



FOURTH OF JULY!

Festive Vegetarian Snacks!

These 4th of July treats are all vegetarian, and are all patriotic! Show your red white and blue pride with these festive options that are both delicious and healthy!



SALAD SKEWERS

watermelon balls
mozzarella balls/pearls
blueberries
fresh mint, chopped

- Place a watermelon ball, a mozzarella ball and a blueberry (find bigger blueberries if you can!) in a red, white and blue pattern onto your skewer.
- Garnish with fresh mint for a splash of color and flavor!



PATRIOTIC POPSICLES

strawberries
blueberries
Greek yogurt (or full fat coconut milk for vegan)
sweetener

- Pureé strawberries (sweeten if desired)
- Pureé blueberries (sweeten if desired)
- Mix yogurt/coconut milk with sweetener (unless yogurt is already sweet)
- Layer into popsicle molds with the heaviest/most dense mixture going in first
- Freeze for 4 hours or overnight!



RED WHITE & BLUE PARFAIT

strawberries
blueberries
coconut whipped cream
(or whipped cream of choice)

- Layer strawberries, and blueberries into the jar, with a piping of coconut whipped cream in between each.

