

RED, WHITE, & BLUE SNACKS

GROCERY LIST:

FRUITS:

- Fresh strawberries
- Blueberries
- Raspberries
- Seedless watermelon
- Red plums (or extra raspberries)
- Blackberries
- Sweet cherries
- Bananas
- Apples (peeled for toddlers)

DAIRY:

- Plain or vanilla whole-milk yogurt
- Plain yogurt (for popsicles and frozen bites)
- Plain Greek yogurt
- Whipped cream cheese
- Plain cream cheese

OTHER:

- Mini rice cakes
- Apple juice (or water for blending popsicle layers)

PANTRY/BAKERY:

- Graham cracker crumbs
- Soft granola crumbs (optional, for parfaits)
- Mini muffin mix (or ingredients for low-sugar vanilla batter)
- Quick oats
- Nut or seed butter (peanut, almond or sunflower butter)
- Maple syrup
- Vanilla extract
- Puffed rice cereal (plain or colored)
- Mini marshmallows
- Butter
- Red and blue sprinkles (optional)

