

# recipe *Rainbow Veggies*

## ingredients

*Red Beets*

*Orange Carrots*

*Yellow Bell Pepper*

*Green Celery*

*Purple Cabbage*

## directions

*Slice vegetables of various colors. Give each child a plate with 1/2 cup of a variety of rainbow veggies with at least one slice of each color vegetable to try.*

*Have them arrange their vegetables in the shape of a rainbow in color order. This is a great snack when you are talking about rainbows in your circle time.*

*Blue vegetables are mostly non-existent in nature but you can sometimes find a South American blue potato. Be creative! Serve with 1/2 cup milk.*



*Snack Crediting: 1 Serving for ages 1-5*

**CREDITABLE**

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