



## Get Up and Go! Recipes

### Tubby Custard

For 8-10 half-cup servings, you will need:

1 lb. bag of frozen strawberries

1 lb. container of vanilla low-fat yogurt

Potato masher

Large bowl

Serving bowls

Straws (optional!)

Defrost the strawberries for 30-60 minutes on the kitchen counter or in the refrigerator. They should be very soft. Empty the strawberries into a large bowl. Mash them well with the potato masher. When the strawberries are well mashed, empty the vanilla yogurt into the strawberry bowl and mix well until the yogurt is a lovely shade of pink. The natural sweetness of the strawberries and the sweetener in the vanilla yogurt should make your tubby custard sweet enough without the addition of sugar or honey. Have a big bowl of tubby custard. Then have a big hug!

(You can also use any yogurt and add a drop of red food coloring to make it look pink like Tubby Custard if you don't have the time to make your own from the recipe.)

### Tubby Toast

Toast a slice of bread (preferably whole wheat), cut in circle with a cookie cutter or knife. Use raisins to make a happy face for your Tubby Toast.

You can also use sugar or ginger cookies and decorate the cookie with a smiley face to create Tubby Toast.

**REMEMBER:** The healthier and happier the better!

\*An adult should always supervise the preparation of any Teletubbies food item.