Grocery List

blueberries
strawberries
vanilla yogurt
cream cheese
stick butter
cheddar cheese
dry ranch mix
chopped nuts
frozen strawberries
bananas
milk
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Fourth of July Parfaits

Ingredients: blueberries strawberries vanilla yogurt

Cut the stems off the strawberries. Invite children to help you wash the fruits. Provide child-safe knives and have children help you slice the strawberries into small pieces. Place the yogurt, strawberries, and blueberries in separate containers. Give each child a clear cup and a spoon. Have children take a couple scoops of blueberries to place in the bottom of the cup. Scoop some yogurt on top of the blueberries. Lastly, invite each child to add a couple scoops of strawberries to the top of the yogurt. The children now have a delicious red, white, and blue dessert to eat in honor of the Fourth of July!

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Cheese Ball

Ingredients:

8 oz. reduced-fat cream cheese, softened 1/2 stick butter, softened 2 cups grated cheddar cheese 1/2 pkg. dry ranch-style dressing mix chopped nuts (optional)

Mix the first four ingredients together. Invite children to shape the mixture into small balls. Roll the balls in chopped nuts, if desired. Offer crackers and plastic knives. Encourage children to spread the cheese on their crackers with the knives. Enjoy with a glass of milk!

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Pink Smoothies

Ingredients:

1 cup frozen strawberries 1 banana 1/2 cup milk

Give each child a child-safe knife and a section of banana. Instruct children to cut the banana into small pieces. Place the frozen strawberries and banana pieces into a blender. Add the milk and blend until smooth. Add more milk or fruit as necessary to reach the desired texture. Talk about the color of the smoothie. The strawberries caused the mixture to turn rosado/pink once blended! Divide the drink into cups and serve outside. This recipe makes about 2–4 smoothies, so adjust as needed for your group.

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