

## Notes to Parents: Fall

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Plan to send notes to parents about fall activities in Sunday School. See the sample printed below:

### Parents:

*We cut open our pumpkin last Sunday morning to see the seeds and the inside of the pumpkin. We have been talking about how God loves us and wants us to have food to eat. We like learning about God's plan for the seasons and the things we can enjoy in the fall. The Bible says **God gives us things to enjoy (1 Timothy 6:17).***

Mr. Moran brought the seeds home to roast in the oven. He used the pumpkin to make muffins for us to taste. The recipes we used are printed for you to enjoy at home.

Your Teacher,

(Please call me at \_\_\_\_\_ if you have any questions.)

### Roasted Pumpkin Seeds

Preheat oven to 325 degrees. Wash pumpkin seeds. Spread on foil pan to dry thoroughly. Pour melted butter (about 1 tablespoon) on seeds, toss, and then spread seeds on cookie sheet. Sprinkle with salt. Bake about 30 minutes. Stir during baking time. Keep seeds in a single layer.

### Pumpkin Mini Muffins

1/2 cup canned or fresh pumpkin puree  
 1/2 cup milk (2%)  
 1 egg  
 1/4 cup melted butter or margarine  
 1/2 cup honey  
 1 1/2 cups whole wheat flour (use part white flour, if desired)  
 2 teaspoons baking powder  
 1/2 teaspoon salt  
 1 teaspoon cinnamon  
 1/2 teaspoon nutmeg

In a bowl combine pumpkin, milk, eggs, butter, and honey. Add the dry ingredients and mix until just barely combined.

Pour into mini muffin pan—makes 24 mini muffins. Bake at 375 degrees for about 15-18 minutes.

