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

## Ingredients:
- 1 kiwi fruit
- 12 fresh strawberries
- 1 banana

(Makes 4 Flowers)

## Directions:
1. Peel and slice kiwis into ½ 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!