# **Grocery List**

instant mashed potato flakes
nonfat powdered milk
parsley
L thyme
powdered cheese sauce mix
pears
pretzel sticks or chow mein
noodles
□ raisins
peanut butter
<b>.</b>
□
<b>.</b>
<b>.</b>
□
®FunShine Express

### **Potato Soup**

#### Ingredients:

1 cup instant mashed potato flakes 3/4 cup nonfat powdered milk 1T. granulated chicken bouillion 1/2 tsp. dried parsley 1/8 tsp. dried thyme 1/8 tsp. pepper 1 pkg. (1.5 oz.) powdered cheese sauce mix (otional)

Have the children mix all the ingredients together.

Adult step: Add 3/4 cup boiling water to 1/4 cup soup mix. Stiruntil smooth. Let thicken for several minutes before enjoying.

©FunShine Express

## **Porcupine Snack**

#### Ingredients:

pears small pretzel sticks or chow mein noodles raisins peanut butter(optional)

Cut a pear in half and place half on a plate. Give the children a handful of small pretzel sticks or chow main noodles. Press them into the pear to represent porcupine quills. Offer raisins to rest on the pointed end of the pear as eyes and a nose. A little dab of peanut butter will help the raisins stick!



©FunShine Express