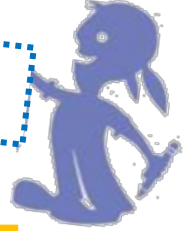


EAT

Learn, Grow, Eat & Go! EARLY CHILDHOOD week 2

Seeds & Roots: GARDEN KITCHEN Cinnamon Carrot Crunch*

Make and enjoy this
yummy, nutritious &
kid-tested recipe!



ingredients:

4 medium carrots, grated
2 medium apples, chopped
1 tablespoon of lemon juice
3/4 cup of raisins
*(soak them overnight
in 1 cup of water in the
refrigerator)*
3/4 cup of vanilla yogurt
1 teaspoon of cinnamon

Garden Kitchen Directions

Guide students to:

1. Wash your hands and clean your cooking area.
2. Wash the carrots and apples.
3. With a knife or peeler, peel the carrots.
4. Chop the carrots and apples, and place them in large mixing bowl.
5. Add the lemon juice, raisins, yogurt, and cinnamon to the bowl of chopped carrots, apples, and celery.
6. Stir them until they are coated evenly.
7. Chill the salad before serving it.

* This Garden Kitchen Recipe appears in Day 5 of the *Seeds & Roots* week!

PILOT DRAFT

JMG Early Childhood Pilot Curriculum Study

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