

December Family Tip Sheet

Time out for a Tip

While you prepare for this upcoming season, there will be many opportunities to include children in your holiday traditions, especially when it comes to the kitchen!

Ways that kids can help:

- Read the recipe
- Crack eggs
- Measure small amounts of ingredients
- Roll out and shape dough
- Rinse, scrub and peel produce
- Grate cheese and veggies
- Decorate cookies
- Set the table

Challenge

Include your kid(s) in making one of your favorite holiday recipes.

Joke

Who is the most dangerous cookie?
The ninjabread man!

Recipe of the Month

Healthy Gingerbread Cookies

Ingredients:

3 c. flour	1/2 - 1 tbl. ginger	1/3 c. + 1 tbl. maple syrup
1 1/2 tsp. baking powder	2 tsp. cinnamon	1/4 c. molasses
3/4 tsp. baking soda	1/4 tsp. cloves	1 egg
1/4 tsp. salt	1/4 tsp. nutmeg	4 tbl. applesauce
		2 tsp. vanilla extract

Preheat the oven to 350 degrees.

1. Mix dry ingredients in one bowl and wet ingredients in another.
2. Combine the dry and wet ingredients.
3. Remove the dough from the bowl and cut into two equal parts.
4. Wrap each portion of dough in plastic and refrigerate for at least 2 hours.
5. Roll dough onto a floured surface until it is about 1/4 inch thick. Use additional flour if necessary.
6. Cut dough into desired shapes and place them onto a lined baking sheet.
7. Bake for 8 about minutes.
8. Set them aside to completely cool before decorating.