Grocery List

	orongo jujos concentrata
	orange juice concentrate
	vanilla OR plain yogurt
	pineapple rings
	pretzel sticks
	potatoes
	eggs
	flour
	minced onion
	cooking oil
	applesauce OR sour cream
П	
	©FunShine Express

Sunshine Snack

Ingredients:

orange juice concentrate vanilla/plain yogurt pineapple rings (drained) pretzel sticks

This time of year, the weather can make the sky appear gray and gloomy. Brighten up your day with a little sunshine by inviting children to make this sunny, nutritious snack!

Invite children to take turns helping you mix vanilla or plain yogurt and a little bit of orange juice concentrate together in a bowl. Drain the pineapple rings and place them in a shallow bowl. Have each child place one pineapple ring on a small plate, and then scoop some of the yogurt mixture onto the center of the pineapple ring. Demonstrate how to arrange pretzel sticks around the edge of the pineapple ring to make the sun's rays. Talk about the textures and taste of each ingredient as children enjoy this sunny treat.

©FunShine Express

Latkes

Ingredients:

2 cups potatoes (shredded)

3 eggs

2 T. flour

1 tsp. salt

1 T. minced onion

cooking oil

applesauce OR sour cream (optional)

Peel and shred two cups of potatoes. Place them in cheese cloth and wring out as much moisture as possible. Combine the eggs, flour, salt, and minced onion in a medium bowl. Mix in the potatoes. Heat a layer of oil in a large skillet.

Place large spoonfuls of the batter in the oil. (Keep children away during this step.) Use a fork to flatten each mound to about 1/4" or 1/2" thick. Brown on both sides. Drain on paper towels, and serve warm with applesauce and/or sour cream. Remind children that latkes are a traditional Jewish dish.

©FunShine Express