- Microwave

**INGREDIENTS**
- Frozen or fresh blackberries
- Yogurt (honey Greek yogurt is great)

**INSTRUCTIONS**
1. **Put** eight to ten berries on the stick.
2. After placing the last berry on the stick, **snip** off the stick’s sharp tip.
3. **Roll** the berries in the yogurt until they are well covered.
4. **Lay** them next to each other on the parchment paper (You can also stand them up in a jar to freeze).
5. **Place** them in the freezer for thirty minutes.

FACILITATOR NOTE: If time does not allow have participants come back at the end of the day to sample any frozen items that were not ready at the end of the class period.

Cool Whip Fruit Crackers

**EQUIPMENT**
- Cutting boards
- Cutting knives
- Napkins

**INGREDIENTS**
- Honey graham crackers
- Bananas
- Cool Whip
- Tangerines

**INSTRUCTIONS**
1. **Slice** the bananas.
2. **Peel** and pull apart the tangerine pieces.
3. **Break** the graham crackers into smaller squares.
4. **Spread** Cool Whip on the graham crackers.
5. **Top** off with bananas and tangerine slices.
6. **Serve** on napkins.
Fruit Kabobs

**EQUIPMENT**
- Wooden skewers
- Knives
- Cutting board
- Cookie sheet or plate for the finished fruit kabobs

**INGREDIENTS**
- A variety of fruits, such as strawberries, oranges, pineapple, grapes, and blueberries

**INSTRUCTIONS**
1. Rinse the fruits and chop them into bite-size pieces.
2. Stack one of each fruit on a wooden skewer.
3. Lay them on a cookie sheet or plate to serve immediately.

Salt on Watermelon

**EQUIPMENT**
- Wooden Popsicle sticks
- Large plate
- Sharp knife

**INGREDIENTS**
- Watermelon
- Salt
- Lemons and lemon juice

**INSTRUCTIONS**
1. Cut the watermelon into triangular slices.
2. Stick a wooden Popsicle stick into each wedge’s green rind.
3. Lightly sprinkle salt and squeeze lemon juice on the fruit.
4. Serve.
Waffle Sushi Rolls

**Equipment**
- Pizzelle maker (waffle maker)
- Cutting board
- Mixing bowl
- Whisk
- Tablespoon
- Knife
- Plastic forks
- Paper plates

**Ingredients**
- Waffle mix, such as Bisquick
- Eggs
- Sugar
- Whipped cream cheese
- Strawberries, bananas, and pineapples (or another fruit of your choice)
- Maple syrup

**Instructions**
1. **Slice** the fruit into long, thin matchsticks, which will help them fit well in the roll.
2. **Preheat** the pizzelle maker.
3. **Mix** the waffle mix (sugar, eggs, and Bisquick).
4. **Put** heaping tablespoons of the waffle mix into the pizzelle maker and **cook** for about thirty seconds before removing.
5. **Remove** the waffle from the maker and lay it on your cutting board.
6. **Spread** cream cheese over it and top it with whichever fruit you want—be careful that you don’t overfill!
7. With the fillings in the center, carefully **roll** the waffle into a tube shape.
8. **Seal** the seam with a little cream cheese.
9. Use a sharp knife to **cut** the tube into smaller rounds.
10. **Line** them up on a plate like sushi and serve with syrup.

Mini Nilla Nanner Sandwiches

**Equipment**
- Cutting board
- Plate
- Knife

**Ingredients**
- A box of Mini Nilla wafer cookies
- A few bananas
- Peanut butter and/or Nutella (optional)

**Instructions**
1. **Slice** the bananas.
2. **Stick** a wafer on one end. **Stick** another wafer on the other end with a bit of peanut butter or Nutella (optional).
3. **Serve** on the plate.
Homemade Orange Creamsicles

**EQUIPMENT**
- Mixing bowl
- Whisk
- Popsicle molds
- Freezer

**INGREDIENTS**
- 1 cup orange juice
- 1 cup coconut milk
- 3 tsp. honey
- 1/4 tsp. orange extract
- 1/2 tsp. vanilla extract

**INSTRUCTIONS**
1. Whisk all the ingredients together.
2. Pour mixture into Popsicle molds.
3. Freeze for four to six hours or until frozen.

