

# **Fall Foods**

## **First Grade: Apple Treats**

### Ingredients:

Apples

Cinnamon

### Supplies:

Apple corer or Knife

Sandwich bags

Measuring Spoons

### INSTRUCTIONS:

1. Core and slice one apple.
2. Measure  $\frac{1}{2}$  teaspoon cinnamon into bag.
3. Seal the bag.
4. Shake the bag until bag is coated with cinnamon.
5. Open the bag and add apple slices.
6. Seal the bag.
7. Shake the bag until apples slices are coated with cinnamon.
8. Open the bag and ENJOY!

# **Third Grade: Apple Waldorf Salad**

## **Ingredients:**

4 cups lettuce (optional)

2 red delicious apples (or apples of your choice)

¼ cups grapes halved

2 stalks celery sliced

½ cup plain fat free yogurt

## **Supplies:**

Mixing bowl

Knife

Cutting board

Measuring tools

## **Instructions:**

1. If using lettuce, shred and place into a bowl.
2. Dice apples and pour lemon juice over the apples so they won't turn brown.
3. Add grapes and celery to apples and stir together.
4. Stir yogurt over top and mix together.
5. Serve as is or mixed with lettuce.

## **Fourth Grade: Pumpkin Milkshakes**

### Ingredients:

1 can of pumpkin

1 pint of skim milk

$\frac{1}{2}$  gallon of fat free vanilla frozen yogurt

### Supplies:

Can opener

Blender

Scoop

### Instructions:

1. Put all ingredients in the blender.
2. Blend until the mixture is smooth.
3. Pour into cups and serve.

# **Fifth Grade: Pumpkin Smoothies**

## Ingredients:

½ cup pumpkin puree

¾ cup frozen pineapple chunks

1 ½ cups orange juice

2 Tbs. cinnamon

1 whole graham cracker

½ tsp. pumpkin pie spice

## Supplies:

Blender

Measuring tools

## Instructions:

1. Place pumpkin puree and frozen pineapple in the bottom of a blender.
2. Top with orange juice, yogurt, cinnamon, graham cracker, and pumpkin pie spice.
3. Puree until smooth, stopping to press pineapple down into the blades of the blender.
4. Pour into glasses and enjoy.

# Sixth Grade: Pumpkin Pancakes

## Ingredients:

2 cups flour

1 Tbl. granulated sugar

4 tsp. baking powder

1 tsp. salt

1 tsp. cinnamon

1 ½ cups milk

1 cup canned pumpkin

4 eggs, slightly beaten

## Supplies:

Stovetop with a griddle or frying pan

Measuring tools

Mixing bowl

Spatula

## Instructions:

Mix together dry ingredients.

Combine milk, eggs, and pumpkin. Stir into dry ingredients until just blended.

Pour about ½ cup on to hot griddle.

Cook until top bubbles, then turn and cook other side.