



Apple-Blueberry Smoothie

Ingredients

- 1 cup diced apple
- ½-1 cup blueberries
- ½ cup milk
- 1 cup yogurt
- 4-5 ice cubes

Instructions

Wash & cut fruit, combine all ingredients in a blender and process for 1-2 minutes or until smooth and creamy. Enjoy cold!

Stuffed Celery

Ingredients

- 3 celery stalks
- 3 Tbsp. peanut butter or cream cheese
- 3 Tbsp. raisins

Instructions

Wash celery stalks and cut in half.
Spread peanut butter or cream cheese in the hollow of the celery.
Top with raisins.



Baked Parmesan Zucchini

Ingredients

- 2 medium-sized zucchini
- ½ cup freshly grated Parmesan cheese
- Garlic salt and ground pepper to taste (optional)

Instructions

Wash & dry zucchini, cut into ¼-inch thick slices. Arrange slices in single layer on foil lined baking sheet. Lightly sprinkle with garlic salt and pepper, spoon small layer of parmesan cheese on each slice of zucchini.

Bake at 425 degrees for 15-20 minutes or until parmesan cheese turns a light golden brown.

Kid-friendly recipe ideas for your produce box.