

Preschool Room Newsletter

January 2019 - Happy New Years

Birthdays!

- Abbott - January 2nd
- Henry - January 9th
- Daria - January 13th
- Holden - January 22nd
- Sam - January 26th



DONATIONS:

We are looking for live large floor plants for our rooms. To help keep the air clean and they look nice too!

Reminders and News!

- ▶ Please label all your child's belongings, especially snow pants, mittens , hats! (we are not responsible for lost items)
- ▶ Please leave wet footwear at the door before entering the playrooms.
- ▶ No outdoor/home toys to daycare. Specially small choking hazard items or money too!
- ▶ Please check your child's cubbies and make sure you have extra clothes (& diapers/pull ups) for your child.
- ▶ If you want to come in to read a story, sing a song, etc. Please let us know!

Health Recipe:

Banana & Carrot Muffins - Makes 12-15 servings

INGREDIENTS:

- 1 cup unbleached flour
- 1 cup whole wheat or bran flour
- 2 tsp baking soda
- ½ tsp cinnamon
- ½ tsp nutmeg or pumpkin spice
- 1 cup local carrots (grated)
- 1 large fresh local apple (grated)
- 3 large eggs
- ⅔ cup non-GMO sunflower oil
- 2 tsp vanilla extract
- 1 cup 100% Ontario apple butter
- ½ cup raisins (optional)
- ½ cup unsweetened shredded coconut (optional)

PREPARATION:

- 1 Preheat oven to 375°F
- 2 Grease muffin trays with non-GMO sunflower oil, or use Silpat muffin trays
- 3 Mix eggs, oil, vanilla and Apple Butter and set aside
- 4 Sift together; flour, baking soda, spices. Add carrots, apple, coconut and raisins
- 5 Add egg/oil mixture and stir thoroughly
- 6 Generously spoon mixture into muffin tins
- 7 Bake for 20-25 minutes

REAL FOOD TIPS:

- Double the recipe and store the extras in the freezer, the chilled muffin will thaw by lunchtime when packed in your kiddos lunch bag.
- Try sneaking in other veggies like shredded zucchini, beets, or puréed broccoli.

For our Newsletter and Real Food Menu, please visit: <http://www.matthewjohndaycare.com>