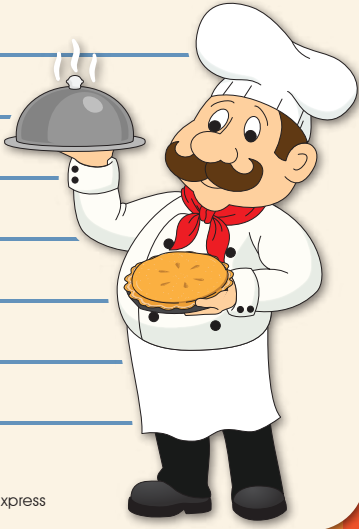


# Grocery List

- whipped topping \_\_\_\_\_
- variety of fruits \_\_\_\_\_
- whole wheat flour \_\_\_\_\_
- cinnamon \_\_\_\_\_
- baking powder \_\_\_\_\_
- salt \_\_\_\_\_
- bananas \_\_\_\_\_
- butter \_\_\_\_\_
- milk \_\_\_\_\_
- maple syrup \_\_\_\_\_
- raw spinach \_\_\_\_\_
- egg \_\_\_\_\_
- vanilla extract \_\_\_\_\_
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# Rainbow Salad

**Ingredients:**  
 whipped topping  
 variety of fruits

Gather a variety of fruits to make a rainbow salad. What is the name and color of each fruit? Invite children to wash their hands first, and then help you wash the fruits. Provide child-safe knives for children to help cut some of the softer fruits into small pieces.

Invite children to scoop a spoonful of each colored fruit into bowls. It's a rainbow! Add a cloud to the rainbow salad by placing a spoonful of whipped topping on top of the fruit. Enjoy!

# St. Paddy's Day Muffins

**Ingredients:**  
 2 cups whole wheat flour  
 1/2 tsp. cinnamon  
 2 tsp. baking powder  
 1/4 tsp. salt  
 2 medium bananas  
 1/2 cup butter  
 3/4 cup milk  
 1/3 cup maple syrup  
 6 oz. (approx) raw spinach  
 1 egg  
 1 tsp. vanilla extract

Preheat oven to 350°F. Spray muffin pans with non-stick cooking spray or line with baking cups. In a large mixing bowl, stir together the flour, cinnamon, baking powder, baking soda, and salt. Slice the bananas into the blender container. Melt the butter and add to the bananas. Add the milk, maple syrup, raw spinach, egg, and vanilla extract. Blend on high until completely smooth. Pour the green mixture into the bowl of dry ingredients and gently stir. Spoon into prepared pans and bake for 18-22 minutes or until firm, but not brown. Makes about 18 regular-sized muffins.