

A TASTE OF WINTER

SNOWBALLS

Ingredients:

- 1 banana
- 1/2 cup chunky peanut butter or use a different nut butter for kids with peanut allergies
- 1/2 cup toasted wheat germ
- Shredded coconut for coating

Instructions

1. In a medium bowl, mash together the banana and the peanut butter.
2. Stir in the wheat germ. Roll individual tablespoons of the mixture into balls,
3. Then roll the balls in a mixture of wheat germ and coconut.

Makes 14 snowballs

FESTIVE PARFAITS

Ingredients:

- Low-fat vanilla yogurt
- Frozen strawberries or raspberries, thawed
- Kiwi, peeled and sliced
- Granola

Directions:

1. Layer in each cup: yogurt, fruit, and granola. Eat and enjoy!



SNOWMAN ON A STICK

Ingredients:

- Bananas
- Dried apricot
- Apples
- Grapes
- Wooden coffee stirrers
- Mini chocolate chips
- Pretzel sticks



Directions:

1. For each snowman, you will need three thick slices of banana, 6-10 chocolate chips, one pretzel (kids break in half), a cut triangle sliver of dried apricot (can use kitchen scissors for this), on half of an apple wedge, and one grape.
2. Have kids slide the banana slices onto the skewer, then use the dried apricot slivers for noses, mini chocolate chips for eyes and buttons, and pretzel sticks for arms.
3. Eat and Enjoy!

Adapted by a Family Fun recipe

REINDEER NIBBLES

Ingredients:

- 3 cups popped popcorn
- 1 cup almonds (optional)
- 1/2 cup dried cranberries
- 1/2 cup golden raisins
- 1 cup mini pretzels



Directions: In a medium bowl mix together all ingredients. Use a large spoon

**HAVE A HAPPY HEALTHY HOLIDAY
WITH THIS
HARVEST OF THE MONTH
RECIPE!**



Pumpkin Apple S'mores



PUMPKIN FILLING DIRECTIONS

1. Use a can opener to open the pumpkin pie mix.
2. Empty the whole can of pumpkin pie mix & 1 container of whipped cream cheese (8 oz.) into a bowl.
3. Stir well until large chunks of cream cheese are blended.



S'MORES DIRECTIONS

Note: You may want to make an assembly line for people to make their own S'mores. * **Each person will get 1 full sheet of graham cracker (2 squares).**

1. Make the pumpkin filling as directed above.
2. Slice apples into thin wedges.
3. Place 1 graham cracker square on plate.
4. Use a knife to spread about **1 Tablespoon** of pumpkin filling on graham cracker.
5. Place 2 to 3 slices of apple on top of filling.
6. Top with 2nd graham cracker square and enjoy!



Challenge children to think! Place a pumpkin of any size on a table and have children try to name the following. You can probably think of lots more.

Another fruit that is orange.

Something about the same size as this pumpkin.

A vegetable that is orange.

An animal that eats pumpkins.

Something that would break if you threw this pumpkin at it.

Something bigger than this pumpkin.

Something that is heavier than this pumpkin.

Something smaller than this pumpkin.

Something that is lighter than this pumpkin.

Something that weighs about the same as this pumpkin.

Name 2 other winter squash varieties besides pumpkins.

Something harder than this pumpkin.

Name 2 ways squash can be prepared.

Something softer than this pumpkin.

Something than you could have balance on this pumpkin.