

Week 2: Cottage Cheese

Cottage Cheese Dip with Fruit Dippers



Recipe
Takes 10 minutes
Makes 10 kabobs

YOU WILL NEED:

cutting board
chef knife (adults only)
1/4 cup measure

tablespoon measure
spoons, forks
plastic cocktail cups

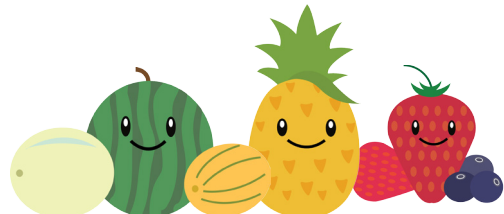
Ingredients
For 10 servings

2 cups low-fat cottage cheese
2 tablespoons orange juice
1/4 cup skim milk
1/4 cup honey

2.5 cups assorted cut up fruit and berries (such as apple, pineapple, melon, strawberries and banana)



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2 tablespoons orange juice



1/4 cup skim milk



1/4 cup honey

Preparation

1. Place the cottage cheese, orange juice, skim milk and honey in a blender and puree until smooth.
2. Put the dip in a bowl and serve with assorted cut up fruit and berries for dipping.

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DIRECTIONS

1. Fill in the blank in the bubble.
2. Complete the maze
3. Color the Energy Blast.

When you eat
vitamin ____, it will set
your energy free!"

