

Rainbow Fruit Salad

Cool off on a hot summer day with this sweet and colorful fruit salad! There are lots of ways to build your rainbow. Mix and match the fruits below for a different flavor each time!



Ingredient Ideas

Red: Grapes, apples, raspberries, or strawberries

Orange: Mandarin oranges, cantaloupe, or apricot

Yellows: Bananas, pineapple, or apples

Green: Kiwis, grapes, or honeydew

Blue: Blueberries

Purple: Blackberries

Instructions

Ask an adult to help!

1. Gather an assortment of fruit for each color of the rainbow.
2. Rinse and peel the fruit.
3. Chop the fruit into small pieces (except small berries) and combine into a large bowl.
4. Serve immediately or keep covered in fridge for up to 5 days.

Notes

Mix in a drizzle of honey, maple syrup, or a small handful of fresh mint or basil to dress up your salad!
Add a few spoons of lemon juice to keep your salad fresh.

Yummy Yogurt Parfait

This yogurt parfait is the perfect balance of creamy and crunchy! Enjoy it as a healthy breakfast, energizing after-school snack, or a delicious dessert!



Ingredients

2 small handfuls of berries (fresh or frozen)

Low-fat vanilla or Greek vanilla yogurt (or dairy substitute)

Granola or cereal

Honey or maple syrup

Instructions

1. Rinse the berries (or thaw if frozen)
2. If using strawberries, cut in halves or quarters and pour all fruit into a small bowl.
3. In a clear cup or glass, use a spoon to spread the yogurt and berries in alternating layers until almost full.
4. Top with crunchy granola or cereal and drizzle with honey or syrup on top.
5. Serve and enjoy!

Notes

Instead of berries, try making a tropical parfait with chopped kiwi or pineapple!

If using cereal, test out different types and textures. Rice Krispies, Kix, and Chex work great!

Black Bean Corn Salsa

Cook up some Southwestern flavor with this nutritious and delicious black bean corn salsa! It's great on its own or served with whole grain tortilla chips!



Ingredients

(makes 8 servings)

One 15-oz can black beans
One 15-oz can whole kernel corn
1/2 medium red onion
4 Roma tomatoes
1 packet of taco seasoning (any brand)
1/3 bunch green onions
Whole grain tortilla chips (optional)

Instructions

Ask an adult to help!

1. Rinse and drain the black beans and corn and pour into a large bowl.
2. Chop the red onion and tomatoes and add to bowl.
3. Finely chop the green onion into small slices and add to bowl.
4. Add taco seasoning until the salsa is flavored how you like.
5. Mix the salsa in the bowl and transfer to smaller bowls. Serve alone or with chips!

Whole Grain Snack Platter

This snack platter is perfect to eat with family or friends! Enjoy different flavors of dips while crunching on healthy whole grains chips and crackers!



Grain Ideas

- Whole grain Tostitos (or other whole grain tortilla chip)
- Triscuits (or other woven chip)
- Wheat Thins (or store brand)
- Ritz Crackers (or other buttery cracker)
- Pita or Naan bread (cut into small pieces for dipping)

Dip Ideas

- Salsa
- Guacamole
- Tzatziki
- Tahini
- Flavored Hummus

Instructions

1. Choose 2-3 grains and 2-3 dips and pour each into individual bowls. Amounts will vary depending on group size.
2. Place bowls on a table or counter with the grains and dips each grouped together.
3. Have guests serve themselves buffet-style. Mix and match different grains with dips and different dips and enjoy! Store unused portions of dips in the fridge.