

PATCH Food Program Newsletter



Issue Number 3, August 2017

Recipe

Strawberry Muffins

- ½ Cup Mashed Bananas
- 1 Egg
- ½ Cup Cinnamon Applesauce
- 1 ¼ Cup Greek Yogurt
- 1 Cup Quick Oats
- 1 Cup Wheat Flour
- 1 tsp. Baking powder
- ½ tsp. Baking Soda
- 1 Cup Chopped Strawberries

1. Preheat oven to 350F
2. Combine the Mashed Banana, Greek Yogurt, Egg and Applesauce.
3. In a separate bowl, combine the Oats, Flour, Baking Powder and Baking Soda.
4. Mix the dry ingredients into the wet, little by little. Stir until everything is moistened, then fold in Strawberry pieces.
5. Pour batter into muffin tin cups until ¾ full.
6. Bake for 9-13 minutes or until cooked thoroughly.

Want to get your engine going?



Physical Activity Corner

Ring Toss: To make the ring pole, you can use a hot glue gun to glue a paper towel roll to a cardboard box or use filled water bottles. To make the rings, you can use an X-Acto knife to cut a circle in the middle of paper plate, make rings with rope and attach the ends together with duct tape or use glow stick bracelets.

Cooking with Your Children

Bugs on a Log

To make the “log,” cut celery into sticks. Keep the “bugs” attached to the log using peanut butter or yogurt.

You can use different fruits to make the bugs. Try making a caterpillar using a cherry tomato for the head and green grapes for the body or a snail using a round kiwi slice for the shell and a blueberry for the head. You can make butterflies using hard pretzels for wings and cherry for the head. With different sized fruit

and vegetable pieces, there are endless possibilities.

Nutrition Facts

Broccoli is a flowering plant a part of the cabbage family. It is rich in Vitamin K which helps with blood clotting and bone strength and Vitamin C which is an antioxidant, Chromium which helps regulate blood sugar, and Folate which helps with DNA synthesis and repair. Broccoli is also good source for dietary fiber which helps food move through the digestive system.

Cooking With...

Ulu-Breadfruit: When unripe, Ulu can be eaten and prepared like a potato. You can bake, steam, or boil it. Try making Ulu mash for lunch or bake some Ulu fries for a snack. It can also be added to soups and stews to provide different flavors and textures.

Food For Thought

Are waffles just pancakes with abs?

