

Recipes

(Modify as needed for toddlers)

“Butterfly Waffle”

Ingredients:

Round toaster waffle (whole grain)
Raisins and /or blueberries
1 thin baby carrot (“petite” style) or cut in half
1 tablespoon peanut butter

Steps:

1. Toast the waffle, then cut in half.
2. Place the carrot in center of plate. Put two waffle halves, with cut sides out, around carrot.
3. Use extra-thin slices of carrot strips for antennae.
4. Place raisins or blueberries in holes to decorate the butterfly. Option: use small dabs of peanut butter to attach the fruit.

“Watermelon Cookies”

Ingredients:

Seedless watermelon
Yogurt (optional)

Steps:

1. Slice watermelon into ½-inch thick slices.
2. Using your favorite cookie cutters, cut out shapes of watermelon.
3. ‘Frost’ with yogurt.
4. If desired, ‘decorate’ with blueberries and/or ‘sprinkles’.

“Sunshine Biscuits”

Ingredients:

1 or 2 packages of refrigerator biscuits
Apple jelly

Steps:

1. Place biscuits onto a cookie sheet.
2. Snip the edges half way to the center to form the “rays” of the sun (using scissors or a plastic knife).
3. Push down the center with your thumb to make an indentation.
4. Fill with a spoonful of jelly.
5. Bake as directed on biscuit package.
6. Serve warm and enjoy the sweet sunshine!

United States Department of Agriculture

Crunchy Rainbow Wrap

- 1 Get Started**
Lay your tortilla flat.
- 2 Paint the Sky**
Spread some cream cheese onto the tortilla.
- 3 Get Colorful**
Use veggies to create a rainbow on your tortilla. Leave some room around the edges.
- 4 Roll It Up**
Fold in sides of the tortilla. Start at one end and roll your tortilla up tight.
- 5 Taste the Rainbow**
Let an adult cut your wrap in half. Enjoy your colorful snack.

Ingredients

Choose Vegetables

Red red-pepper strips red beans chopped tomatoes	Orange carrot shreds	Yellow corn yellow-pepper strips	Green peas spinach shredded lettuce	Blue/Purple shredded purple cabbage radicchio
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