



# Recipes



Preschool

## Pom-Mandarin-Cran Solstice Salad

**Prep time: 20 minutes**

**Makes: 10 servings**

### Tools:

- Food processor
- Mason jar
- Measuring cups
- Measuring spoons
- Bowls
- Forks

### Ingredients:

- 1 12 oz. bag fresh cranberries, washed
- 2-3 mandarin oranges, peeled and deseeded
- 1 pomegranate or 1 cup pomegranate seeds
- ½ cup sugar or honey

### Directions:

1. Talk to the children about the foods that are in front of them. Ask the children if they have ever tried any of the food items.
2. In a food processor, have children add cranberries, oranges and pomegranate seeds.
3. Blend the ingredients until minced. Children can help press the pulse button of the food processor.
4. Add ¼ cup of sugar at a time and blend.
5. Taste as you may not need to add more sugar if sweetness is to your liking.
6. Store salad in a lidded jar. This salad can keep for up to 2 weeks in the refrigerator.