Fun Sandwich Combos

**EQUIPMENT**
- Cutting board
- Butter knife
- Bread knife
- Paper plates

**INGREDIENTS**
- Sliced bread
- Any of the following:
  - Cream cheese and berries (e.g., blueberries, strawberries, etc.)
  - Peanut butter, dried cranberries, and nuts
  - Apple butter and apple slices
  - Peanut butter with honey and bananas

**INSTRUCTIONS**
1. Depending on the type of sandwich you’d like to make, take the sliced bread and spread one topping on both slices.
2. Add the solids before sandwiching them together.
3. Cut in half.
4. Serve on plates.
### The Yogurt Bowl

**EQUIPMENT**
- Bowls and spoons

**INGREDIENTS**
- Vanilla yogurt
- Cereal
- Fruit (e.g., blueberries, strawberries, and raspberries)

**INSTRUCTIONS**
1. If necessary, **chop** larger fruit (e.g., strawberries).
2. In each bowl, **layer** cereal and fruit and **top** with a heaping spoonful of vanilla yogurt.
3. **Serve** and enjoy.

### Chocolate-Dipped Strawberries

**EQUIPMENT**
- Parchment paper
- Tray
- Microwave
- Microwavable bowl (optional)

**INGREDIENTS**
- Strawberries
- Microwavable dipping chocolate (if you cannot find this, you can use a microwave to melt chocolate chips in a microwavable bowl)

**INSTRUCTIONS**
1. **Rinse** the strawberries.
2. **Microwave** the dipping chocolate (alternatively, melt the chocolate chips in a microwavable bowl in the microwave on half-power for one minute; stir and heat for another minute or until melted).
3. **Holding** the strawberry by the stem, dip the fruit into the chocolate.
4. **Lay** the strawberries on the parchment paper to allow the chocolate to set.
Rainbow Fruit Pops

**EQUIPMENT**
- Popsicle molds
- Cutting boards
- Sharp knives
- Freezer

**INGREDIENTS**
- Fruit (e.g., strawberries, oranges, pineapples, grapes, blueberries, etc.)
- Lemonade

**INSTRUCTIONS**
1. Wash fruits and chop them into small pieces.
2. Put a mix of fruit in each Popsicle mold and top off with lemonade.
3. Place the molds in the freezer until they harden.

Raspberries Stuffed with Chocolate Chips

**EQUIPMENT**
- Large bowl

**INGREDIENTS**
- Raspberries
- Chocolate chips or white chocolate chips

**INSTRUCTIONS**
1. Rinse the raspberries.
2. Stick one chocolate chip into each opening.
3. Place them in a bowl to serve.
Sour Patch Glitter Grapes

**EQUIPMENT**
- Two plates

**INGREDIENTS**
- Grapes
- Jell-O mix packages

**INSTRUCTIONS**
1. Open the Jell-O mix packages and **empty** the powder onto one plate.
2. Rinse the grapes and **roll** them in the Jell-O powder on the plate until the grapes are coated.
3. Leave them on the second plate to serve.

Rainbow Fruit Platter

**EQUIPMENT**
- Large serving platter or tray with parchment paper
- Cutting knives
- Cutting boards
- Freezer

**INGREDIENTS**
- A variety of colorful fruit (e.g., strawberries, oranges, pineapples, green grapes, blueberries, purple grapes, bananas, etc.)

**INSTRUCTIONS**
1. Wash all of the fruit.
2. Cut the fruit into bite-size pieces.
3. Place them on a large serving platter (or a tray covered in parchment paper) in a rainbow pattern.
Banana Dogs

**Equipment**
- Paper plates
- Butter knives

**Ingredients**
- Hot-dog buns
- Banana
- Peanut butter
- Jelly

**Instructions**
1. Place peeled bananas inside hot-dog buns.
2. Spread jelly and peanut butter on the bun’s sides.
3. Serve on plates.

Apple Sandwiches

**Equipment**
- Cutting boards
- Knives
- Butter knives

**Ingredients**
- Whole apples
- Peanut butter
- Roasted almond slices, chocolate chips, or granola

**Instructions**
1. Core the apples and slice them into disc-like pieces.
2. Using the butter knife, spread peanut butter on the apples.
3. Top with sliced almonds, chocolate chips, or granola and make a sandwich with the apple slices.
4. Serve and enjoy.
Yogurt Dots

**EQUIPMENT**
- Parchment paper
- Tray
- Freezer

**INGREDIENTS**
- Yogurt
- Sprinkles

**INSTRUCTIONS**
1. Cover the pan with parchment paper.
2. Space out droplets of yogurt on the sheet and lightly cover with sprinkles.
3. When complete, leave the tray with yogurt dots in the freezer (for thirty minutes).