



CELEBRATE THE Paint Your Plate Way



Ingredients:

- 1 whole watermelon
- 2–3 cups (500–750 mL) strawberries, sliced
- 1 sprig fresh mint
- ½ tsp (2.5 mL) vanilla
- 2 cups (500 g container) Greek yogurt
- 1 cup (250 mL) blackberries
- 1 cup (250 mL) blueberries

Instructions:

1. Carefully cut the watermelon into one or more 1-inch round slabs.
2. Slice about five strawberries for each pizza you plan to make. Chop the mint.
3. Combine vanilla and Greek yogurt.
4. Spread yogurt on the watermelon “crust”; top with berries and mint.
5. Cut each pizza into eight equal slices and serve immediately.

We often eat birthday cake, ice cream, hot dogs, and other less nutritious choices for special events and celebrations. After, all it’s only a “treat.” Healthy eating patterns include the occasional treat. But think about how often children really have treats. Are they eating treats every day? Or even several times throughout their day? Having treats too often bumps out the healthier foods that give kids the nutrients they need to be healthy and grow.

Healthy foods can also be fun foods to enjoy during special occasions.

Be the hit of the party with Watermelon Fruit Pizza!

Birthday loot bags or prize ideas:

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| • stickers | • erasers | • medals or ribbons |
| • sidewalk chalk | • crayons | • spinning tops |
| • bubbles | • colouring books | • Slinkies |
| • fun shaped straws | • craft materials | |
| • pencils | • finger puppets | |

Olympian Fruit Freezes

Makes 8 servings

Ingredients:

- 250 mL (1 cup) lemon yogurt
- 2 cups (500 mL) seedless watermelon, cubed
- 1 pint fresh strawberries, tops removed
- 1 medium banana, peeled and sliced
- 8 paper cups
- 8 plastic spoons

Instructions:

1. Place yogurt and fruit in a blender container. Cover tightly.
2. Blend until smooth. Pour into paper cups.
3. Freeze until thick and slushy, about 1 hour. Insert a spoon, handle up, into each cup of frozen fruit mixture. Return to freezer and freeze until solid, at least 2 hours.
4. To serve, remove from freezer and let sit for about 10 minutes. Peel paper cup off each treat and eat, using the spoon as a handle.

