

Berry Recipes

Berries can be added to pancake or muffin batter, or used as a topping in salads, oatmeal, cereal or yogurt. Here are some berry ideas:

- QCC's <u>Harvest of the Month cookbooks</u> include recipes like Strawberry Smile, Strawberry Spinach Salad, Yogurt Dipped Blueberries, Watermelon Pizza, and Fruity Smoothie Cup
- The Child Nutrition Recipe Box has CACFP approved recipes, like
 Berry Medley and Quinoa Bake (homes, centers), Cottage Cheese
 and Fruit Bowls (homes, centers), Overnight Oats and Berries
 (homes, centers), Fruit and Yogurt Roll Ups (homes, centers),
 Strawberry Waffle Kebobs with Dip (homes, centers), Lemon
 Blueberry Corn Muffin (homes, centers), and more
- National CACFP Sponsors Association has recipes for <u>Fruit Salsa</u>, <u>Breakfast on a Stick, Waffle Pizza</u>, <u>Blueberry Parfait</u> and more
- Super Healthy Kids has recipes, including <u>Whole Wheat</u>
 <u>Strawberry Muffins</u>, <u>Strawberry Pancakes</u>, <u>Strawberry Kale Pasta</u>
 <u>Salad</u>, <u>Blueberry Turkey</u>, and <u>Blueberry Nutter Breakfast</u>
- The <u>U.S. Highbush Blueberry Council</u> has recipes, including <u>Easy</u>
 <u>Blueberry Quesadilla</u>, <u>Slow Cooker Blueberry Peach Oatmeal</u>, and
 a <u>Blueberry Banana Baby Puree</u>
- Whole Kids Foundation has a salad dressing using fresh berries