# **Grocery List**

waffles
bananas
assorted berries
syrup
sugar
sliced bread
honey
eggs
flour
powdered sugar
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## **Sweet Treats**

Ingredients: waffles bananas berries syrup

Divide plates and child-safe knives among the children. Offer one waffle and half of a banana to each child. Help children cut a triangle shape from the waffle that can serve as an ice cream cone. (Consider allowing them to eat the excess pieces!) Have them slice the banana into thin circles.

Encourage children to arrange the waffle and banana slices into an ice cream cone shape. Then, offer berries for children to place at the top of the cone. Serve with syrup, if desired. What a Sweet Snack!

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### **Jamberry Snack**

#### Ingredients:

assortment of berries sugar sliced bread

Bring out an assortment of washed and diced berries, with stems removed. (Choose berries that are fairly easy to mash, or make sure they are diced into very small pieces.) Give each child a small bowl and a spoon. Invite each child to scoop some berries into her bowl. The children may use one kind of berry or mix several together. Demonstrate how to use the back of the spoon to mash the berries until a jam is formed. Sprinkle a small amount of sugar into the mixture as needed, and have children stir until it's thoroughly mixed.

Toast bread in a toaster and offer one piece to each child. Offer child-safe knives to spread the homemade jam onto the toast and invite children to eat their Jamberry Snack!

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### **Honey Bites**

#### Ingredients:

1/2 cup sugar 1/2 cup honey 1 egg 2 cups flour dash of salt powdered sugar

Preheat your oven to 350° and grease a cookie sheet. Invite children to help you add the sugar, egg, and honey to a bowl. Blend well. (To avoid children touching the egg, you can crack it into a cup first and invite someone to pour it into the bowl.) Continue adding the remaining ingredients, except for the powdered sugar. Mix well.

Invite children to help shape the dough into 1" balls and place the balls on a cookie sheet about 2" apart. Bake approximately 8 minutes or until the bottoms are a light golden brown. Remove immediately from the cookie sheet and cool for 10–15 minutes. Invite children to take turns sprinkling the cookies with powdered sugar. Enjoy with a glass of milk.

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