



DINNER ROULETTE

Divide the 4 ingredient lists by cutting along the dotted lines. Fold each of the ingredient pieces in half, place into a bowl and divide the family into teams. Pick one ingredient list from the bowl to see what ingredients you have to cook with. Challenge other family members or friends to make a meal using all the ingredients and let everyone decide whose tastes the best!



Cut out into 4 cards using the dotted line as a guide!

INGREDIENTS:

1. CLOUD 9
2. SPAGHETTI NOODLES
3. GROUND BEEF
4. FRESH BASIL
5. PARMESAN CHEESE

RECIPE NAME: _____

INGREDIENTS:

1. MINI SWEET PEPPERS
2. RICE
3. CHICKEN BREAST
4. GINGER
5. AVOCADO OIL/COCONUT OIL

RECIPE NAME: _____

INGREDIENTS:

1. MINI CUCUMBERS
2. BREAD/OR LETTUCE
3. BACON
4. AVOCADO
5. MARBLE CHEESE

RECIPE NAME: _____

INGREDIENTS:

1. PURPLE EGGPLANT
2. PIZZA/CAULIFLOWER CRUST
3. PEPPERONI
4. TOMATO SAUCE
5. MOZZARELLA

RECIPE NAME: _____



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