

## **Flowery Fruit Fun** *recipe provided by Jodie Fitz*

1 cantaloupe melon  
Strawberries  
Grapes  
Pineapple  
Watermelon  
Blueberries  
Raspberries

Cut the cantaloupe melon in half. Remove the seeds.

Using a sharp knife cut the edges of the cantaloupe like a flower to create a flowered fruit bowl. Wash and hull the strawberries. Slice them into bite sizes. Wash the grapes & cut them in half. Remove the exterior of the pineapple and cut it into edible chunk size pieces. Remove the rind of the watermelon & dice it. Wash the blueberries and raspberries. Stir all of the fruit together to make a fruit salad.

Place the dip (recipe below) in the bottom of the cantaloupe flower & then fill the edible bowl with fruit salad for a delicious serve.

**Cutting the cantaloupe:** If you have a child old enough to use a sharp knife, you can cut in a slight line for them to use as a guide to cut the flower pedals or use a marker to draw lines for them to follow on the rind/non-edible area only.

**Making Fruit Salad with little hands:** Once the strawberries are hulled and the watermelon has been removed from the rind, these fruits are great for younger children to cut with a plastic butter knife & be a part of the process.

### **Blueberry Fruit Dip** by Jodie Fitz

¼ cup Price Chopper frozen blueberries, thawed  
3 oz. Price Chopper plain non-fat Greek yogurt  
3 oz. Price Chopper vanilla low-fat yogurt  
1 tablespoon Price Chopper honey  
Puree the blueberries in a mini food processor or blender. Stir the plain Greek yogurt together with the honey. Fold in the low-fat vanilla yogurt & blueberries together

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