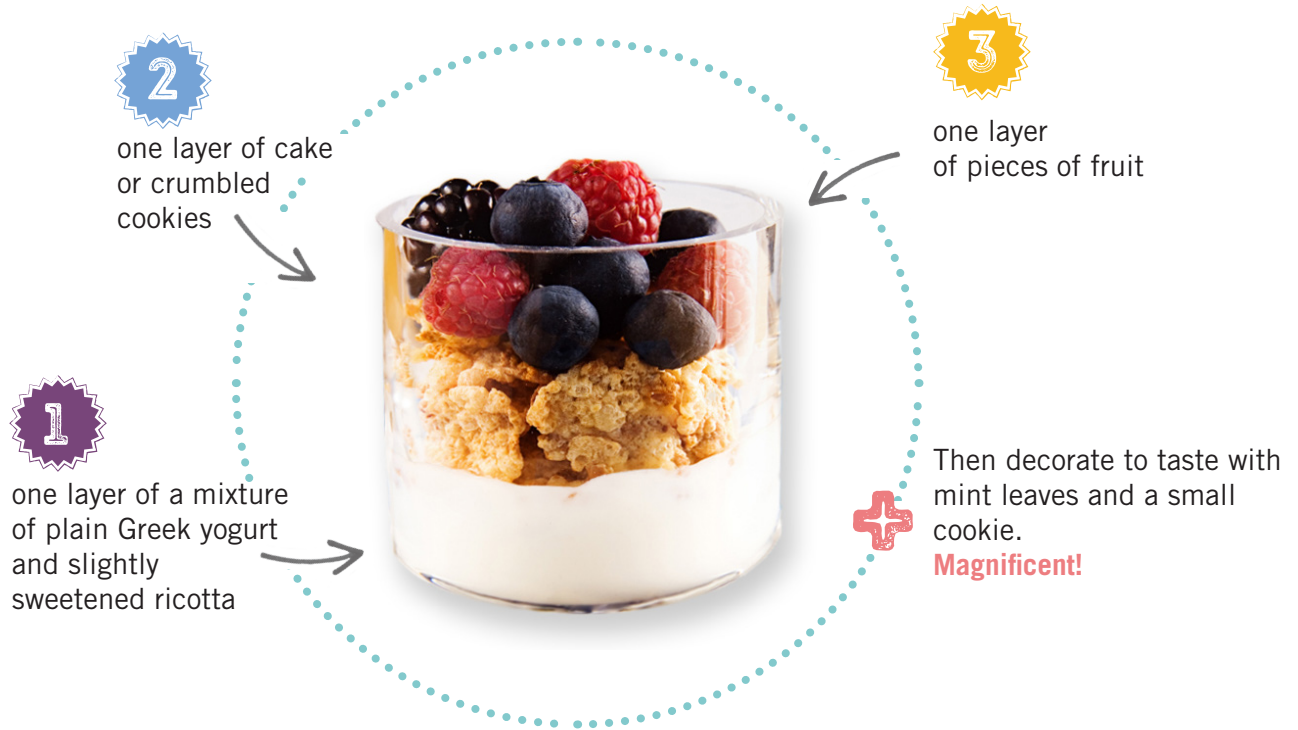




DELIGHTFUL DESSERTS IN GLASSES

Cooking with our kids is a great way to have fun with them. Here's a Health Challenge recipe tested and approved by kids! The technique is simple and always the same:



TASTY VARIATIONS

STRAWBERRY

- yogurt and ricotta mixture
- crumbled shortbread cookies
- strawberries

BANANA-COCONUT

- yogurt and ricotta mixture
- crumbled ginger cookies
- banana slices
- lime juice and grated coconut

MANGO

- yogurt and ricotta mixture
- crumbled chocolate cookies
- pieces of mango or peach

CLEMENTINE

- yogurt and ricotta mixture
- cubes of sponge or angel cake
- clementine pegs