

Let's taste! Plan, Shop, Pack List: Fruit and Peanut Butter Dip

Ingredients

- Fresh fruit such as apple, banana, kiwi, pear, grapes, or strawberries
- Plain yogurt
- Vanilla
- Peanut butter

Disposable Supplies

- Small paper plates
- Napkins
- Sealable plastic bags in a variety of sizes

Equipment

- 1 small bowl with a lid
- 1 large plate or platter
- 1 dinner spoon
- 1 set of tongs
- Collapsible cooler with reusable freeze packs

Note: When choosing produce for this recipe, look for fresh, in-season fruits, as they are lower in cost and often more flavorful. Be sure to choose fruit in a variety of colors, so the dish is visually appealing and provides a variety of nutrients. To cut down on cost and waste, only purchase 3 different types of fruit for this recipe. This recipe calls for 6 cups of raw fruit, so you might buy 2 medium apples or pears, a small carton of strawberries, and 1 large banana.

Prepare before class

- Make the Fruit and Peanut Butter Dip in the quantity needed for your class. Use the ingredient amounts listed in the lesson plan. (Wait to wash and cut the fruit until the day of your class.)
- Store the prepared fruit in separate plastic bags or containers with lids.
- Store the prepared Peanut Butter Dip in a container with a lid.
- Keep the prepared Fruit and Peanut Butter Dip in the refrigerator until you pack for class.
- Use a collapsible cooler with reusable freeze packs to transport the Fruit and Peanut Butter Dip to class.
- Print copies of the recipe (1 for each participant).

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Cleaning supplies

- Hand sanitizer
- Hand soap
- Paper towels
- Sanitizing wipes or spray
- Dish soap
- Trash bags

First aid supplies

- Antibacterial wipes
- Fabric bandages (multiple sizes including knuckle and fingertip)
- Finger cots
- Disposable gloves

Educator: _____

Group Name: _____

of participants in group: _____ **Date of lesson:** _____

Notes: _____
