

HEALTHY HOLIDAY CELEBRATIONS

Valentine's Day

Cupid's Strawberry Heart

Ingredients

- Strawberries
- Vanilla yogurt

Instructions

- Wash strawberries and cut off stems.
- Dip strawberries (halved or whole) in yogurt. Put strawberries on a sheet pan lined with parchment or wax paper. Freeze until yogurt hardens.



Mini Heart-Shaped Strawberry Sandwiches

Ingredients

- 100% whole wheat bread
- Vanilla yogurt
- Strawberries

Instructions

- Wash strawberries and cut off stems.
- Cut bread into small heart-shaped pieces using a heart-shaped cookie cutter and cut strawberries in half.
- Place approximately 1-2 tsp of yogurt on bread, and top with strawberries



Eat Your Heart Out

Ingredients

- Various vegetables and fruit



Instructions

- Using a small heart-shaped cookie cutter, see how many different healthy foods you can create! Carrots, kiwi, pineapple, whole wheat bread, apples, and bell peppers are a few good examples.

Cupid's Arrow

Ingredients

- Seedless watermelon
- Cantaloupe
- Honeydew melon
- Small heart-shaped cutter
- Small triangle-shaped cutter
- 6-inch bamboo skewers



Instructions

- Slice fruit into ¼-inch thick slices. Use the heart cutter to create heart shapes out of the watermelon and cantaloupe. Use the triangle-shaped cutter to cut a piece of honeydew melon. Cut another piece of honeydew into a V-shape using a knife.
- Skewer the fruits as shown in the picture, and enjoy!

Fresh Fruit Pops

Ingredients

- Strawberries
- Bananas
- Vanilla yogurt
- Granola
- Popsicle sticks

HYPERLINK

"<http://q1oqf5v1kj-flywheel.netdna-ssl.com/wp-content/uploads/2015/02/fruit-pops.jpg>"

Instructions

- Cut green tops off of strawberries and cut each banana into 5 chunks.
- Skewer the strawberries (through the tip end) and the bananas with the popsicle sticks.
- Dip the strawberries and bananas into the yogurt followed by granola.