

RAINBOW FRUIT BOARD



CANADA AGRICULTURE AND FOOD
MUSEUM – MUSÉE DE L'AGRICULTURE
ET DE L'ALIMENTATION DU CANADA

Program

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Location:

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For a nutritious and colourful St. Patrick's Day treat, follow the fruit rainbow to the "pot of gold" oatmeal bites!

Ingredients

For the "rainbow" fruits:

- 1 cup (250 mL) each of your choice of fruit in the colours of the rainbow, such as strawberries, raspberries, blueberries, blackberries, clementines, pineapple, red and green

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grapes, kiwis, etc.

For the “pot of gold” oatmeal bites:

- 1 cup (250 mL) large flake oats
- ½ cup (125 mL) peanut butter, or any other nut/seed butter
- ¼ cup (60 mL) maple syrup
- ½ cup (125 mL) semi-sweet chocolate chip

For the “cloud” yogurt dip:

- 1 cup (250 mL) plain Greek yogurt
- 2 tbsp (30 mL) honey
- Juice and zest of one lemon

Preparation

For the “rainbow” fruits:

1. Set out a platter or fruit tray. Wash fruit thoroughly and pat to dry.
2. Peel the clementines and chop some of the fruit for display.
3. Working from top to bottom, arrange each fruit in the colours of the rainbow.

For the “pot of gold” oatmeal bites:

1. Place oats, peanut butter, maple syrup, and chocolate chips in a medium bowl. Stir until well combined.
2. Cover and refrigerate for 15 minutes, to firm up.
3. Remove from the fridge and roll into bite-sized balls. Place the balls in a small bowl at the bottom of your rainbow fruit tray, to look like a pot of gold.

Tip: For optimum freshness, these balls should be stored in the fridge in a sealed container for up to one week. Makes 40 mini bite-sized balls.

For the “cloud” yogurt dip:

1. In a small bowl, mix the Greek yogurt, honey, lemon juice and lemon zest together until well blended.

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2. Place it at the top of the fruit tray, to look like a cloud. Cut a piece of lemon and place it on the tray to look like the sun.

Serve and enjoy!

