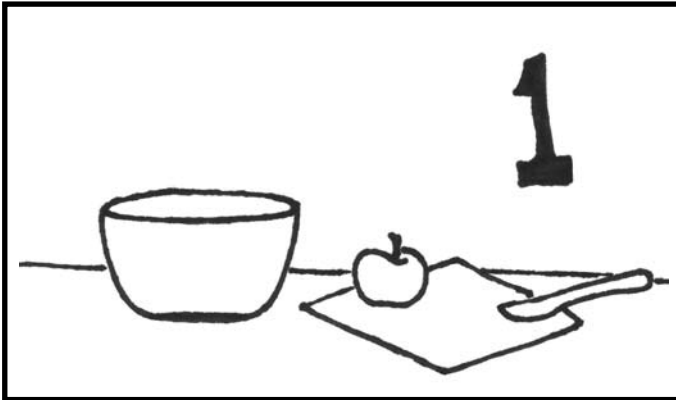


# Counting Salad

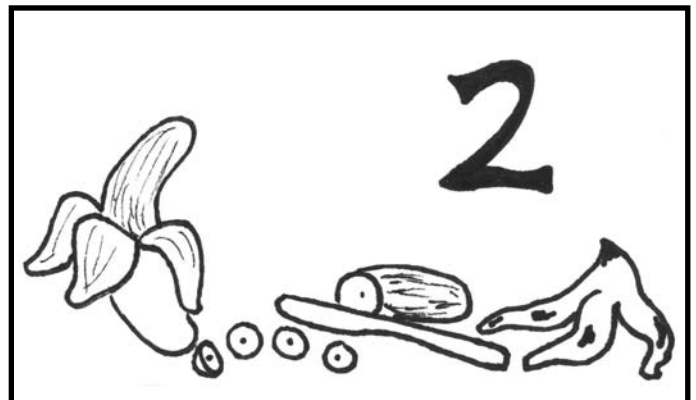
Makes 3 1/2 cups.



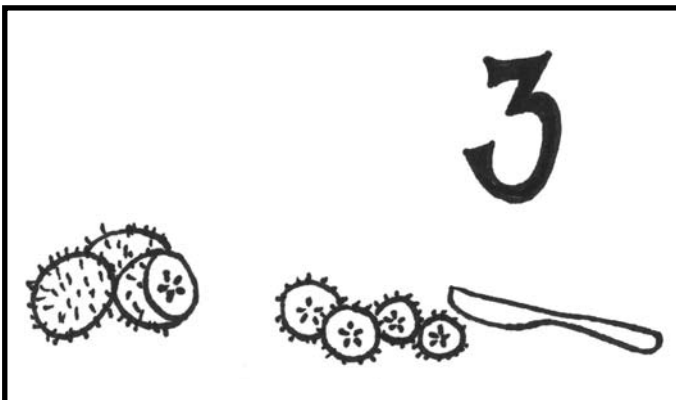
CACFP credit: 1/4 cup "Counting Salad" counts as 1/4 cup fruit.



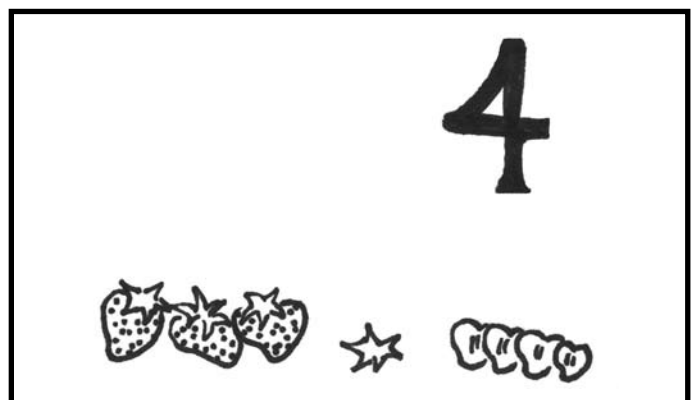
1. Cut up 1 apple. Place in a medium bowl.



