

# Another Helping

## Funny Veggie Face

### Ingredients\*

Ranch dip:

- 5.3 oz fat free plain greek yogurt
- 2 ½ teaspoons fat free ranch seasoning  
(add more if needed)



Veggie face:

- 1 paper plate
- Mouth - 1 Celery stick cut into 6 pieces
- Nose- 1 piece of broccoli or cauliflower
- Eyes - 2 cherry tomatoes
- Ears - 2 avocado slides
- Hair - Shredded carrots (I used ½ cup, but you can use as much as you would like.)
- Have a parent help you cut the celery and avocado before our session

\*Feel free to substitute ingredients to fit your family's nutritional needs.

### Instructions

Mix ranch seasoning into yogurt until well combined. Assemble the veggies on your plate. Be creative and have fun making your funny veggie face! When you are ready to eat, dip the veggies into ranch dip and enjoy!

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## Funny Fruit Face

### Ingredients\*

Chocolate yogurt dip:

- 2 Tablespoons Hershey's Chocolate Syrup (most of them will say fat free on front label)
- ½ teaspoon honey
- 5.3 oz fat free plain greek yogurt

Fruit face:

- 1 paper plate
- Mouth - 8 Blueberries
- Nose - 1 Blackberry
- Eyes - 2 Raspberries
- Ears - 2 Orange slices (a cutie or a normal size orange will work)
- Hair - Apple slices (I used 8 slices, but you can use as many as you would like. Have a parent help you cut the apples before our session or buy them pre cut.)



\*Feel free to substitute ingredients to fit your family's nutritional needs.

### Instructions

Pour honey into yogurt, then add in Hershey's Chocolate Syrup and stir until everything is well combined. Assemble the fruit on your plate. Be creative and have fun making your funny fruit face! When you are ready to eat, dip fruit into the chocolate yogurt dip and enjoy!

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## Yogurt Parfait

### Ingredients\*

- A cup to make the parfait in
- 2 ½ teaspoons honey (plus a little more)
- 5.3 oz fat free plain greek yogurt (I use the small, individual containers)
- Two kinds of fruit of your choice, 8 pieces of each (I use raspberries and blueberries)
- ¼ cup of any brand or kind of Chex cereal that works for your needs (I use Rice Chex)

\*Feel free to substitute ingredients to fit your family's nutritional needs.



### Instructions



Mix honey into your 5.3 oz of yogurt. We are going to make layers in the cup now. Scoop out ¼ cup of the yogurt and honey mixture and put into your cup. Next, add 4 pieces of each fruit on top of the yogurt. After that, add in ⅛ cup of Chex (I like to crunch mine so they are in smaller pieces). Put the rest of the yogurt on top of the Chex. Add 4 more pieces of each fruit on top of the yogurt. Then put the other ⅛ cup of Chex on top of the fruit. Last, drizzle a little bit of honey over the top and enjoy!

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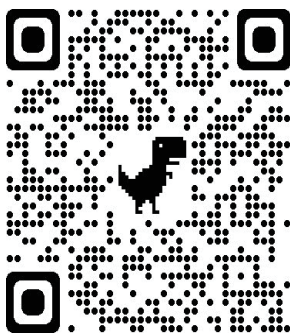
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