

grinch kabobs + dip

INGREDIENTS

Grapes
Strawberries
Banana
Mini marshmallows
Toothpicks
1 package cream cheese
3/4 c yogurt
8oz whipped topping
7oz marshmallow cream



DIRECTIONS

1. Thread 1 grape, 1 banana slice, 1 strawberry (narrow end facing up), and 1 marshmallow onto 1 toothpick
2. Repeat with remaining grapes, banana slices, strawberries and marshmallows to make grinch heads
3. To make dip: in a large bowl, mix cream cheese and yogurt. Add in marshmallow cream and whipped topping.

LITTLE HELPERS

1. Provide your child a 'grocery list' to go shopping in the pantry; gathering materials provides opportunity to follow a plan, carry ingredients providing input to muscles and joints which is regulating to their body, and foster independence
2. Use child safe knife to cut strawberries and banana
3. Hold toothpick in one hand and thread fruit with the other promoting eye hand coordination, visual motor skills, and bilateral coordination
4. Mixing dip provides 'heavy work' (proprioceptive input) which is calming to the body