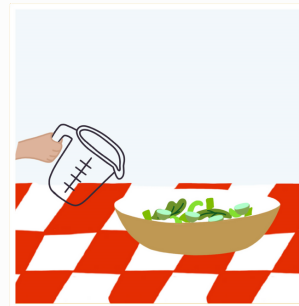




COOK ALONG RECIPE:

Waldorf Salad



SHOPPING LIST



- Grapes - 1 cup



- Spinach - 2 cups



- Celery - 2 stalks, diced



- Apple - 1/2, diced



- Yogurt- 4 Tablespoons



- Honey - 1 teaspoon



- Salt as needed

PREP LIST

- Wash produce
- Dice celery
- Dice apple
- Measure all ingredients

FINE MOTOR SKILLS



- Slicing



- Mixing

1

Slice each grape in half and place in a bowl.

2

Add the spinach, celery and apple to the bowl and mix well to combine.

3

In a measuring cup, mix together the yogurt, honey and salt to taste. Pour over the salad and toss to coat evenly with the dressing.



Tools:

