



Healthy Recipes for Kids



BlueCross BlueShield
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Jenny's *FUN* Fruit Kabobs

Ingredients:

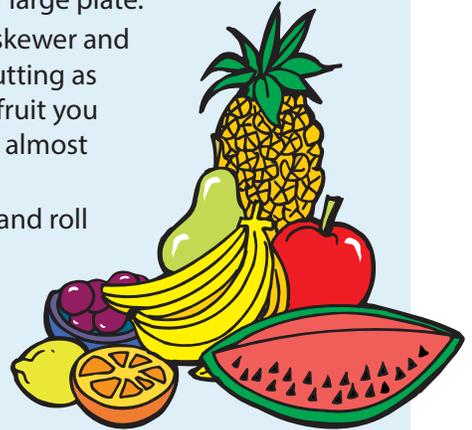
- ✓ 1 apple
- ✓ 1 banana
- ✓ 1/3 cup red seedless grapes
- ✓ 1/3 cup green seedless grapes
- ✓ 2/3 cup pineapple chunks
- ✓ 1 cup nonfat yogurt
- ✓ 1/2 cup dried coconut, shredded

Utensils:

- ✓ knife (you'll need help from your adult assistant)
- ✓ 2 wooden skewer sticks
- ✓ large plate

Directions:

1. Prepare the fruit by washing the grapes, washing the apples and cutting them into small squares, peeling the bananas and cutting them into chunks, and cutting the pineapple into chunks, if it's fresh.
2. Put the fruit onto a large plate.
3. Spread coconut onto another large plate.
4. Slide pieces of fruit onto the skewer and design your own kabob by putting as much or as little of whatever fruit you want! Do this until the stick is almost covered from end to end.
5. Hold your kabob at the ends and roll it in the yogurt, so the fruit gets covered.
6. Then roll it in the coconut.
7. Repeat these steps with another skewer.



Dexter's *SUPER* Snack Mix

Ingredients:

- ✓ 1 cup whole grain cereal (squares or Os work best)
- ✓ 1/4 cup dried fruit of your choice
- ✓ 1/4 cup nuts, such as walnut pieces, slivered almonds, or pistachios
- ✓ 1/4 cup small, whole-grain snack crackers or pretzels

Utensils:

- ✓ Large bowl
- ✓ Measuring cups
- ✓ Large spoon

Directions:

1. Measure out ingredients.
2. Combine in large bowl.



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Healthy Hanna's *PERFECT* Peachy Freeze

Ingredients:

- ✓ ½ c. milk
- ✓ 1 c. sliced peaches (they can be either fresh or canned)
- ✓ 1 tsp. sugar

Utensils:

- ✓ ice cube tray
- ✓ blender (you'll need help from your adult assistant)
- ✓ serving dishes

Directions:

1. Pour the milk into an ice cube tray and freeze until solid.
2. Pop the "milk cubes" out of the tray and put them into the blender. Then put the peaches and sugar into the blender.
3. Put the lid on the blender and blend on high speed until everything is all mixed together and very smooth.
4. Pour your Perfect Peachy Freeze into serving dishes and serve right away.



VEGGIE-LICIOUS Veggie Bowl

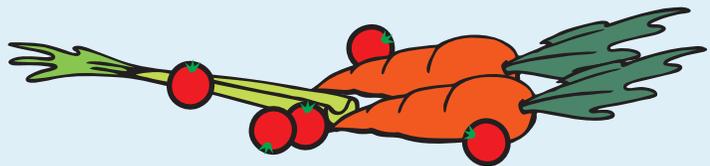
Ingredients:

- ✓ 1 small container cherry tomatoes
- ✓ 1 small bag celery slices
- ✓ 1 small bag carrot sticks
- ✓ your favorite salad dressing

You will find the ingredients in the produce section of your favorite grocery store. Just ask your Mom or Dad!

Directions:

1. Wash your veggies!
2. Put a little salad dressing in the bottom of a plastic bowl.
3. Put celery sticks, carrot sticks, and tomatoes into bowl.
4. Now you've got a portable veggie treat! You can pull out the veggies and eat them with a little dressing. Then when you're finished with the veggies, it's time to lick the bowl!



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