

# Kiwi Flowers

This is a fun & easy recipe that children can “plant” on their plate!

## Ingredients:

(Makes 4 Flowers)

- 1 kiwi fruit
- 12 fresh strawberries
- 1 banana



## Directions:

- 1 Peel and slice kiwis into  $\frac{1}{2}$  inch round slices (These will be the center of the flowers).
- 2 Wash strawberries and slice in half (These will be the petals of your flowers).
- 3 Peel banana and slice lengthwise into four slices (These will be the stems of your flower).
- 4 Arrange one long slice of banana on a plate. Put a kiwi slice on the top and then place the strawberry “petals” all around it.

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## Directions:

- 5 Repeat step 4 to make a total of four “flowers”.
- 6 Eat and enjoy!

## Tips:

1. You can get really fancy and use mint leaves for the leaves on the stems.
2. Talk to your child about planting a garden while you make these together!



Child **H**Health Initiative for **L**ifelong **E**Eating & **E**Exercise