



Week of: August 31, 2020

Bubbly Fruit-filled Crumbly Crisp + Wondrous Whipped Yogurt + Berry Lovely Lemonade

SHOPPING LIST:

- ¾ C fresh or frozen berries (use blueberries, raspberries, strawberries, blackberries, or mixed berries)
- 1½ large lemons
- ¼ C full-fat plain Greek yogurt*
- ½ tsp cornstarch*
- ⅓ C quick-cooking oats*
- 4 tsp brown sugar or maple syrup
- 2 T + 2 tsp sugar
- 2 T olive oil
- ¼ tsp vanilla extract
- Pinch of cinnamon
- 1 C water
- ½ C ice

Please choose 1 or 2 veggies and a dip for kids to snack on before making their mug cakes:

- Baby carrots or carrot chips (3-5)
- Celery stalks (1)
- 1 mini cucumber or ¼ large cucumber
- Cherry tomatoes (3-5)
- Red radishes (3)
- Jicama sticks (3-5)
- ½ of a red, orange, or yellow bell pepper
- Kids' choice of dip(s): hummus, sour cream, nut butter, etc

ALLERGY SUBSTITUTIONS (for those items with a *)

- Yogurt:** sub dairy-free plain soy or coconut yogurt or coconut cream
- Cornstarch:** sub arrowroot starch, all-purpose flour, or tapioca starch
- Oats (gluten allergy):** use certified gluten-free oats OR cornflakes