

# *Adventure Snack Recipes*

## **REFRIGERATOR OATMEAL**

This is a tasty snack you make ahead. You'll need:

- 6 ounces plain Greek yogurt
- 2/3 cup old fashioned rolled oats (not instant)
- 1/3 cup milk
- Fresh Florida starfruit or mango – sliced (ask for help)
- 2 tablespoons honey
- 2 - ½ pint mason jars with lids

In a medium bowl, stir together yogurt, oats, milk, fruit and honey. Pour half of this mixture into each of the jars; cover tightly with the lid and put in the fridge overnight and up to 2 days. Enjoy!

## **FRUITY PIZZA**

This is a fun twist on a tasty treat! You'll need:

- 1 whole wheat pita bread round
- 1 Florida orange – peeled and sectioned
- 1/4 cup fresh Florida strawberries – sliced (ask for help)
- 1/4 cup blueberries
- 1 ounce cream cheese

Spread the cream cheese on top of your pita bread. Decorate your pizza with fresh fruit by creating a fun face or pattern – or create your own fun design!

