

Build your Children's Museum activity recipe box by printing and cutting out monthly age appropriate at-home recipes for your family. Hands-on activities at home are a great way for parents to be their child's most important teacher. Remember, it's OK to get messy.



**Toddler At-Home Recipe
September**

Applesauce

4 medium cooking apples, peeled and cut into fourths

½ cup water

¼ cup brown sugar

¼ t. ground cinnamon

¼ t. ground nutmeg

Heat apples and water to boiling over medium heat, stirring occasionally; reduce heat.

Simmer uncovered 5–10 min., stirring occasionally, until tender. Stir in remaining ingredients. Heat to boiling. Boil and stir for 1 minute. Cool before serving.

Imagine...



**Preschool At-Home Recipe
September**

Cinnamon Apple Slices

1. Peel and slice apples

2. Put in microwave steamer or a microwave safe bowl with a wet paper towel on top.

3. Microwave for 4-5 minutes until tender.

4. Add cinnamon and stir.

5. Let cool and enjoy.

Imagine...



**Elementary At-Home Recipe
September**

Cheese & Fruit Kabobs

1 pkg. (8 Oz.) colby jack cheese, cut into 16 cubes

16 seedless grapes

16 small strawberries

4 kiwi, peeled and quartered

1 container (6 oz.) low fat yogurt

Put 1 cheese cube, 1 grape, 1 strawberry, and 1 kiwi on each of 16 skewers. Dip in yogurt, if desired. Enjoy this healthy snack after school.

Imagine...