



# Princess Popcorn



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# Bejeweled Princess Parfait



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# Butterfly Hair Clips



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# Powerful Princess Activity



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# Bejeweled Princess Parfait

Makes 4 Servings

## Ingredients

- ♥ 1 cup low-fat granola or whole grain cereal
- ♥ 1 cup non-fat plain yogurt (may substitute with non-fat Greek Yogurt)
- ♥ 1 pound berries (e.g.: blueberries or raspberries, or strawberries- stemmed and sliced)
- ♥ Mint sprigs (for garnish)

## Preparation

In each parfait glass, layer 3 tbsp. cereal, 1/4 cup yogurt and 1/8 cup berries. Repeat layers. Top with 1 mint sprig.



The Mickey Check makes it easier to identify nutritious foods in stores, online and on vacation at Walt Disney Parks & Resorts.



# Princess Popcorn

Makes 8 Servings

## Ingredients

- ♥ 3 tbsp. honey
- ♥ 1/4 cup no added sugar strawberry jelly
- ♥ 1/2 cup natural peanut butter (no added sugar) or other no added sugar nut spread
- ♥ 4 cups popcorn
- ♥ 1 tbsp. vegetable oil
- ♥ 1/4 tsp. salt
- ♥ 1 tsp. water



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## Preparation

1. Cook popcorn in a popcorn maker with oil.
2. In a medium sauce mix together peanut butter, honey, and salt over medium heat. Cook for 2-3 minutes constantly stirring. Set aside and cool for 5 minutes.
3. Place 4 cups of popcorn in a large bowl and coat with peanut butter mixture
4. Thin the jelly out with water and drizzle with jelly. ENJOY!



# Powerful Princess Activity



1. Get started by asking everyone to sit in a circle.
2. Tell the group about what makes a Powerful Princess. Use these qualities as examples: "A Powerful Princess is...Kind, Courageous, Curious, Adventurous"....
3. Next, ask for a volunteer to be the first Princess to sit in the middle of the circle.
4. Then find a Princess prop like a tiara or amulet.
5. Go around the circle and have each child hold the Princess prop and say something kind about the Princess who is sitting in the middle.
6. Keep passing the Princess prop until everyone in the circle has had a chance to share something kind.
7. Have each child get a turn sitting in the middle of the circle.
8. Finish by having everyone say together, nice and loud, "I am a Powerful Princess!"



# Butterfly Hair Clips

1. Cut\* out the butterfly shapes.



2. Decorate your butterflies!



3. Attach\* butterflies to hair clips with glue.



*Note: Cutting and attaching hair clips is intended for grown-ups only.\**