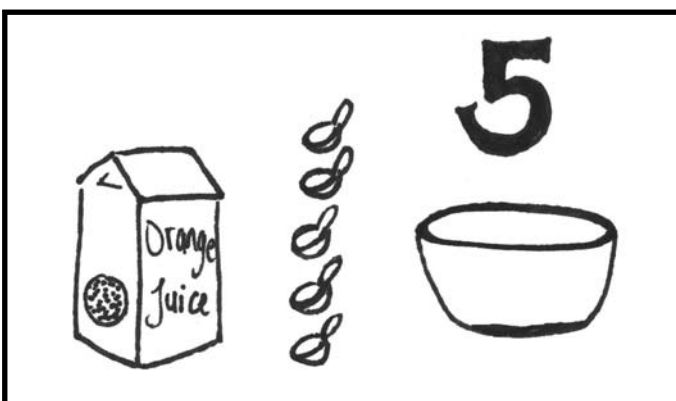
2. Peel and slice 2 bananas. Add to bowl.



3. Peel and slice 3 kiwi. Add.



4. Hull, slice, and add 4 strawberries.



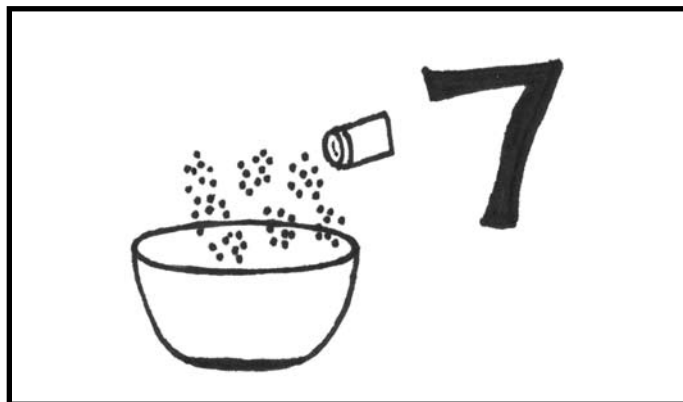
5. Add 5 tablespoons orange juice.



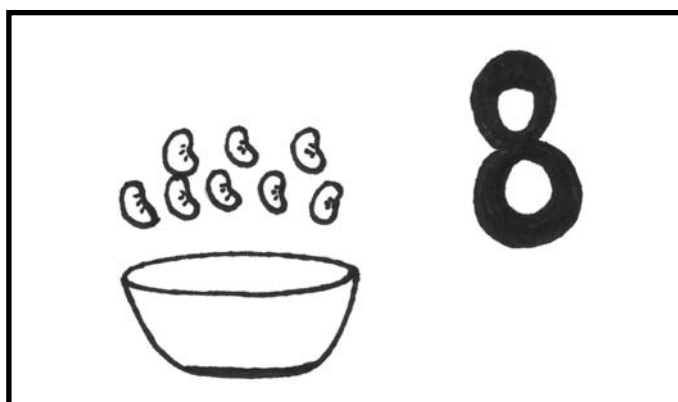
6. Add 6 blueberries.

# Counting Salad

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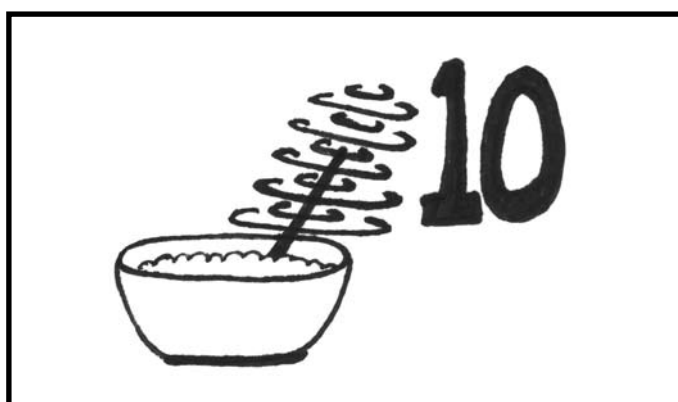
7. Add 7 sprinkles of cinnamon.



8. Add 8 orange slices.



9. Add 9 seedless grapes.



10. Stir 10 times!