

Recipe

Coconut Fruit Salad

INGREDIENTS:

2 bananas
1 mango
2 oranges
2 T. unsweetened, shredded
coconut (optional)
2 T. fresh lime juice

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

DIRECTIONS:

Have children prepare to help by first washing their hands. Assist in peeling the fruit for the children, and then invite children to cut the fruit into bite-sized chunks with child-safe knives. Place the fruit pieces into a large bowl (check to make sure the pieces are small enough). Toss with the fresh lime juice, and allow each child to sprinkle in the optional coconut flakes. Gently stir the ingredients together, and offer the Coconut Fruit Salad to the children as a snack.



Recipe

Perfect Pizza

INGREDIENTS:

1 package pizza dough
1 jar pizza sauce
mozzarella cheese (grated)
cheddar cheese (grated)
meat toppings (cubed ham,
ground beef, sausage,
crumbled turkey, pepperoni)
vegetable toppings (tomatoes,
olives, green peppers, spinach,
mushrooms, onions)

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DIRECTIONS:

Prepare the pizza dough according to the package directions. Give each child one ball of dough. Let children take turns using a rolling pin to flatten the dough on the pan.

Brown and drain the ground beef or sausage, if offered, and wash and cut the vegetable toppings.

Show children how to spread pizza sauce over the crust with a spatula or spoon. Next, they can sprinkle grated cheese over the sauce. Then, invite them to add meat and vegetable toppings of their choice.

Suggest children try adding a topping they've never tasted on one portion of the pizza. Sprinkle a bit more cheese on top of each pizza.

Explain that the pizzas will be baked in the oven. Bake the pizzas at 425°F (or according to package directions) until the crust is golden brown and the cheese is melted. Let cool. Cut with a pizza cutter and serve.

