

Kids in the Kitchen

Strawberry Fruit Salsa

This is a great recipe to allow your child to pick and choose the ingredients! Start with the main ingredient, you guessed it, strawberries! Then the choices are as diverse as you want them to be. This is a great way for your child to explore food preparation through all their senses. The results are rewarding as they create their own unique dish. Serve with pita bread or corn chips.



Yummy!

Ingredients:

Strawberries - chopped small pieces
Fresh lemon or lime juice (1 tbsp)
1 to 1.5 tsp of Maple syrup or
brown sugar or honey

*Then you choose & chop what to
add for your personalized salsa!*

Melon of your choice
(cantaloupe, honeydew, watermelon..)
Granny smith apples
Cucumber
Red or green pepper
Mango
Tomato
Mint
Cilantro