



Kale Crusaders
Promoting underrepresented foods

Hello EJ Families -

The students in Kindergarten planted and harvested Kale and created a Taste Test today. We have shared our recipe on the bottom of this survey.

Please help the EJ Garden Team by discussing your child's "kale" experience at home and help us plan for future garden events.

◇ **My child loved the kale cup taste tests in their classroom.**

◇ **My child liked the kale cup taste test.**

◇ **My child tried the kale cup taste test.**

◇ **Ideas and Suggestions:** _____

recipe: FROZEN FRUITY KALE CUPS ★ ★

from: KINDERGARTEN

ingredients:

1 cup KALE 3 bananas 24 oz. fat-free yogurt (substitute as needed)

10 oz. frozen strawberries, thawed, with juice

8 oz. canned crushed pineapple 1/2 cup water

directions:

1. Line 18 muffin-tin cups with paper baking cups
2. Mash bananas
3. Place chopped kale and water, blend in blender
4. Add remaining ingredients and blend until smooth
5. Spoon into muffin tin cups and freeze for at least 2 hours
6. Before serving, let stand for 10 minutes

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