

Rainbow Snack Plate





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Ingredients:

- Strawberries, sliced lengthwise
- 1-2 bananas, sliced into rounds
- 1-2 kiwis, peeled and sliced
- Blueberries
- Blackberries or raspberries
- Mini marshmallows

How To

For the Grown-Ups:

1. Rinse all the fruit well. (Feel free to include the kiddos in this one!)
2. Slice the strawberries, bananas and kiwi into easy-to-handle pieces.
3. Place an empty plate on the table and show your child how the rainbow will curve like a big smile across the plate.
4. Help with spacing and curved lines if needed, but let your child choose where each fruit goes.
5. Save the marshmallows until the end so your clouds stay clean and fluffy.

For the Kids:

1. Make the rainbow rows:

- First, place strawberry slices in a big, curved line along the top of the plate.
- Then put banana slices just under the strawberries.
- Next add kiwi slices under the bananas.
- Place blueberries in a neat row next.
- Finish with blackberries or raspberries at the bottom.

2. **Build the clouds:** Stack mini marshmallows on both ends of the rainbow to make fluffy, white clouds.

3. **Admire your rainbow!** Show it off, take a picture and then enjoy eating your fruity masterpiece.

“Fruit makes you feel strong.
When you eat healthy, you
have energy to play soccer.”

- Josielyn, 3rd grade

