



Fun Summer Foods for the Whole Family

-Recipes for you and your family can make together!-

Fro-Yo Bark: Spread a layer of yogurt onto a parchment-lined baking tray. Top with sliced strawberries or mini chocolate chips. Freeze until firm, then crack into pieces. Eat quickly; the bark melts fast!

Rainbow Veggie Kabobs: RAINBOWS! A great little afternoon snack.. or enlist your troops to help you make these easy kabobs for picnics and backyard parties! The kids will love showing off their kitchen skills as friends enjoy this terrific alternative to the same-old-same-old picnic veggie tray!



Yogurt Parfait: Layer $\frac{1}{8}$ cup of vanilla yogurt into the bottom of 4 tall glasses. Combine defrosted strawberries and juice with fresh berries. Alternate layers of fruit and granola with yogurt until glasses are filled to the top. Serve parfaits immediately to keep granola crunchy!

Backyard Bug Snacks: Let's start with those nutty Butterflies. Slice a few celery sticks, fill with peanut butter and top with some pretzels. Finish it off with a few candy eyes to make these flying bugs complete. Who doesn't love a sweet caterpillar? This crawling bug is simply made with a wood skewer, some grapes, two candy eyes and a little icing gel. Love that smile! And of course, every backyard has a ladybug or two. A cracker topped with provolone cheese holds a cherry tomato with a black olive and a few candy eyes. I speckled the tomatoes with icing gel. Tip: If you don't think the sweetness would compliment this snack you could always use an edible black marker instead.



Watermelon Fries with Coconut Lime Dip: Remove rind and cut watermelon into fry-like shapes. Then, combine 1 cup of coconut yogurt, the zest and juice of one lime, and 1 tablespoon of coconut sugar. Serve watermelon fries with dip and enjoy!