

Recipe

Cozy Sweet Potato Soup

INGREDIENTS:

- 6 medium sweet potatoes
- 1 T. fresh ginger, grated
- 2 cups chicken stock OR vegetable stock
- 1 cup of water
- 1 lime, juiced
- salt, to taste
- 2 cups of dairy milk OR plant-based milk

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

DIRECTIONS:

Show the sweet potatoes and the ginger to the children. Share how both of these items grow underground. Have children wash their hands before helping to wash, peel, and chop the sweet potatoes. Grate the ginger (adult only).

Place the sweet potatoes and the ginger in a large saucepan along with the chicken stock and water. Bring to a boil, cover, and simmer for about 30 minutes or until potatoes are soft. As the food begins to cook, ask children if they remember why they should stay away from the stove while foods are cooking on it.

Puree the lime juice with the cooked ingredients in a food processor or with a handheld blender until smooth (adult only). Return to saucepan and stir in the milk, gently heating until warm. Taste and add salt as preferred. Pour the soup into individual bowls, let cool slightly, and serve. This recipe serves at least eight children.



Recipe

Pear Harvest Cookies

INGREDIENTS:

- 1 large pear, peeled and diced cups
- 1 1/2 cups rolled oats
- 3/4 cup whole wheat flour
- 1 tsp. ground cinnamon
- 1/2 tsp baking soda
- 1/4 tsp salt
- 1 tsp vanilla extract
- 1 egg
- 1/2 cup of coconut sugar
OR brown sugar cup
- 1/2 coconut oil

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DIRECTIONS:

Farmers grow and harvest different foods at different times of the year. In November, some farmers will be harvesting certain kinds of pears. Invite children to help make cookies featuring this seasonal fruit.

Before starting, have children wash their hands. They may help throughout the recipe by cutting up the pear, measuring and mixing ingredients, and scooping cookie dough onto the baking sheets.

In a large bowl, use a large spoon to mix coconut oil, sugar, egg and vanilla extract. Add salt, baking soda, cinnamon, and flour to this same bowl and stir to combine. Stir in the rolled oats and chopped pear.

Use a cookie scoop to portion the batter onto baking sheets that have been lined with parchment paper. Bake in a 350°F oven for about 10 minutes, or until the bottoms of cookies are slightly browned. Once cooled, invite children to enjoy the freshly baked cookies.

