

YES, I CAN MAKE IT!

# RAINBOW SALAD

WITH STRAWBERRY MINT  
DRESSING



## Kids' jobs:

1. Choose some delicious fruits

2. Choose some tasty veggies!

\*the more colours your salad has, the better!

3. Wash your fruits & veggies well

4. Help cut the fruits and veggies with kids' scissors or a knife if you are old enough

5. Help put the dressing ingredients into the blender, and press the button to mix it when it's ALL ready to go, with the lid firmly on top.

6. Serve your salad! Yum! Excellent job!