

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. 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.



Reindeer

Ritz Crackers
Peanut Butter
Raisins
Dried Cranberries
Small Pretzels

Spread the peanut butter on the Ritz Crackers and use the raisins and dried cranberries to decorate. Add the pretzel "antlers" and your reindeer is complete. Almond butter, soy nut butter or light, whipped cream cheese can be substituted for the peanut butter if you wish.

