



## ingredients (per child)

### Taffy Apple Dip:

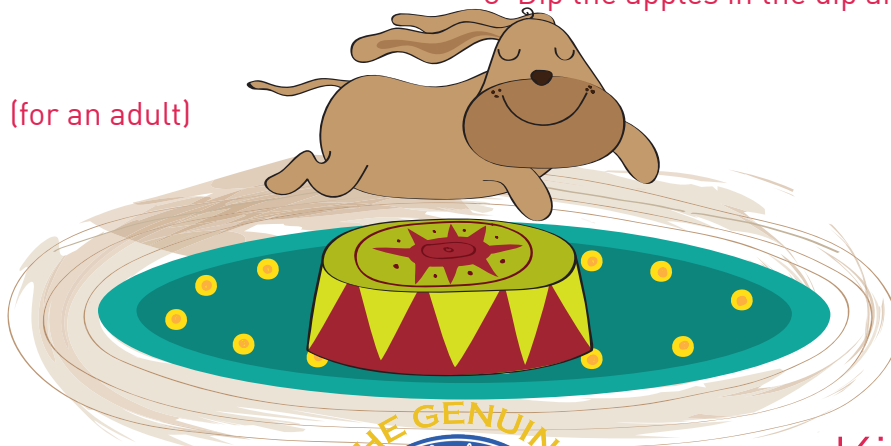
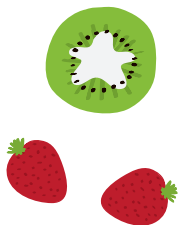
125g softened cream cheese  
½ cup packed brown sugar  
2 tsp vanilla  
1 or 2 apples for dipping

### Poppy Seed Lime Dip

1 cup Greek yoghurt  
2 tbsp honey  
Zest of 1 lime and its juice  
½ tsp poppy seeds  
Melon, grapes, berries, and bananas for dipping

## materials (per child)

1 medium bowl  
2 small bowls to serve the dip  
1 big spoon  
1 teaspoon  
1 tablespoon  
1 butter knife  
1 peeler  
1 whisk  
1 grater  
A sharp knife (for an adult)

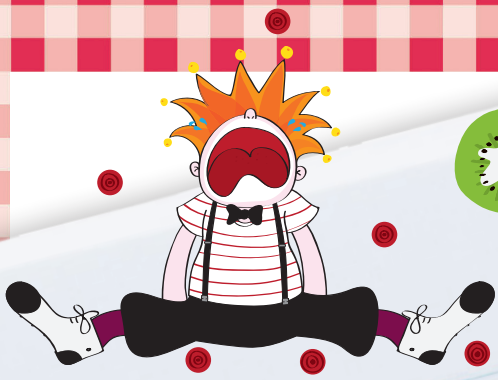


## POPPY SEED LIME DIP

1. Beat Greek yoghurt, honey, lime juice, zest (grated lime peel), and poppy seeds in a bowl.
2. Mix well using a spoon.
3. Let the dip sit for 5-10 minutes while you prepare the fruit.
4. Cut strawberries in half, slice melon and banana.
5. Dip the fruit in the dip and enjoy!!

## TAFFY APPLE DIP

1. Beat the cream cheese, brown sugar, and vanilla together using the whisk until well blended.
2. With an adult's help, peel the apples and cut into slices.
3. Dip the apples in the dip and enjoy!



→ Circle the kitchen utensils you need to make this recipe!

