# **Preschool Room Newsletter**

# January 2019 - Happy New Years

### **Birthdays!**

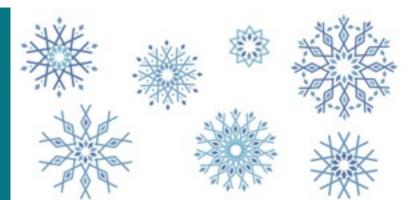
- Abbott January 2nd
- Henry January 9th
- Daria January 13th
- Holden January 22nd
- Sam January 26th

## **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
- 1/2 tsp cinnamon
- 1/2 tsp nutmeg or pumpkin spice
- 1 cup local carrots (grated)
- 1 large fresh local apple (grated)

- 3 large eggs
- <sup>2</sup>/<sub>3</sub> cup non-GMO sunflower oil
- 2 tsp vanilla extract
- 1 cup 100% Ontario apple butter
- 1/2 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: <u>http://www.matthewjohndaycare.com</u>