Grocery List

- ☐ pineapple rings
- ☐ shredded carrots
- ☐ raisins
- ☐ grapes
- ☐ whole wheat flour
- ☐ cinnamon
- ☐ baking powder
- ☐ bananas
- ☐ butter
- ☐ milk
- ☐ maple syrup
- ☐ raw spinach
- ☐ eggs
- ☐ vanilla extract
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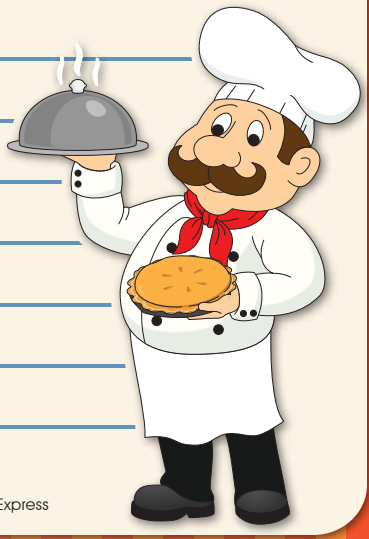

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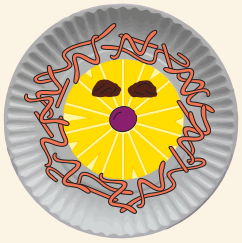
Lion Snack

Ingredients:

pineapple rings
shredded carrots
raisins
grapes, sliced in half



Give each child a paper plate. Have children select a pineapple ring to serve as the lion's head. Offer shredded carrots in a bowl, and invite children to use tongs to gather shredded carrots and place them on their plates. Have them use their fingers to sprinkle the carrots over the pineapple ring to serve as the mane. Offer raisins and sliced grapes for children to place in the center of the ring as eyes and a nose. Serve with a glass of milk.

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St. Paddy's Day Muffins

Ingredients:

2 cups whole wheat flour
1/2 tsp. cinnamon
2 tsp. baking powder
1/4 tsp. salt
2 medium bananas
1/2 cup butter
3/4 cup milk
1/3 cup maple syrup
6 oz. (approx) raw spinach
1 egg
1 tsp. vanilla extract

Preheat oven to 350°F. Spray muffin pans with non-stick cooking spray or line with baking cups. In a large mixing bowl, stir together the flour, cinnamon, baking powder, baking soda, and salt. Slice the bananas into the blender container. Melt the butter and add to the bananas. Add the milk, maple syrup, raw spinach, egg, and vanilla extract. Blend on high until completely smooth. Pour the green mixture into the bowl of dry ingredients and gently stir. Spoon into prepared pans and bake for 18-22 minutes or until firm, but not brown. Makes about 18 regular-sized muffins.

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