



This fruit salad recipe is packed with a variety of tasty fruits and topped with a dressing of fruit juice and honey. Feel free to substitute your favorite fruits into the recipe! Some tasty options are watermelon, honeydew, cantaloupe, or kiwi.

This recipe contains honey - honey is not recommended for children under 1 years of age. Feel free to leave it out or substitute for another sweetener such as agave syrup.

Kids can help make this recipe by washing the fruit, picking the stems off of the strawberries, mixing the dressing, or stirring the fruit together. Afterwards, see if you can find some of the fruits used in the recipe while listening to Ms. Jennifer read the story!

The Very Hungry Caterpillar's Fruit Salad

Ingredients:

- 2 cups strawberries, quartered
- 2 cups favorite type of grapes, sliced in half
- 2 cups pineapples, cut into chunks
- 2 cups mandarin orange or clementine segments 2 cups blueberries
- ½ cup fruit juice of choice
- 2 tablespoons honey

Directions:

1. Wash and cut the fruit. Add to a big mixing bowl.
2. In a separate bowl, mix together the fruit juice of choice and honey until well combined.
3. Add the dressing to the bowl and mix.

Adapted from: <https://sugarspiceandglitter.com/rainbow-fruit-salad/>