

SWEET TREAT SALSA

Course: Snack

Prep. Time: 25 minutes

Servings: 9

CACFP: 3/4 C. fruit & 1 oz.
meat alternate



INGREDIENTS

- 1 green apple
- 1 golden delicious apple
- 1 C. strawberries
- 1 C. raspberries – frozen
- 2 kiwis, peeled
- 2 large tomatillos, outer skin removed
- ½ medium cucumber
- 36 oz. low-in-sugar vanilla yogurt*

INSTRUCTIONS

1. Defrost raspberries.
2. Core apples and cut into chunks.
3. Remove stems and leaves from strawberries, cut in halves.
4. Cut kiwi, tomatillos, and cucumbers into quarters.
5. Combine all ingredients into large bowl and mix well.
6. Serve with low-in-sugar vanilla yogurt and optionally with whole grain pita chips (homemade or purchased).

*(See list of approved yogurts on MassCAMPS webpage.)