

# WINTER EDIBLES

## PLAN IT!

Plan your meal to  
save time and money.

Food I already have  
in my pantry to  
prepare this recipe:

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Food I need to  
purchase to  
prepare this recipe:

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## PREPARE IT!

### Ingredients

- 1 large honeycrisp apple
- 1 large Granny Smith apple
- 2 medium oranges
- 1/4 tsp orange zest (optional)
- 2 large lemons, juiced
- 3/4 tsp cinnamon
- 2 Tbsp honey,
- 1/2 - 3/4 cup raw walnuts
- 2 tsp fresh dill (optional)

### Instructions

1. Dice your apples, add to a large mixing bowl. Add in the lemon juice.
2. Peel and slice oranges, add to bowl.
3. Add in the cinnamon and walnuts, everything very well.

## TIPS

- Chill fruit before preparing.
- Wash your fruit carefully.
- You can use other fruits (pomegranate, etc.)

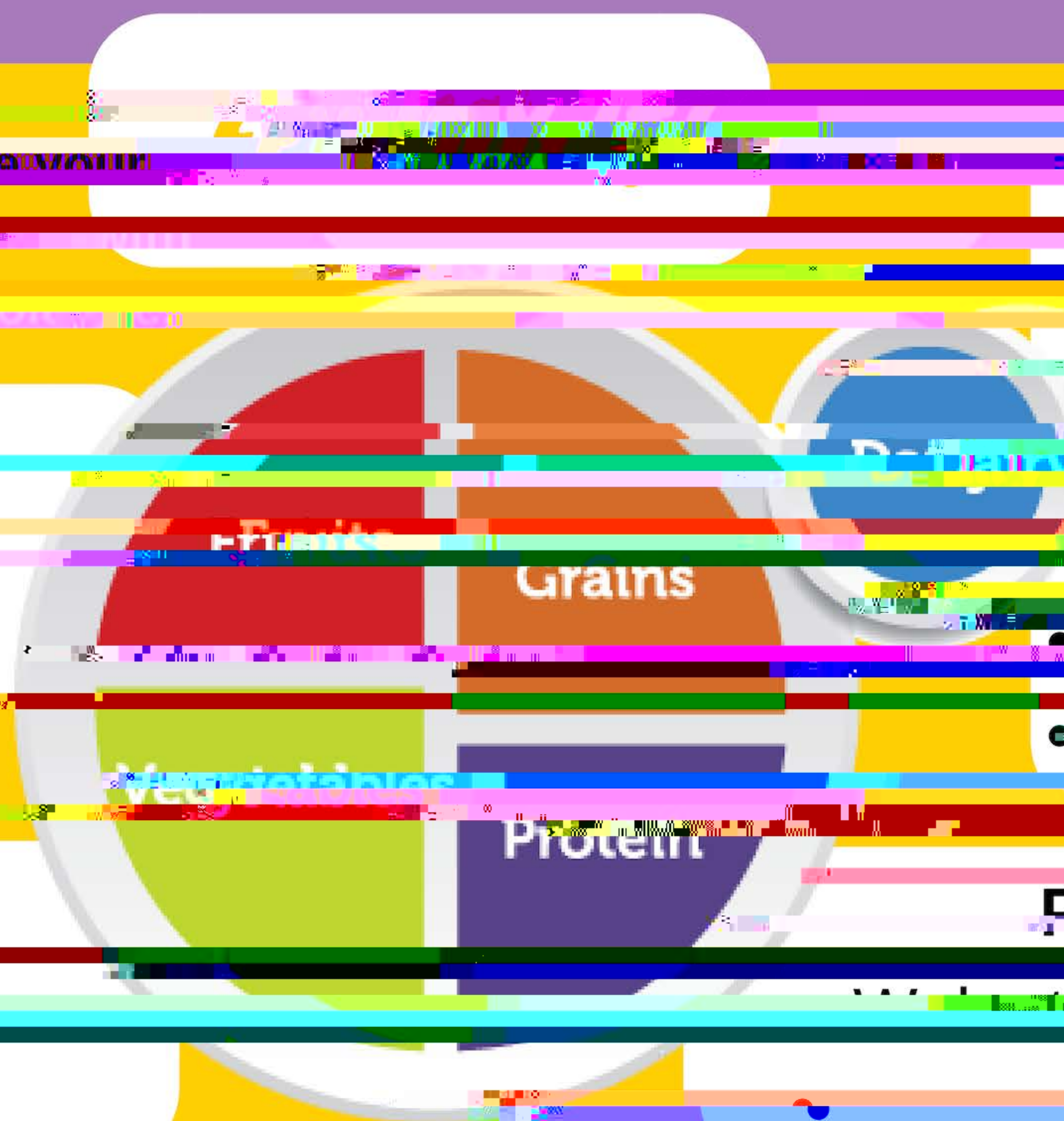
meal. **Food** and **one** **marks**  
your **for** your **choice**

### Fruits

- Fruit salad
- \_\_\_\_\_

### Vegetables

- Roasted chickpeas
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### Dairy

- Cottage cheese

### Grains

- Popcorn

### Protein

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