

FRUIZZA

Portions: 1

Preparation: 30 minutes

QUANTITY	INGREDIENTS	PREPARATION
½	round, whole grain flatbread (e.g. pita, tortilla, naan, hamburger bun, etc.)	<ol style="list-style-type: none"> 1. Provide a workstation for each participant. 2. Wash the fruit. 3. Cut the fruit into cubes and/or slices. 4. Spread the yogurt over the bread. 5. Spread the fruit and topping over the bread.
15 ml (1 tablespoon)	vanilla Greek yogurt	
60 ml (¼ cup)	various sliced fruits (e.g. strawberries, raspberries, blueberries, bananas, kiwis, clementines, grapes, etc.)	
15 ml (1 tablespoon)	topping of your choice (e.g. sunflower seeds, unsweetened coconut, pumpkin seeds, etc.)	

