



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HEALTHY RECIPES

We're sneaking up on the perfect time of year to snack on some fresh fruit, especially berries! Ms. Liz from the Armbrust YMCA included these recipes in her kid's cooking class cookbook!

Fruit Dip

- 1 cup plain Greek yogurt
- 1/4 cup honey
- 1 teaspoon vanilla extract
- Sprinkle of cinnamon

Mix all ingredients together. Chill in fridge until ready to serve with favorite fruits.

Fluffy Fruit Salad

- 1 cup vanilla Greek yogurt
- 8oz tub of light cool whip - thawed and soft.
- Assorted fruits - berries, diced apples, peeled orange sections, pineapple...

Mix yogurt and fruits together until thoroughly coated. Gently fold in cool whip until just combined.

