



Taste Test Time

SCHOOL IS BACK → SNACK IN SEASON!

It is that time of year and after-school snacks are back! After school, you may be extremely hungry because it may have been hours since you ate lunch.

When our bodies are really hungry we tend to crave foods high in fat, sugar and salt. However, these foods do not offer healthy nutrients to keep our bodies healthy, strong and satisfied. Try to eat snacks that contain vitamins, fiber, and protein to keep you satisfied longer!

PUMPKIN PIE GREEK YOGURT PARFAIT

- 1 can (14 oz.) pumpkin puree
- 2 eggs
- 1 tablespoon lemon juice
- ¼ cup 1% milk
- ¼ cup pure maple syrup
- 1 ½ tablespoons pumpkin pie spice
- ½ teaspoon salt
- 2 cups vanilla greek yogurt

DIRECTIONS

Preheat the oven to 350°F. In a large bowl, combine the pumpkin puree, eggs, lemon juice, milk, maple syrup, pumpkin pie spice, and salt. Stir thoroughly. Pour into a baking dish. Bake for 30 minutes. Then cool for 10 minutes. Layer ¼ cup of the pumpkin mixture into the bottom of a glass/ jar. Layer ¼ cup of the yogurt over the pumpkin mixture. Repeat layering of both mixtures. Top parfait with granola and drizzle of maple syrup.

DID YOU KNOW....

There are **EASY** and **FUN** ways to be active in the Fall!

Fun Fact:

Children and adolescents need at least 60 minutes of physical activity daily!

1. Rake leaves with family and friends. Don't forget to jump and play afterwards!
2. Play outside or join a sports team.
3. Ride a bike.
4. Go apple picking.
5. Visit the pumpkin patch.



WHY EATING IN-SEASON FRUITS & VEGGIES IS FALL-ESOME:

- Produce is fresh and nutritious
- Better quality and taste
- Harvested at the peak of the season
- Usually grown locally
- Decreased chance of spoilage
- Supports local farmers
- Saves money



Examples of seasonal fall produce:

Apples, beets, broccoli, carrots, cauliflower, garlic, grapes, parsnips, lettuce, pears, sweet potatoes, turnips, winter squash

References

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