

Using your 35 increase of Fruit and vegetable and Famers Market from WIC

Strawberry Banana Yogurt Parfait



INGREDIENTS 8 Servings

4 cups light (no-sugar-added) fat-free plain yogurt
2 large bananas (about 2 cups), sliced
2 cups fresh strawberries, sliced (or used thawed frozen fruit)
2 cups graham crackers, crumbled
½ cup fat-free whipped topping (optional)
1 tbsp honey

DIRECTIONS

1. To make the parfait, spoon 1 tablespoon of yogurt into the bottom of each 8-ounce wine or parfait glass.
2. Top the yogurt with 1 tablespoon sliced bananas, 1 tablespoon sliced strawberries, 1 tbsp honey and ¼ cup graham crackers.
3. Repeat the yogurt, banana, strawberry, and graham cracker layers.
4. Top with a rounded tablespoon of fat-free whipped topping (optional).
5. Serve the parfait immediately, or cover each glass with plastic wrap and chill for up to 2 hours before serving.

Fruit and Vegetable Salad



Ingredients

- 3 cups Fresh Spinach
- 1/2 cup Blueberries
- 1/2 cup Strawberries, Cut in half
- 1/2 cup Pineapple Chunks
- 1/4 cup Walnuts, Chopped
- Red Onion, Sliced, add as much or as little as you like

For the Dressing:

- 2 tablespoons Extra Virgin Olive Oil
- 1 tablespoon Lemon Juice
- Salt and Pepper, To taste (optional)

Directions

1. In a medium bowl add the fresh spinach, blueberries, strawberries, pineapple, walnuts and red onions.
2. Toss everything together.
3. In a small jar, stir the salad dressing ingredients (olive oil, lemon juice, salt and pepper).
4. Gently toss the salad ingredients with the dressing.
5. Enjoy!

*Use your favorite combinations