

Theme: Fall Foods

Date: October 13, 2020

Good morning StrongStart friends,

Today's email is put together by Ms. Hussain (from Henderson) and a circle time video from Teacher Valerie (Xpey').

Fall is a season that brings about delicious foods. Here is a list of popular fall foods. Which ones have you tried? Which ones do you like?

- Pumpkins
- Sweet potatoes and beets
- Cauliflower
- Fruits like apples, pears, grapes and persimmons
- Cranberries
- Green Leafy Vegetables
- Hot Chocolate!



Today, we will an Apple Cookie recipe for you to make at home (source: <https://www.yummytoddlerfood.com/recipes/desserts/apple-cookies/>) .

Ingredients

- 1 cup rolled oats

- 1 cup flour (whole wheat or gluten free)
- 1 TBSP ground flaxseed
- 1 tsp baking powder
- 1 tsp cinnamon
- 1.5 cup of grated apples (about 2 medium apples)
- 1 cup raisin
- 1/2 cup chopped nuts like walnuts or sunflower seeds (optional)
- 1/3 cup coconut oil, melted
- 1/3 cup honey or maple syrup
- Yogurt Icing (optional)

Instructions

- Gather ingredients.
- Grate the apples.
- Mix together all the ingredients in a large bowl using a wooden spoon. Place into the fridge to chill while the oven preheats.
- Portion out balls of dough and place onto prepared baking sheets. Press down the balls. Bake at 375C for 20-22 minutes.
- Top with yogurt icing, if desired.
 - Yogurt icing recipe - 2 tsp plain Greek yogurt and 1/4 cup powdered sugar.



After enjoying your delicious treats, let's do a cookies art project! Cut out a bunch of circles from brown construction paper. Lay out some markers, glue and scissors. You can use a variety of items to decorate the cookies, like flyers, old magazines, buttons, straws, sparkles, paint, yarn, anything!



After making your cookies, let's read a silly book called "There Was an Old Lady who Swallowed Some Leaves" by Lucille Colandro - https://youtu.be/YwzjH_iJrTo



If you're looking for more to do, join Teacher Valerie in a Mother Goose circle time (great for infants and toddlers) - https://youtu.be/phZgx1_idM4.

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