

## **Tu Bishvat Recipe for the Seven Species Cooking Competition**

### **Fruit kebab**



Any fruits add some chocolate sauce or marshmallow and put in on a kebab stick

Make up a sauce with the ingredient provided.

### **Fruit bowl salad**



Core the inside of an apple or a small watermelon and make a salad with the rest of the ingredient to put in the apple.

### **Fig and Cream Cheese Sandwiches**

#### **Ingredients:**

- 8 slices of wheat & barley bread
- 10 ounces soft cream cheese or Tofutti Cream for a dairy free option
- 14 large fresh figs, ends removed and thinly sliced

*Makes 4 sandwiches*

To assemble the sandwiches: layer cream cheese, fig slices, making sure that cream cheese is the first and last layer for each sandwich (it should be touching the bread).

You can also add any ingredients to the recipe



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### Stuffed Dates



<http://www.kveller.com/article/recipes-for-tu-bishvat/>

#### **Ingredients:**

- 5 dates
- 2 ounces soft goat cheese (not crumbled), you can also use cream cheese or Tofutti cream cheese for a dairy free option
- pomegranate juice

*Makes 10 bites*

Cut the dates in half and take out the pits. Scoop out a small amount of flesh from each side to make a slightly larger cavity. Stuff each half with goat cheese; about 1 to 1 ½ teaspoons per date half. Arrange on a serving platter, cheese side up, and drizzle with pomegranate syrup (a little goes a long way) immediately before serving. Or you can put the syrup on the side for dipping. Serve at room temperature.

### Fruit Salad

Choose a variety of fruits to chop up into a salad. Save the juices and use them for a dressing.

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### Fruit Animals

<http://jewitup.com/kid-friendly-tu-bishvat-recipes-from-education-com/>



[Fruit Animals recipe](#) originally printed on Education.com.

### **Ingredients:**

1 mango  
1 cored apple  
Small pieces of colorful dried fruit  
Slices and pieces of fresh fruit (seeds and skin removed as appropriate)  
Nuts  
Seeds  
Fruit “leather”  
Ready-to-use icing (to use as ‘glue’)

### **Instruction:**

1. Gather all the ingredients and display them on a tray, so your child can easily view the materials that he has available to work with.
2. Get your child to stick two small pieces of candy onto the apple as “eyes,” using the icing as glue.
3. Invite him to decorate the rest of the creature using the dried fruit. Here are some suggestions:
4. Use mango strips or halved dried apple rungs as ears.
5. Use fruit leather cut into fine strips as hair.
6. Use halved fresh seedless grapes, small nuts, raisins or seeds for eyes.
7. Use a peeled, cored halved fresh pear into a mouse! Just add raisin eyes, almonds as ears, and a thin strip of fruit leather as a tail.
8. Make a fresh mango hedgehog! Slice a side of mango and cut the flesh in a criss-cross pattern, being careful not to cut through to the skin. Then carefully turn it inside-out to reveal a hedgehog shape. He can also add eyes, a raisin nose, and fruit leather whiskers!
9. When your child has finished decorating, his fruity creature will be ready to eat!



## Tu Bishvat Recipe for the Seven Species Cooking Competition

### Chocolate with fruits and nuts in an ice cube tray



#### **Ingredients:**

Ice cube trays

Bag of chocolate chips or chocolate bar

A microwave or a small pot and a stove (use by an adult)

A microwavable safe bowl and spoon

A selection of fruits and nuts (strawberries, dates, figs, nuts...)

#### **Directions:**

1. Ask the students to cut the chocolate in pieces or pour the chocolate chips in a microwavable safe bowl or on a small pot.
2. Have the kids cut and dice fruits and nuts.
3. Ask an adult to melt the chocolate using either the microwave (use 50% power and stir every 20 seconds) or on the stove in a double boiler.
4. Because melted chocolate can cause burn, the adult should fill each tray ice cube slot about 2/3 full with chocolate.
5. The kids can place the fruits and/or nuts in each slot
6. Place tray in refrigerator and chill for at least one hour until chocolate is set



## Tu Bishvat Recipe for the Seven Species Cooking Competition

### Olive dip



#### **Ingredients;**

2 cups of black or green olives, rinsed and drained

2 garlic cloves

2 tablespoon of mayonnaise

food processor

#### **Direction;**

1. Place olives and garlic in the work bowl of a food processor. Pulse until olives are coarsely chopped.
2. Add mayonnaise and pulse until just blended.
3. Eat with wheat crackers