



Fruit Salad
Sundae

Credit to: Power Play

Fast and Fun Recipes

Network for a Healthy California-Children's Power
Play! Campaign

What You Need

- 1 cup of sliced strawberries
- 1 cup peeled, sliced kiwi
- 1 cup cantaloupe chunks
- ½ cup grapes
- 1 banana, peeled and sliced
- 1 (6 oz.) container of nonfat or lowfat vanilla yogurt
- ½ cup toasted oat cereal





Steps

1. Put fruit in a medium bowl and mix together
2. Divide fruit into 4 cups or bowls
3. Top with yogurt and cereal

Image Citations

- Slide 1: https://www.google.com/search?q=fruit&tbm=isch&ved=2ahUKEwjCk7-v05fuAhWlnZ4KHXIUAFsQ2-cCegQIABAA&oq=fruit&gs_lcp=CgNpbWcQAzIECCMQJzIECCMQJzIKCAAQsQMQgwEQQzIHCAAQsQMQQzIHCAAQsQMQQzIFCAAQsQMyBQgAELEDMgUIABCxAzIFCAAQsQMyBQgAELEDOglIAFDqhQFYp4cBYPeIAWgAcAB4AIABeogBxwGSAQMxLjGYAQCgAQGqAQtn3Mtd2l6LWltZ8ABAQ&sclient=img&ei=jD7-X8KdMli7-gTyqIDYBQ&bih=610&biw=1280#imgrc=GyD6vWqTzD1GMM
- Slide 2: https://www.google.com/search?q=fruit&tbm=isch&ved=2ahUKEwjCk7-v05fuAhWlnZ4KHXIUAFsQ2-cCegQIABAA&oq=fruit&gs_lcp=CgNpbWcQAzIECCMQJzIECCMQJzIKCAAQsQMQgwEQQzIHCAAQsQMQQzIHCAAQsQMQQzIFCAAQsQMyBQgAELEDMgUIABCxAzIFCAAQsQMyBQgAELEDOglIAFDqhQFYp4cBYPeIAWgAcAB4AIABeogBxwGSAQMxLjGYAQCgAQGqAQtn3Mtd2l6LWltZ8ABAQ&sclient=img&ei=jD7-X8KdMli7-gTyqIDYBQ&bih=610&biw=1280#imgrc=BfDPobj1F_5kWM
- Slide 3: https://www.google.com/search?q=fruit+salad+sundae&tbm=isch&ved=2ahUKEwijyvW405fuAhVOK54KHfF9ACsQ2-cCegQIABAA&oq=fruit+salad+sundae&gs_lcp=CgNpbWcQAzICCAAyBggAEAUQHjIECAAQGDoECCMQJzoECAAQzoHCAAQsQMQQzoFCAAQsQM6BggAEAgQHICg1QtYxu0LYIPvC2gBcAB4AIABiQGIAYsJkgEEMTMuMZgBAKABAaoBC2d3cy13aXotaW1nwAEB&sclient=img&ei=oD7-X6P6lc6m-gTx-4HYAg&bih=610&biw=1280#imgrc=AP5nQOcW6lhpIM