The Art of Food with Growing Chefs! Ontario

**Ingredients:**
Greek yogurt (1 cup per person)
Fresh fruit and berries (about 1 cup per person, assorted)
Honey or maple syrup to sweeten
Vanilla
Dried fruit (optional)
Coconut (optional)
Chia seeds (optional)
Granola (optional)

**Equipment:**
Blender
Cutting board
Paring knife
Small cookie cutters (optional)
Spoons
Bowls
Spatula
Dish towel