

VALENTINE'S DAY FEBRUARY 14!

STRAWBERRY HEART KABOBS



Ingredients:

- Strawberries
- Skewers/Plastic Coffee Stirrers

Instructions:

- Slice strawberries in half
- Slide strawberries onto skewers or stirrers

CUCUMBER HEARTS



Ingredients:

- Cucumbers

Instructions:

- Cut cucumber at a 45° angle into thin or thick slices
- Cut slices again at a 45° angle
- Flip one side over to form heart

NOTE: Check out Video!

<https://www.youtube.com/watch?v=HLBSkgC8Sh8>

GRAPE HEARTS



Ingredients:

- Green/Red Large Grapes
(Longer grapes work best)
- Cocktail Toothpicks/Plastic Coffee Stirrers/Low-Fat Cream Cheese

Instructions:

- Cut grapes in half at a 45° angle
- Separate out each grape half
- Place cut sides together to form heart
- Hold grape heart together with toothpick, stirrer or cream cheese

NOTE: Check out Video!

<https://www.youtube.com/watch?v=yQdnDx0K-PE>

TOMATO HEARTS



Ingredients:

- Grape Tomatoes
- Cocktail Toothpicks/Plastic Coffee Stirrers
- Low-Fat Dip/Hummus/Guacamole/Low-Fat Cream Cheese

Instructions:

- Cut tomato in half at a 45° angle
- Rotate one half of tomato around to form heart
- Hold tomato heart together with toothpick, stirrer, dip, hummus, guacamole or cream cheese