



Let's Talk about:

Summer Recipes

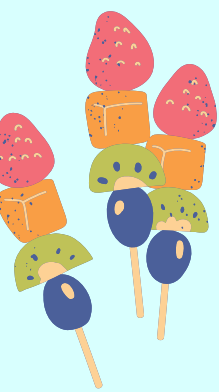
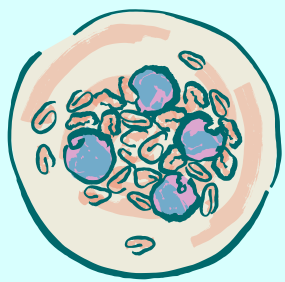
Hi CCS Community!

Happy August! This month, I wanted to share some fun and healthy recipes to help you beat the heat! These recipes have just a few ingredients but pack in some important nutrients. Let me know if you try any of them this month!

Fruit Kebabs

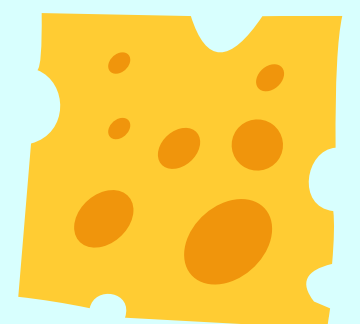
Making fruit kebabs are a great way to change up the way you eat fruit. They are also a great item to serve at a summer barbeque. They are super easy to make, all you need is your favorite fruit and kebab skewers which can be found at most grocery stores. To assemble the kebab, cut up strawberries, grapes, cantaloupe and watermelon.

Alternate between each fruit until you fill up most of the skewer.



Frozen Yogurt Bark

This is a great recipe to make and store in your freezer whenever you want a cold treat! All you need is parchment paper, greek yogurt and blueberries or strawberries. Line a baking trap with parchment paper. Add a thick layer of greek yogurt across the parchment paper. Chop up some of your favorite berries and place them on the greek yogurt. Freeze the greek yogurt + toppings for 4-6 hours or overnight. Break the bark up into pieces and enjoy!



Broccoli and Cheddar Bites

An easy way to get more broccoli in your diet is to make these crispy broccoli and cheddar bites. All you need is cooked broccoli, shredded cheddar cheese, an egg and salt, pepper and paprika to taste. After boiling your broccoli, cut it up into small pieces and combine in a bowl with shredded cheese. Mix in your egg, adding flour to thicken the batter. Form small broccoli and cheddar balls and line them on a baking trap or place them in an air fryer. Cook the broccoli and cheddar bites until golden!

Let me know if you try any of these recipes! Happy cooking!

