Fresh Fruit Salad/Honey Vanilla Yogurt

Allergy Alert: Dairy, Fruit Items Interchangeable

Ingredients:

2 cups	Plain Yogurt	1∕₂ pint	Blueberries
2 tblsp	Good Honey	½ pint	Raspberries
1/2	Vanilla Bean, scrape seeds	1 pint	Strawberries
1/2	Orange, Juiced	1 bunch	Seedless Green Grapes
1	Banana, sliced	1 tsp	Vanilla Extract

Directions:

- 1. Combine the yogurt, honey, vanilla extract and vanilla bean in bowl
- 2. Combine orange juice and banana slices in separate bowl
- 3. Add berries and grapes and gently mix the fruit mixture
- 4. Spoon the fruit into bowls and top with yogurt mixture.

Learning Objective: Patterns and Measurements

- Begins to make comparisons between several objects based on a single attribute.
- Shows ability to match, sort, put in a series, and regroup objects.

Key Words: Blueberries, Raspberries, Strawberries, Hulled, half

Date: Aug 2010 Head Start Food Activity