

EAT THE RAINBOW: Smoothie Bowls + Citrus Parfait

Chef Michele A: Tuesday 4-6 Class #3

SKILLS LEARNED

- Nutrition (“Eating the Rainbow”)
- Knife skills
- Making measurements
- How to plate/arrange composed dishes with multiple steps

EQUIPMENT

- SMOOTHIE BOWLS
 - Cutting board
 - Chef’s knife
 - Rubber Spatula
 - Measuring spoons + cups
 - Blender
- CITRUS PARFAIT
 - Cutting board
 - Paring knife
 - Microplane / Zester
 - Measuring spoons + cups



TODAY’S LESSON: “EAT THE RAINBOW”

Keep your body healthy - Eat the Rainbow!

- Eating naturally colorful foods helps keep our bodies healthy
- We should eat 5 SERVINGS of fruits and vegetables every day to stay healthy and strong
- How does each color of the rainbow help our bodies stay strong?
 - RED - keeps our heart and blood healthy, thanks to Vitamins A, C and Lycopene.
 - Apples, Beets, Berries
 - ORANGE - makes our eyes and skin healthy, thanks to Beta-Carotene.
 - Carrots, Oranges, Mango, Sweet Potatoes, Butternut Squash
 - YELLOW - helps our immune system and digestion
 - Pineapple, Banana
 - GREEN - makes our bones and muscles strong, thanks to lots of Fiber and Iron.
 - Kale, Spinach, Lettuce, Broccoli, Zucchini, Avocado
 - BLUE/PURPLE - helps our brain and our bones
 - Blueberries, grapes

TODAY'S RECIPES:
Rainbow Smoothie Bowl
Serves 2-4

INGREDIENTS

Smoothie

1 cup frozen strawberries
1/2 cup orange juice
1 banana
1 cup spinach
1 cup frozen blueberries
1 tablespoon honey

Smoothie Toppings (optional)

Banana slices
Blueberries
Chia seeds
Orange slices
Pumpkin seeds
Sunflower seeds
Shredded coconut

INSTRUCTIONS

1. First prep any smoothie toppings that you would like to put on top of your smoothie, then set aside.
2. Make the smoothie: put all the smoothie ingredients in your blender and blend until smooth and creamy. Add more or less orange juice depending on how thick you like the smoothie.
3. Pour the smoothie out into individual bowls and top with your desired toppings.
4. Eat and enjoy!

Citrus Parfait

Makes 1 citrus parfait

INGREDIENTS

1 orange | *cut into segments*
1/2 to 1 cup plain yogurt
2-3 tablespoons honey
1 tablespoon chia seeds
1/4 cup almond milk

INSTRUCTIONS

1. Soak the chia seeds in a cup with 1/4 cup almond milk for 20 minutes, until thickened.
2. Mix the plain yogurt with the honey until well blended.
3. Make the parfait by layering a few spoonfuls of each in the following order: (1) Yogurt (2) Chia Seed Pudding (3) Citrus Slices
4. Top it all off with a drizzle of honey, and your preferences of additional fruit, seeds, or nuts!