

Recipe

Blueberry Overnight Oats

INGREDIENTS:

2 cups rolled oats
2 cups milk (dairy or dairy alternative)
1/3 cup pure maple syrup
3 T. chia seeds
1 tsp. cinnamon
2 bananas, peeled and chopped
1 cup fresh or frozen blueberries
2 tsp vanilla
pinch of salt

*Caution: Always check for allergies before serving foods. Make substitutions as needed.

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DIRECTIONS:

Invite children to help make a snack that will be prepared today and enjoyed tomorrow. Have children wash their hands before they help.

After all of the ingredients have been mixed together, pour the mixture into a 9"x13" baking dish. Cover and place in the fridge overnight. Pull it out the next day and stir before scooping portions into bowls for the children to enjoy as a snack.



Recipe

Mini Frittatas

INGREDIENTS:

- 8 eggs
- 1/2 cup milk or dairy alternative
- 1/4 tsp. pepper
- 1/4 tsp. salt
- 1/2 cup ham, chopped
- 1/3 cup grated Parmesan cheese
- 2 T. Italian parsley leaves, chopped

*Caution: Always check for allergies before serving foods. Make substitutions as needed.

DIRECTIONS:

Have children wash their hands, and invite them to help you make mini frittatas. Eggs are the main ingredient in this savory snack. Preheat an oven to 375°F. Prepare two mini muffin pans with nonstick spray or brush with olive oil.

Crack the eggs into a bowl, and invite children to take turns mixing them with a whisk. Have they used that kitchen tool before? A whisk helps mix air in with the ingredients. Use the whisk to mix in the milk or dairy alternative, salt, and pepper. Once everything is well mixed, stir in the ham, Parmesan cheese, and parsley. Using a spoon, distribute the mixture into the muffin pans. Bake for 8–10 minutes, or until the frittatas have puffed up and are set in the middle (they will feel springy when you touch them). Remove the mini frittatas from the pans to cool for a bit. They taste best when they are still a little warm! Invite children to eat the tasty snack they helped make.

