Grocery List

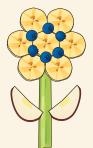
apples
bananas
berries
pretzel rods OR celery sticks
vanilla frozen yogurt
milk
frozen grape juice concentrate
lemon juice
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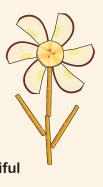
A Blooming Snack

Ingredients:

sliced apples sliced bananas berries pretzel rods OR celery sticks

Offer child-safe knives and invite children to slice bananas into thin circles while you cut apples into thin slices. Place the pieces in bowls. Wash some berries and offer them in a separate container. Place all the fruits on a tabletop in front of the children, along with a bag of pretzel rods or celery sticks. Demonstrate how to use the fruit pieces to create flower shapes on the plate. Finish by adding a celery stick or half of a pretzel rod to the flower as a stem. Allow children some freedom with the activity. After admiring all of the beautiful snacks, enjoy them with a glass of milk.





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Purple Cow Shakes

Ingredients:

- 3 cups nonfat vanilla frozen yogurt 1 cup milk
- 1/2 cup purple 100% grape juice concentrate (frozen)11/2 tsp. lemon juice

Place all the ingredients in a blender, listing the amounts of each as you add them, and blend until smooth. Avoid purple mustaches by serving with spoons or drinking straws! Makes about 8 (1/2-cup) servings.

Share the silly poem "Purple Cow" by Gelett Burgess with the children while enjoying Purple Cow Shakes!

I never saw a purple cow, I never hope to see one. But I can tell you, anyhow, I'd rather see than be one!

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