## **Grocery List**

red apples
red grapes
strawberries
raspberries
watermelon
red plums
cherry pie filling
whipped topping
apples
sugar
cinnamon
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## **Rockin' Red Fruit Salad**

## Ingredients:

red apples red grapes strawberries raspberries watermelon red plums cherry pie filling whipped topping

Reinforce the color red with this yummy recipe! Wash the fruits and cut off stems/rinds as needed.

Offer child-safe knives and invite children to help cut the fruits into bite-size pieces. Place all the fruit pieces in a large bowl. Pour the cherry pie filling over the fruit and stir together. Invite each child to scoop some fruit into a dessert bowl and add a dollop of whipped topping to the top of his portion. Talk about the color of the fruits in the bowl as the children enjoy the treat.

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## **Ingredients:**

4–5 apples (more as needed) 1 cup water 1/2–3/4 cup sugar 1 T. cinnamon

Have children help you wash the apples. Peel and cut the apples into small pieces. (Adjust the amount of ingredients for the number of children in your setting. Depending on the size of the apples, this recipe will make up to about 12 cups.) If available, use a crank-handled apple peeler/corer. Allow each child to have a turn helping you peel an apple. The apple peels will come off in long strands and the apple will be cored for you. Older children can help cut apple slices into smaller pieces with child-safe knives.

Place the apple pieces in a crock-pot. Add the water, sugar, and cinnamon. Cook on high until the apples are soft. Mash the softened apples with a potato masher and serve while still warm.

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