

Recipe

Whole Graing Snacking Cookies

INGREDIENTS:

1½ cups whole wheat flour
½ tsp. baking soda
1 tsp. baking powder
½ tsp. salt
½ cup rolled oats
¼ cup chia seeds
½ cup butter, softened
½ cup sunflower seed butter
½ cup pure maple syrup
2 eggs
1 tsp. vanilla extract
1 cup raisins
1 cup chocolate chips

*Caution: Always check for allergies before serving foods. Make substitutions as needed

DIRECTIONS:

Heat oven to 375°F. Whisk flour, baking soda, baking powder, salt, oats, and chia seeds together in a medium bowl. Set aside. In a separate bowl, beat together butter and sunflower seed butter. Beat in maple syrup, eggs, and vanilla extract. Add flour mixture and stir to combine. Stir in raisins and chocolate chips. Line a baking sheet with parchment paper. Scoop cookie dough onto the baking sheet. Bake for 12–15 minutes until light golden brown. This recipe makes approximately 12–15 cookies.



Recipe

Fall Apple Dip

INGREDIENTS:

variety of sliced apples
6 oz. plain yogurt
1/8 tsp. salt
2 tsp. pure maple syrup
1/4 cup brown sugar
1 tsp. pure vanilla extract

*Caution: Always check for allergies
before serving foods. Make
substitutions as needed

DIRECTIONS:

Have children wash their hands. Do they remember why they should wash their hands before cooking and eating food? Invite children to help you combine the salt, maple syrup, brown sugar, and vanilla extract in a saucepan. Cook over low to medium heat, stirring constantly until the mixture thickens (adult only). Remove from heat and stir in yogurt. Even though this step should be done by an adult, tilt the saucepan so children can see the thickened mixture. Place in small serving bowls and let cool (dip will thicken as it cools). Wash a variety of apples and invite children to help cut the apples for snacking. Offer the apples and dip to the children. Which kinds of apples do they like best with the dip?

