

Watermelon and Berry Salad

Watermelons, strawberries, blueberries, raspberries and blackberries make this sweet and zesty dish a summer staple!

Blueberry Popsicles

Blueberry popsicles made with honey and yogurt are the perfect treat to keep you cool during hot summer days.

Kale Chips

Watch these chips disappear – kids and adults equally love them.

Roasted Pumpkin Seeds

A great snack to take on a fall hike or bag up and save until winter.