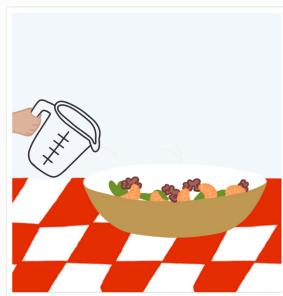




COOK ALONG RECIPE:

Citrus Salad



SHOPPING LIST

-  Clementines - 3 whole
-  Dried cranberries - 1/4 cup
-  Spinach - 2 cups
-  Olive oil - 4 teaspoons
-  Lemon juice - 2 teaspoons
-  Poppy seeds - 1 teaspoon
-  Honey - 1 1/4 teaspoon
-  Salt - as needed

PREP LIST

- Measure all ingredients
- Have all tools ready to go.

FINE MOTOR SKILLS



- Peeling
- Mixing
- Sprinkling

RECIPE

-  Peel each clementine. Then pull each segment apart. Put separated sections in a large bowl.
-  Add the cranberries and spinach to the bowl and mix well.
-  In a measuring cup, combine the oil, lemon juice, poppy seeds, honey and a pinch of salt. Mix well to thoroughly combine. Pour over salad before serving.



Fold

Citrus Salad

Tools:



Fork



Measuring Cup



Bowl

