

## Secret Ingredients

Divide the participants into teams. Lay out a bunch of ingredients on the table. Tell the teams that they have a short period of time to create a dessert using only those ingredients. Tell them that they will be judged on how it looks as well as how it tastes. Start the timer. After the time is up have one person from each team go around and try the desserts and give them a rating from 1-10. After the winner has been announced let everyone eat all the desserts. Fun game that could involve a nutrition lesson (how many calories, how many servings of fruit, etc.)