Grocery List



Charoset

Ingredients:

2 apples, diced small 1 cup of almonds OR walnuts (roughly chopped) OR shredded coconut 1/2 cup of dried fruit (raisins, dates, OR cranberries 2 T. lemon juice OR grape juice 1/2 tsp. cinnamon 1/2 T. honey (optional)

Invite children to wash their hands and help prep the apples and nuts. Measure out the remaining ingredients and toss everything together in a bowl. Serve the charoset with matzah. Children can scoop charoset onto the matzah or eat the items separately. If your setting is nut free, substitute shredded coconut for nuts or omit them altogether. You can also pulse the ingredients in a food processor to make a spread.

©FunShine Express

Cloud Dip

Ingredients:

1 cup nonfat plain Greek yogurt 1 T. chopped black olives 1 tsp. minced onion 1/2 tsp dried dill

Invite children to wash their hands so they can help you make a puffy vegetable dip that will look like clouds to serve with your meal today.

Add the yogurt to a bowl. Stir in the black olives. Invite children to smell the minced onion and dried dill, and then add them to the mix. Refrigerate at least one hour. Invite children to scoop a spoonful onto a plate. Serve with freshly washed and thinly cut raw vegetables.

©FunShine Express

Grocery List

bread flour
instant yeast
vegetable oil
kosher salt
brown sugar
water
baking soda
vegetable oil spray
melted butter-optional
FunShine Express

Soft Pretzels

Ingredients:

2 cups bread flour 1 tsp. instant/rapid-rise yeast 1 T. vegetable oil 2 tsp. kosher salt 1 T. packed brown sugar 1¼ cups room-temperature water 1 T. baking soda 2 tsp. kosher salt vegetable oil spray melted butter (optional)

Whisk flour, yeast, and salt together in a large bowl. In a liquid measuring cup, whisk the vegetable oil, brown sugar, and ³/₄ cup of water together until the sugar dissolves. Slowly pour the liquid mixture into the dry mixture and mix on low speed until all of the ingredients are combined. Increase the mixing speed to medium and mix for about 8 minutes. Remove the dough from the bowl and transfer it to a clean counter. Knead the dough with your hands for about 30 seconds, and then form the dough into a smooth ball. Spray the inside of a large bowl with vegetable oil spray. Place the dough in the greased bowl. Cover the bowl with plastic wrap, and let the dough rise until it doubles in size (about 1 to 1¹/₂ hours). Preheat the oven to 425°F. Line a baking sheet with aluminum foil. Set a cooking rack on the baking sheet, and spray it well with vegetable oil spray. Combine baking soda and the remaining $\frac{1}{2}$ cup of water in a small microwave-safe bowl. Heat in the microwave on high for about 1 to 2 minutes, until the water looks clear. Remove the bowl from the microwave (adult only), and stir the mixture until the baking soda completely dissolves. Set aside to cool.

When the dough is ready, gently press and form it into a 6-inch square, popping any large bubbles. Cut the dough into six strips that are about 1 inch wide. Give one strip to each child. Demonstrate how to roll the dough strips into long ropes. Shape the dough into a U shape. Hold the ends of the rope and twist them around each other twice near the top of the U. Fold the ends down and press them into the bottom of the U, creating a pretzel shape. (The children may choose to make another formation.) Place the pretzels on the cooling rack. Use a pastry brush to spread the water and baking soda mixture over the tops of the pretzels. Place the baking sheet in the oven and bake until the pretzels are golden brown (about 10 to 12 minutes). Let cool. Baste with melted butter, and sprinkle a bit of kosher salt over the tops, if desired. Serve warm.

©FunShine Express