



# B&O JUNIOR JUNCTION

## KID AND DRAGON-FRIENDLY SALSA

### MILD DRAGON-FRIENDLY VEGGIE SALSA

#### INGREDIENTS:

4-5 Tomatoes  
½ Green Bell Pepper  
1 tbsp Onion (optional)  
1 Lime or 2 tbsp Lime Juice  
1 tbsp Cilantro (optional)  
1 Grownup

1. With the help of your grown-up, chop up your tomatoes, green pepper, and onion into medium-sized chunks.
2. Mix all chopped vegetables together in a large bowl.
3. Add lime juice and cilantro to chopped vegetables and stir to combine.
4. Serve with chips or tacos and enjoy!



### SWEET DRAGON-FRIENDLY FRUIT SALSA

#### INGREDIENTS:

1 pint Strawberries  
Apples (Granny Smith works great)  
1 small container of Blueberries  
2 Kiwis  
Juice of 1 Lemon  
¼ cup Granulated Sugar or Sugar Substitute  
1 Grownup

1. With the help of your grown-up, chop up your favorite fruits into medium-sized chunks in a large bowl.
2. Carefully pour your lemon juice over fruit mixture. Then pour granulated sugar over fruit.
3. Stir well and make sure lemon juice and sugar are spread evenly though chopped fruit.
4. Serve as a fun topping with waffles or pancakes, or eat with a spoon. Enjoy!



***Don't forget to cover and refrigerate any leftover salsa!***