



Supermarket Explorer

Recipe Roundup

Receta Rodeo

Help your child learn what goes into a healthy snack by asking him or her to find the ingredients for these easy recipes. When you get home from shopping, pick one to make together as a yummy treat.

Ayude a su niño a aprender lo que lleva un refrigerio saludable pidiéndole que encuentre los ingredientes de estas fáciles recetas. Cuando regrese a casa después de hacer la compra, elija una de ellas para que ambos la realicen juntos y se den un delicioso gusto.

CELERY LOGS

Estimated time to prepare: 10 minutes

Servings: 6

INGREDIENTS

2 Celery Stalks



6 Tablespoons Cream Cheese



1 Cup Granola



Raisins (Optional)



HOW TO MAKE IT

- 1.) Wash and dry celery.
- 2.) Cut into six sticks (an adult should do this).
- 3.) Spread 1 tablespoon cream cheese into each stick.
- 4.) Top with granola and press it into cream cheese.
- 5.) Add raisins, if desired.



BANANA BERRY SMOOTHIE

Estimated time to prepare: 5 - 10 minutes

Servings: 2 - 3

INGREDIENTS

2 Bananas



2 Cups Strawberries



1 Cup Milk



1 Cup Plain Yogurt (or your favorite flavor)



HOW TO MAKE IT

- 1.) Place ingredients into a blender and process until smooth. (An adult will need to operate the blender for young children).
- 2.) Pour into cups.



Eat Smart
for a Great Start

