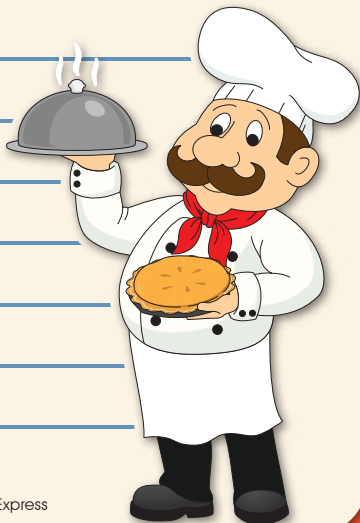


# Grocery List

- fruit preserves
- pie crust
- butter
- cinnamon/sugar
- chicken broth
- chicken breasts
- carrots
- celery
- onion
- curry powder
- eggs
- milk
- flour
- vanilla instant pudding
- canned pumpkin
- pumpkin pie spice
- graham crackers
- whipped cream OR Cool Whip
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## Fruit Tarts

### Ingredients:

- 1 T. assorted fruit preserves
- refrigerated pie crust
- melted butter
- cinnamon/sugar

Roll out the pie crust and cut out approximately 3" circles, making two for each child using a knife (adult only) or a cookie cutter. Place half of the cut pie crust circles on a baking sheet. Offer one or two varieties of fruit preserves, along with spoons, and invite children to spoon about 1 T. of fruit preserves on the center of one of their pie crust circles. Place another pie crust circle on top and demonstrate how to pinch the edges together with a fork. Have children brush the top of each pastry with melted butter, and sprinkle a bit of cinnamon and sugar over the top, if desired. Bake according to the pie crust package instructions until the edges are slightly golden brown. Let cool and serve with a glass of milk.

## Chicken and Dumpling Soup

### Ingredients:

- |                        |                          |
|------------------------|--------------------------|
| 2 quarts chicken broth | 2 T. curry powder        |
| 2 lbs. chicken breast  | salt & pepper (to taste) |
| 1 cup chopped carrots  | 2 eggs                   |
| 1 cup chopped celery   | 3/4 cup milk             |
| 1/2 cup chopped onion  | 2 cups flour             |

Sprinkle 1 T. curry powder, salt, and pepper over the chicken breasts and roast in the oven at 325° for about 45 minutes. Cube the chicken and add to a large pot with the chicken broth. Mix in the carrots, celery, onions, and remaining curry powder and stir. Let simmer on low to medium heat for about 30 minutes. In a separate bowl, whip the eggs with a fork until beaten. Mix in the milk. Add the flour and mix until the dough is a sticky consistency. Bring the chicken stock to a boil on medium-high heat. Scoop the dumpling dough by spoonfuls into the boiling liquid. Place a lid over the pot and let boil for twenty minutes, leaving the lid on. Scoop out the dumplings and cut into bite-size pieces. Dish into bowls and let cool slightly before serving. Serves at least 8 children.

## Pumpkin Pie in a Cup

### Ingredients:

- 1 small pkg. (3.4 oz) vanilla instant pudding mix
- 1 cup canned pumpkin
- 2 cups milk
- 1/4 tsp. pumpkin pie spice
- graham crackers
- whipped cream OR Cool Whip

Mix together the pudding, canned pumpkin, milk, and pumpkin pie spice. Refrigerate for 30 minutes. Place graham crackers in a durable, plastic zipper bag and seal the bag. Use a rolling pin to crush the graham crackers to desired size. Bring out the pudding and whipped cream. Give each child one cup. Allow children to scoop a few spoonfuls of crushed graham cracker into the cup. Then, have them add a desired amount of pudding. Top with a dollop of whipped cream and enjoy!