

Recipe

Salad Cups

INGREDIENTS:

tortilla wraps
cooking oil
cherry tomatoes
cucumbers
lettuce
bell peppers
cheddar cheese, cubed

**Caution: Always check for allergies
before serving foods. Make
substitutions as needed*

DIRECTIONS:

Have children wash their hands so they are ready to help make a snack. Bring out the tortilla wraps and a large circular cookie cutter. Invite each child to use the cookie cutter to cut a circular shape from the tortilla wraps (you will need one circle for each child). Spray or brush muffin pans with cooking oil, and push each tortilla circle into a section of the pan. Bake in an oven heated to 350°F for 10 minutes, or until they start to turn golden. Allow to cool for a few minutes, and then remove them from the pans and set them on a plate. The circles will have baked into a cup shape that will hold children's salad ingredients.



Recipe

SunButter Chia Pudding

INGREDIENTS:

1 T. chia seeds
1 ½ cups milk (dairy or plant-based)
2 T. pure maple syrup
3 dates chopped
6 T. SunButter or nut/seed butter of choice

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DIRECTIONS:

Invite children to wash their hands so they can help measure and mix the ingredients for this snack. Add the milk and chia seeds to a large bowl and stir until no clumps remain. Then, stir in the remaining ingredients and mix until all are combined. Cover and refrigerate for 15–30 minutes to allow it to thicken. Scoop into bowls and serve as a snack.

Note: This recipe makes approximately 6 servings.

