

Recipe

Butternut Squash Soup

INGREDIENTS:

2 cups cubed butternut squash
1 onion, halved and sliced into wedges
2 cloves garlic, peeled
1 tsp. salt
¼ tsp. black pepper
2 T. olive oil OR avocado oil
2 cups chicken broth OR vegetable broth
1 can (13.5 oz.) coconut milk OR 1 cup heavy cream

***Caution: Always check for allergies before serving foods. Make substitutions as needed**

©FunShine Express

DIRECTIONS:

Preheat oven to 425° F. Place squash, onions, and garlic on a large, rimmed baking sheet. Have children wash their hands so they may help season the ingredients. Invite children to measure and sprinkle the salt, black pepper, and oil into the pan. Children can help stir the ingredients all together with a spatula, and then spread them into an even layer.

Place the pan in the preheated oven for 35-40 minutes, stirring the ingredients with a spatula two to three times while roasting (adult only).

Transfer the roasted ingredients into a large soup pot. Add the chicken broth and bring to a boil. Reduce to a simmer and cook for an additional 5 minutes to allow the flavors to meld.

Then, blend until smooth with either an immersion blender or in a countertop blender (working in batches).

Stir in the coconut milk, taste, and adjust salt as needed. Ladle the soup into bowls and allow to cool for a bit before inviting the children to try it



Recipe

Mini Baked Potatoes

INGREDIENTS:

12 mini potatoes
salt and pepper to season
1 T. olive OR avocado oil
4 T. butter
3 T. shredded cheddar
cheese
Optional toppings,
chopped (chives, bacon,
ham, broccoli florets,
sour cream/plain,
unsweetened
yogurt etc.)

*Caution: Always check for allergies
before serving foods. Make
substitutions as needed

©FunShine Express

DIRECTIONS:

Have children wash their hands so they may help prepare the food. Next, gently prick each potato with a fork. Toss with olive or avocado oil and set on a baking sheet. Roast in a 400°F oven for about 30 minutes (flip potatoes halfway through) until tender when pierced with a fork. Remove from oven.

Using a towel or oven mitts to protect your hands from the heat, cut a small slit at the top of each potato with a knife (adult only). Stuff each potato with a bit of butter, and invite children to add a sprinkling of cheese. Return the pan to the oven and bake until the cheese is melted, about 5 minutes more.

Transfer to plates and allow the potatoes to rest until just slightly warm.

