

Recipes for Fall

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Celebrate fall with preschoolers with some recipes that can be enjoyed on Sunday morning. Another idea for the recipes is to share with parents. You can provide ideas for parents to use at home during the fall season.



Pumpkin Pie Play Dough

1 cup flour
 2 teaspoons cream of tartar
 2 teaspoons pumpkin pie spice
 1 tablespoons cooking oil
 1/2 cup salt
 1 cup water

Mix the flour, salt, cream of tartar, and pumpkin pie spice together. Mix the cooking oil in the water and add to the dry ingredients. Stir and pour mixture in an electric skillet or nonstick pan. Stir constantly until dough pulls away from the sides of skillet or pan. This process takes about 3 minutes. Empty dough onto waxed paper. Knead until smooth and cool. Store in a zip-lock bag.

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.

