



Virtual Purple Museum

CREATE A RECIPE WITH POTTER THE OTTER!

It's time for a healthy eating party, so turn up the beet! We think that simple recipes are a jumping off point for learning to cook while focusing on what's important: delicious fruits and vegetables that keep you healthy and happy. This is the foundation of our Potter the Otter: A Healthy Adventure exhibition, made possible by the generosity of FIRST 5 Santa Clara County.

So we issue you a challenge: to come up with a 7-ingredient recipe featuring your favorite foods to try out with friends and family. Check out a few of our favorite recipes, then make up your own on the second page. Whatever you come up with, we guarantee it'll be a big dill!



PICO DE GALLO

WHAT'S YOUR RECIPE CALLED?

WRITE OR DRAW YOUR 7 (OR LESS!) INGREDIENTS

4 large
fresh
tomatoes,
chopped
finely

1 small
white onion,
chopped
finely

1-2 finely
chopped
jalapeños
add to
taste

1 lime, or
1/4 cup
lime juice

1 tsp salt,
or to taste

1 bunch
fresh
cilantro,
chopped
finely

Tortilla
Chips!

HOW DO YOU MAKE IT?

1. Prep all of your ingredients.
2. Mix everything (except the chips, of course) in a bowl.
3. Taste it! Is there enough salt? Does it need more lime? Adjust accordingly.
4. Let the pico de gallo marinate in the fridge for 10-15 minutes to intensify the flavors.
5. Eat with tortilla chips and enjoy!

FROZEN YOGURT BITES

WHAT'S YOUR RECIPE CALLED?

WRITE OR DRAW YOUR 7 (OR LESS!) INGREDIENTS

3 very ripe
bananas

1 cup
nonfat
greek
yogurt

2 tsp of
peanut
butter or
sunflower
seed butter

1 tsp honey
(optional)

Low-sugar
granola
(optional
for
topping)

Cacao nibs
(optional,
for
topping)

HOW DO YOU MAKE IT?

1. Peel and mash 2 of your bananas in a large bowl.
2. Add the yogurt and the peanut butter or sunflower seed butter and honey to the bananas and mix well.
3. Spoon the yogurt mixture into a lined muffin tin, filling each cup about 3/4 of the way.
4. Slice up the 3rd banana and top each yogurt bite with sliced bananas and any additional toppings.
5. Freeze yogurt bites until solid, then eat and enjoy!

WRITE OR DRAW YOUR 7 (OR LESS!) INGREDIENTS

HOW DO YOU MAKE IT?

This image shows a single sheet of white paper with ten horizontal orange lines. The lines are evenly spaced and run across the width of the page, leaving margins at the top and bottom. There is no handwriting or other markings on the paper.