

Kids in the Kitchen

April: "Springtime Snacks"

Dirt Pudding Cups

Equipment Needed

- Plastic serving cups
- Mixing bowl
- Whisk
- ice cream scoop
- tablespoon
- gallon zip lock bag

Ingredients

- 1 package Oreo cookies
- 1 container low fat whipped cream
- 1 container of vanilla yogurt
- vanilla pudding and pie mix
- 1 cup plain Greek yogurt
- strawberries, raspberries, or blueberries *optional*



Instructions

After gathering the equipment and ingredients, follow the step-by-step instructions below to make dirt cups for kids.

Step #1: Crush the Oreos

- Place Oreos into the zip lock bag and seal after removing all the air from the bag. Using a rolling pin or a large can, crush the Oreos into small pieces. Set aside.

Step #2: Mix the ingredients

- Next, add vanilla yogurt, milk, and whipped cream to a large mixing bowl. Whisk until thickened.

Step #3: Layer the dirt cups by adding about 2 tablespoons of crushed Oreos to the bottom of each cup. Then, using a small ice cream scoop, place 1-2 scoops of the pudding mixture on top of the Oreos. Repeat until you reach the top of the cup then sprinkle any leftover Oreos on top of the pudding mixture.

Step #4: Garnish

- Garnish with fresh strawberry slices, raspberries, or blueberries.

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Yogurt & Granola Fruit Kabobs

Ingredients

- Fresh fruit chunks of choice (apples, pineapple, bananas, strawberries)
- Vanilla yogurt
- Granola

Instructions

1. Cut fruit into small pieces
2. Thread a piece of fruit onto a toothpick or popsicle stick.
3. Dip the bottom half of the fruit piece into yogurt.
4. Roll the yogurt coated piece of fruit in granola, to evenly coat.

