

Fall 2018



Fall Recipe: Pumpkin Smoothie

Ingredients

- 1 banana
- 1 cup of canned pumpkin
- 2 cups of soy yogurt
- ½ tbsp of coconut oil
- 1 tsp pumpkin pie spice
- 3 pitted dates
- ½ tsp vanilla

Instructions:

Blend all ingredients together in a blender and serve. Add more yogurt or milk of your choice for a smoother consistency.

Serves 2-3 hungry friends!

Recipe modified from Curry Girls Kitchen
www.currygirlskitchen.com

The Dirt

GrowingGreat nutrition, science and more

Hey MBUSD! In September, **GrowingGreat (GG)** welcomed new and returning parents to the new school year. We discussed getting the gardens and nutrition classrooms prepped for launching our hands-on nutrition and STEM education.

This month, we will start planting our first seeds in the gardens. Did you know that October is a great month to plant a salad garden due to our great California weather? Our seeds will need nurturing over the next few months. Visit the baby seedlings as they grow into food we eat!

Did you know? Pumpkins are rich in fiber, potassium, Vitamin A and Vitamin C! See recipe for some deliciousness!

Pumpkin Fun Facts

- Pumpkins are part of the squash family and they can weigh anywhere from 1 to 1000 pounds.
- The fiber from eating pumpkins helps us feel fuller after eating. Vitamin A & C help boost our vision, protect our immune system, and keep our skin healthy!
- The potassium contained within pumpkins can have a positive effect on our blood pressure and heart health.

The Dirt



PUMPKIN PATCH MAD LIBS



Fall has arrived in Manhattan Beach and everyone is wearing _____.
(Type of Clothing)

I see all the leaves turning _____ and
(Color)
the air smells like _____.
(Fruit or Vegetable)

Today I went to the pumpkin patch with _____ and we picked _____s.
(Name of Person) (Vegetable)

When we got home we made a yummy _____ with what we picked!
(Type of Dish/Food)

What a day at the pumpkin patch! I had so much fun.



Picture of Apple Nachos

October Recipe: Apple Nachos

Ingredients

4 Apples, cored and thinly sliced
2 teaspoons Cinnamon
¼ cup Dried Raisins
2 tablespoons Pumpkin Seeds
¼ cup tablespoon Dried Coconut Shavings

Yogurt-Strawberry Sauce:

½ cup Strawberries
1 tablespoon of Honey
½ cup Plain Yogurt or Soy Yogurt

Instructions

1. Wash and core apples. Then thinly slice them like chips onto a plate.
2. Next, make the yogurt-strawberry sauce by adding strawberries, honey and plain yogurt to a blender and puree until smooth. Set aside.
3. Sprinkle apples with cinnamon and drizzle with yogurt-strawberry sauce.
4. Top with raisins, pumpkin seeds and coconut flakes.

Serves 6 hungry students