



Protein Roll-ups - Choose 1 or both!

Peanut Butter Roll-up		
Ingredients: <ul style="list-style-type: none">• 1 banana• 1 whole wheat tortilla• 2 Tbsp of peanut butter Optional Fillings: <ul style="list-style-type: none">• Drizzle of honey• Chocolate chips• Coconut flakes• Dried fruit• Jam	Tools Needed: <ul style="list-style-type: none">• Plate• Butter knife	Steps: <ol style="list-style-type: none">1. Spread peanut butter over tortilla.2. If you choose, drizzle honey or other fillings over peanut butter.3. Place peeled banana in the center of the tortilla and roll one edge of the tortilla over the banana and keep rolling until the other edge is reached.4. Trim excess tortilla, if desired. Slice into thirds.

Deli Roll-up		
Ingredients: <ul style="list-style-type: none">• 3-4 Iceberg lettuce leaves• 2 slices of deli meat (turkey, ham, chicken, etc.)• 1 slice of cheese• Sliced veggies of choice (cucumber, carrots, tomato, sweet peppers, etc.)• Condiment of choice (mustard, mayo, tzatziki sauce, etc.)	Tools Needed: <ul style="list-style-type: none">• Plate• Butter knife• Cutting board• Chef's knife• Plastic wrap or parchment paper	Steps: <ol style="list-style-type: none">1. Stack lettuce leaves on top of each other to form an 8-inch circle.2. Spread condiment of choice over the middle of the lettuce.3. Layer meat and cheese over the lettuce. Add veggies of choice.4. Roll up the lettuce and tuck in the sides as you roll to the other edge. Wrap the roll in plastic wrap and slice into thirds.



Fruit and Veggie Prep

<p>Ingredients:</p> <ul style="list-style-type: none"> • 2 or more fruits: <ul style="list-style-type: none"> ○ Apples, grapes, berries, pineapple, kiwi, mango, watermelon, etc. • 2 or more veggies <ul style="list-style-type: none"> ○ Cucumber, carrots, sweet mini bell peppers, tomatoes, celery, broccoli, radishes, etc. • Optional: 1 lemon (to prevent browning in cut fruits) 	<p>Tools Needed:</p> <ul style="list-style-type: none"> • Chef's knife • Cutting board <p>Optional Tools:</p> <ul style="list-style-type: none"> • Cookie cutters • Skewers
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Steps:

1. For fun shapes, have an adult cut fruits into large slices the thickness of your cookie cutters. Use cookie cutters to cut shapes from the sliced fruits.
2. Follow educator's steps for cutting other shapes.

Yogurt Sauces – Choose 1 or both!

Tzatziki Yogurt Sauce		
<p>Ingredients:</p> <ul style="list-style-type: none"> • 1 cup of plain Greek yogurt • 1 cup of grated cucumber • 1 Tbsp of extra virgin olive oil • 1 Tbsp of fresh mint or dill • 2 tsp of lemon juice • 1 garlic clove or 1/8 tsp garlic powder • 1/4 tsp salt 	<p>Tools:</p> <ul style="list-style-type: none"> • Grater • Bowl • Measuring spoons • Spoon 	<p>Steps:</p> <ol style="list-style-type: none"> 1. Grate cucumber and squeeze over sink to remove excess water. 2. Chop or tear herbs. Mince garlic. 3. Combine all ingredients in bowl.

Honey Yogurt Sauce		
<p>Ingredients:</p> <ul style="list-style-type: none"> • 1 cup of yogurt (vanilla or plain) • 2 Tbsp of honey • Optional: cinnamon, fresh mint, lemon zest 	<p>Tools:</p> <ul style="list-style-type: none"> • Bowl • Measuring spoons • Spoon 	<p>Steps:</p> <ol style="list-style-type: none"> 1. Combine all ingredients in bowl.