



DIPPING TRAYS

Veggie Dipping Plate

What you will need:

- Celery
- Carrots
- Broccoli
- Salad dressing of choice
- Plate

Instructions:

1. Chop vegetable to your preferred size
2. Arrange the veggies on a plate
3. Pour your favorite salad dressing on the side
4. Enjoy!

Fruit Dipping Tray

What you will need:

- Strawberries
- Yogurt
- Graham crackers
- Plate
- Bananas

Instructions:

1. Peel the banana and chop it into bite size slices. Cut the stems off the strawberries.
2. Scoop yogurt onto the plate and arrange the fruit and graham crackers around the yogurt however you would like
3. Enjoy!

TIP: Mix a teaspoon of cinnamon into the yogurt to add some extra sweet flavor!

