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

**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

**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

NOTE: Check out Video!
https://www.youtube.com/watch?v=yQdnDx0K-PE

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