

Peanut Butter, Strawberry & Banana "Pizza" (Thank you Joy Bauer)
Veggie Stix, *Good Health Natural Foods* (**KKA***)
Watermelon Chunks
Bueberry Kefir, Organic, *Nancy's Yogurt* (**KKA**)

TIPS: To make this pizza you simply split a pita bread into two circles. Spread peanut butter or your choice of nut or seed butters over the surfaces. Then add a few sprinkles of cinnamon. Gently toast. On top, place freshly sliced strawberries and bananas. Serve. Super delicious. (Notice the mini pocket version in the middle of this plate.) You can replace these fresh fruits with those of your choice, even sliced grapes. Please make sure any fruit you use is not imported and has been carefully washed. Adding cinnamon adds calcium and other nutrients plus it helps to balance your children's blood sugar. Encourage your kids to make their own "pizzas." The light crunchy Veggie Stix are a fun addition, along with fresh watermelon chunks. We added a kefir drink for additional protein making this a well balanced meal providing nutrients for healthy growth and performance levels - good energy.

7 God-made Food Colors: tan, red, yellow, green, orange, white, blue

5 Food Groups: whole grains, nuts, fruit, veggies, dairy

This lunch is great for camp and picnic lunches. You may want to leave off the bananas when it is a packed lunch, to avoid the browning affect. Sprinkling only berries over the nut butter works. Fresh berries on top is a nice change from jams. Do keep the kefir cold - it is filling, sweet and refreshing. Chilled hydrating watermelon is always a welcomed site on a hot day!

* **KKA - Kid Critics Approved**