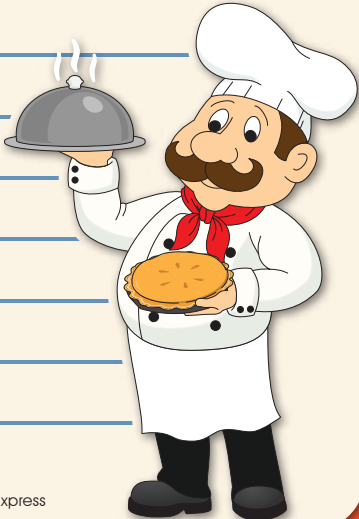


Grocery List

- lemons to juice _____
- sugar _____
- whole wheat tortillas _____
- cream cheese _____
- shredded cheddar cheese _____
- bacon _____
- shredded carrots _____
- parsley _____
- onion powder _____
- garlic powder _____
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Lemonade

Ingredients:

- 1 cup water
- 1 1/2 T. lemon juice
- 1/2-3/4 T. sugar (to taste)

Cut the lemons (adult only) and squeeze over a juicer (the children can help with this step) to obtain lemon juice. Mix with water and sugar to create lemonade. This recipe is for one or two children—adjust as needed for your group.

Pinwheel Sandwiches

Ingredients:

- whole wheat tortillas
- 8 oz. low-fat cream cheese
- 1 cup shredded Cheddar cheese
- 4 slices cooked bacon, crumbled
- 3/4 cup shredded carrots
- 1/2 T. dried parsley
- 1/4 tsp. salt
- 1/4 tsp. onion powder
- 1/8 tsp. garlic powder

Place cream cheese in a bowl and beat until light and fluffy. Stir in remaining ingredients until well blended. Spread whole wheat tortillas with cheese mixture. Roll up and slice into pinwheels.