

FEBRUARY 2025

FEBRUARY IS THE MONTH OF LOVE AND BUYING CANDY.

WHICH MEANS.....

VALENTINE'S DAY IS RIGHT AROUND THE CORNER!

VALENTINE'S DAY IS OFTEN FILLED WITH SUGARY SWEETS, BUT YOUR LITTLE ONES CAN ENJOY A HEALTHIER TREAT THAT WILL MAKE THEM FEEL SPECIAL, WHILE KEEPING THEIR HEALTH IN CHECK.

YOUR KA FOOD SERVICE MANAGERS HAVE A FEW IDEAS FOR YOU

### Frozen Strawberry Yogurt

#### Bites

These snacks are easy to make and only takes about 10 minutes using 2

ingredients

#### Ingredients:

strawberries

Greek yogurt

Honey (optional)

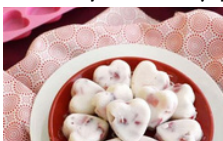
#### Materials:

Heart-shaped candy mold

large bowl

large spoon

Wash strawberries under cool water for 20 seconds and let them dry. Chop strawberries and add to mixing bowl, along with the Greek yogurt and honey. Stir until all is well combined. Spoon the mixture into the molds. Freeze them for a few hours until they are set. Pop them out when you are ready and enjoy!



-Ms.Pariss  
KA Des Peres

### Stuffed Strawberries

#### Ingredients:

Strawberries

1C.cream cheese

1/4c powdered sugar

honey (optional)

#### Materials:

bowl

spoon

piping bag or

ziploc bag

wash strawberries and cut tops off. Cut an X into the top.

In a bowl combine 1C of cream cheese and 1/4c powdered sugar.

Place this mixture in a piping bag. Fill strawberries by squeezing mixture through the piping bag (or ziploc bag)

If you choose, drizzle some honey over the top.

Enjoy!



-Mr.TJ  
KA Chesterfield

### Sweet Pretzel Valentine's Day Treat

#### Ingredients:

pretzel rods

candy melts

sprinkles or other topping choice

#### Materials:

wax paper

baking sheet

microwave safe bowl

spoon

Melt candy melts as instructed on the package.

Dip one end of pretzel in melted candy.

Then dip in sprinkles or your topping choice.

Lay on wax paper covered baking sheet.

Once you have finished, place in the refrigerator until coating has hardened.

Enjoy!



-Ms.Melissa T  
KA O'Fallon