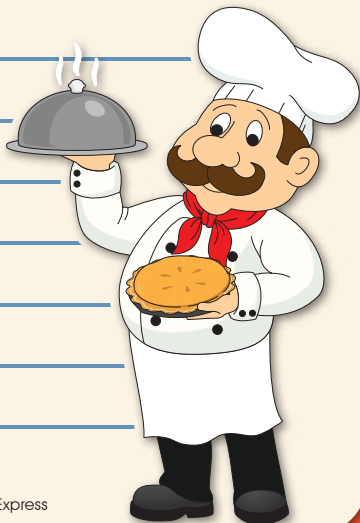


Grocery List

- variety of apples _____
- plain yogurt _____
- pure maple syrup _____
- brown sugar _____
- vanilla extract _____
- sugar _____
- cocoa _____
- margarine _____
- milk _____
- peanut/other nut butter _____
- oatmeal _____
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Fall Apple Dip

Ingredients:

- variety of sliced apples
- 6 oz. plain yogurt
- 1/8 tsp. salt
- 2 tsp. pure maple syrup
- 1/4 cup brown sugar
- 1 tsp. pure vanilla extract

Invite children to help you combine the salt, maple syrup, brown sugar, and vanilla extract in a saucepan. Cook over low to medium heat, stirring constantly until the mixture thickens (adult only).

Remove from heat and stir in yogurt. Even though this step should be done by an adult, tilt the saucepan so children can see the thickened mixture. Place in small serving bowls and let cool (dip will thicken as it cools).

Wash and slice a variety of apples. Invite children to try dipping different types of apples in the dip. Which kinds of apples do they like best with the dip?

No-Bake Cookies

Ingredients:

- 1 3/4 cups sugar
- 1/2 cup cocoa
- 1 stick margarine
- 1/2 cup milk
- 1/2 tsp. salt
- 1 tsp. vanilla
- 1/2 cup peanut/other nut butter
- 3 cups oatmeal

Simmer the first five ingredients together until well blended and smooth. Remove from heat. Add vanilla, peanut butter, and oatmeal. Mix well. Drop by spoonfuls onto wax paper. Let cool before eating.