

Harvest Fun Feast

Fun snacks to serve in November to celebrate the fall harvest or Thanksgiving. Children are more likely to try fresh vegetables and fruits when served in these fun ways!



Apples



Apple Turkeys

Two ways to create your own apple turkeys:

- Use an apple as the turkey's body. Use toothpicks to make skewers of snacks/cut fruits (pretzels, popcorn, crackers, dried or cut fruit pieces) to poke into the apple as the apple turkey's feathers.
- Use whole wheat toast cut into a circle or rice cakes as the turkey's body, apple slices as the feathers, and carrots as the legs. Be creative with ways to make eyes, beaks, gobblers).



Applesauce: Easy Enough for Toddlers

- Slice some apples thinly and let the kids cut into smaller pieces.
- Steam apple pieces in rice cooker until soft, or soften in crockpot or on the stove top with a little sugar and cinnamon. Mash with a fork when soft.
- Add pumpkin puree or cranberries for a fun fall variation.



Apple Chips

- Core apples, slice them into circles, and toss with cinnamon and sugar
- Lay apples flat on baking sheet (spray or line with parchment paper).
- Bake 2-3 hours at 200 degrees F until the chips are dry yet still a bit soft.

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These kid friendly snack recipes make trying fall vegetables like pumpkin more fun and enjoyable.



Pumpkins



Pumpkin Puree

Pumpkin Puree can be used in so many kid friendly recipes. **Pro tip:** microwave the pumpkin on high for 2-3 minutes to make it easier to cut. Slice the top, including the stem, off of the pumpkin. Cut the pumpkin in half from top to bottom. Scrape out the seeds and stringy innards. Cut into large wedges or crescent moons then peel the skin. Steam, roast, or boil until can easily poke through with fork. Blend or mash with a fork or potato masher.



Pumpkin Pie Yogurt

- Mix yogurt with pumpkin puree
- Flavor with your choices of cinnamon, nutmeg, maple syrup, and/or vanilla extract
- Children can mix their own. They can have fun adding different toppings to their yogurt. Use graham crackers or fresh fruit to dip in their yogurt.



Pumpkin Hummus

- Combine in a blender or food processor and blend until smooth: 2 cans drained chickpeas, 1 1/2 cup of pumpkin puree, 2 tbsp Tahini, 2 garlic cloves, 1 tsp salt, 1 1/2 tbsp lemon juice, 1 tsp cumin, 1/4 cup olive oil, 1 tsp paprika
- To make it look like a pumpkin, make a green stem using snap peas, cucumbers, lettuce or any other green veggie.
- Serve with crackers and vegetables for dipping!