

COOL GREENS SALAD

1/2 honeydew melon, peeled, diced or balled

1 1/2 cups green grapes

2 kiwi, peeled and sliced

1 tablespoon lime juice

1 tablespoon honey

2 tablespoons minced fresh mint

For added color in case 100% green isn't your thing, add in some blackberries or raspberries.

- Combine all ingredients above except berries if you are adding them. Mix well.
- Gently mix in berries
- Chill

I know mint always sounds like it doesn't fit with fruit, but trust me it does. Why do you think the latest trend in gum is fruity minty blends? Give it a try!



ORANGE GLAZE FRUIT SALAD



One box of sugar free **Cook & Serve** vanilla pudding

2 cups orange juice

1 can mandarin orange segments, drained

1 can pineapple tidbits, drained

Assorted fresh fruits, washed and diced (apples, strawberries, blueberries, grapes, bananas)

- In a medium saucepan, pour in orange juice.
- Dissolve *cook & serve* pudding mix into cold orange juice. Stirring constantly, bring to a boil.
- Continue stirring until mixture begins to thicken. Remove from heat and allow to cool completely, stirring occasionally.
- Prepare fruits and place in large storage bowl.
- Mix with orange pudding glaze.
- Chill

APPLE SMILES

1 red apple

Creamy peanut butter

Mini marshmallows

- Using an apple corer/slicer, cut one washed apple.
- Spread peanut butter on one side of each apple slice.
- Sandwich mini marshmallows between to peanut butter-sided apples to allow them to stick together.

Enjoy your 'toothy' smile!

APPLE ART

Make a masterpiece of art using an apple and only your teeth to carve a fun design! See what you can create! Letters, numbers, flowers, animals, smiley faces, etc. One of our staff members carved hers to look like the globe!



RHUBARB SAUCE

Yield: 2-3 cups

1 bunch of red rhubarb (about 1-2 lbs or 8-10 stalks)

3/4 cup Splenda for baking

1/2 cup sugar

1/2 cup water

(You could probably get away with less Splenda and sugar, depending how tart to like it!)

- Wash and cut rhubarb into 2-inch pieces.
- Place in medium saucepan with Splenda, sugar, and water.
- Cook over medium to medium-low heat, stirring often.
- Use potato masher to blend well.
- Keep in refrigerator.

