

## **Nutrition Education**

The following recipe is rich in beta carotene which our bodies convert to vitamin A. This is a fun and easy recipe to make with kids, especially in the fall. Let your child smell each spice as you help them measure out the right amount to add to the recipe. A preschool child could prepare this recipe with a little adult assistance (except for heating it on the stove). Feel free to adjust the amounts of the spices in this recipe to suit your family's taste.

### **Pumpkin Butter**

15 oz can pumpkin puree  
1/2 tsp ginger  
1/4 tsp cloves  
1 tsp cinnamon  
1/4 tsp nutmeg  
1/4 cup brown sugar  
1/2 cup apple juice

Combine ingredients, heat through. May serve warm or cold; goes well with graham crackers or on toast, pancakes or muffins.



The recipe below is another great one to make with kids. Children will enjoy measuring the ingredients and stirring them all together. This dip is protein rich thanks to both the Greek yogurt and the peanut butter and is perfect for dipping apples, bananas or anything else you wish!

### **Peanut Butter Honey Yogurt Dip**

Ingredients:

1 (6 oz) container plain Greek yogurt  
3 tablespoons creamy peanut butter (or your favorite nut or seed butter)  
3 teaspoons honey

Directions:

In a small bowl, combine Greek yogurt, peanut butter, and honey. Stir until combined and smooth.

