Grocery List

- ☐ frozen raspberries
- ☐ honey
- ☐ lemon juice
- ☐ canned diced tomatoes
- ☐ canned pinto beans
- ☐ dried onion flakes
- ☐ chili powder
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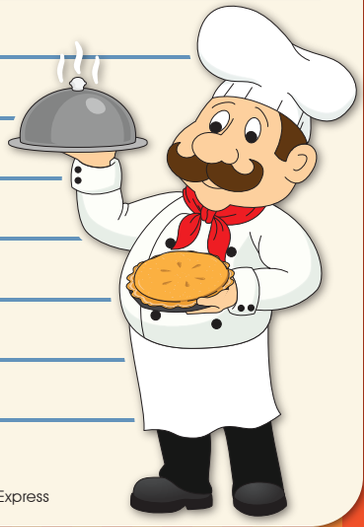

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Raspberry Fruit Leather

Ingredients:

12 oz pkg frozen raspberries (thawed)
1/3 cup honey
1 tsp lemon juice

Preheat your oven to 170°F. Prepare two baking sheets by lining them with parchment paper.
Bring out the thawed raspberries, honey, and lemon juice. Have children wash their hands as you talk about the importance of handwashing before preparing or eating food. Add the raspberries to the blender. Invite children to help measure the honey and lemon juice, adding these to the blender as well. Puree until smooth and divide the mixture between the two sheet pans. Encourage children to assist in spreading the puree evenly in the pans using spatulas. Talk about the texture of the puree.

Bake for about three hours, until the mixture is no longer wet, but still feels slightly tacky. Rotate the pans hourly to ensure even baking.

Cool pans to room temperature. Have the children once again wash their hands before helping to tear the fruit leather into smaller pieces.

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Cowboy Beans

Ingredients:

1 can diced tomatoes, undrained
1 can pinto beans, drained and rinsed
2 tsp dried onion flakes
1/4 tsp chili powder

Combine the tomatoes and pinto beans in a saucepan. Add the onion flakes and chili powder. Heat over medium-high heat, stirring occasionally. Simmer over low heat for about 15 minutes. Serve in small, foil pie plates with warm biscuits and milk.

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