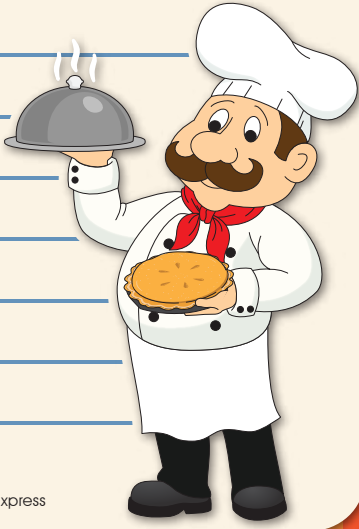


# Grocery List

- plain yogurt \_\_\_\_\_
- chopped black olives \_\_\_\_\_
- minced onion \_\_\_\_\_
- dried dill \_\_\_\_\_
- asst. vegetables \_\_\_\_\_
- flour \_\_\_\_\_
- baking powder \_\_\_\_\_
- 1 egg \_\_\_\_\_
- butter \_\_\_\_\_
- milk \_\_\_\_\_
- maple syrup \_\_\_\_\_
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# Cloudy Day Dip

- Ingredients:**
- 1 cup plain yogurt
  - 1 T. chopped black olives
  - 1 tsp. minced onion
  - 1/4 tsp. dried dill

Invite children to help you prepare a puffy vegetable dip that looks like clouds! Mix all of the ingredients together. Serve the dip with washed and cut raw vegetables such as carrots, celery, bell peppers, cauliflower, broccoli, peas, cucumbers, etc.

# Maple Syrup Muffins

- Ingredients:**
- 2 cups flour
  - 2 tsp. baking powder
  - 1/2 tsp. salt
  - 1 egg
  - 1/4 cup melted butter
  - 1/2 cup milk
  - 1/2 cup maple syrup

Preheat the oven to 400°F. Sift together the flour, baking powder, and salt. Beat egg until light. Add milk, and then mix in the flour mixture. Add the maple syrup and the melted butter.

Pour into well-greased muffin tins until 2/3 full. Bake for 20 to 25 minutes or until muffins are golden brown. Cool and serve with a glass of milk.