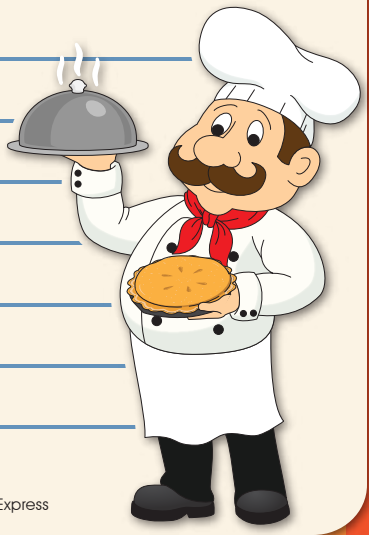
Grocery List

- ☐ flour
- ☐ Greek yogurt
- ☐ eggs
- ☐ baking soda
- ☐ canned pumpkin
- ☐ vanilla
- ☐ pumpkin pie spice
- ☐ milk
- ☐ orange juice concentrate
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐



©FunShine Express

Pumpkin Pancakes

Ingredients:

1 cup all purpose flour
8 oz vanilla Greek yogurt
2 large eggs, beaten
2 T. baking soda
3 T. canned pumpkin
1 tsp. pure vanilla extract
3 tsp. pumpkin pie spice
dash of salt

Combine all ingredients in a bowl, and whisk until combined. (Don't overmix.) The batter will be thick. Add water to create a thinner batter, if desired. Heat greased pan or griddle on low to medium heat.

Use a 1/4 cup measuring cup to spoon batter onto pan and spread as needed, especially if batter is thick. Cook until edges begin turning golden brown, and flip. Remove pancakes once they are completely cooked. (Cooking may take longer due to canned pumpkin.) Let cool, and serve with syrup or a dollop of whipped cream and fresh fruit.

©FunShine Express

Orange Brew

Ingredients:

1 cup milk
1 cup water
6 oz. orange juice concentrate
10–12 ice cubes
1 tsp. vanilla

Ahead of time, make simple pumpkin cutouts from orange paper. Provide crayons or markers, and invite each child to decorate a pumpkin. Cut two slits in the middle of each cutout, and slip a drinking straw through (see graphic). Have children wash their hands so they can help you make this festive anaranjado/orange drink. Invite children to help measure and pour ingredients into a blender. Blend ingredients until frothy. Point out the color of the mixture. Pour into cups, and have children place their pumpkin straws in the cup. Serve with a snack.

©FunShine Express