

Pumped Up French Toast Sticks + Pumpkin Drizzle + Fall Fruit Salad + Mad Scientist Grapefruit Soda



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pumped-up french toast sticks

crack+measure+whisk

Have kids crack **4 large eggs** into a bowl. Then measure and add **½ C pumpkin puree**, and **1 tsp baking soda**. Whisk together. In another bowl, measure and whisk together **1 T powdered sugar** and **1½ tsp ground cinnamon**.

cut+coat

Now have kids cut **8 slices of whole wheat bread** into ½ or ¼ sticks. Have kids dip each bread stick into the egg mixture, on both sides, until well coated. Shake off the excess.

heat+swirl+fry

Heat a nonstick skillet on your stovetop over medium heat, about 3 minutes. Add **2 T butter** and swirl to coat the pan. Fry the bread about 2-3 minutes on each side, until puffed and golden-brown. Let cool to the side for a bit and then add pumpkin drizzle and fruit salad salsa (see recipes below).

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pumpkin drizzle

mix+measure

Measure and mix together **1 ½ T pumpkin puree**, **½ T fresh grapefruit juice**, **½ C powdered sugar**, **1 tsp softened butter**, **a pinch of salt**, and **a pinch of cinnamon**.

whisk+adjust

Whisk until smooth and adjust to your desired consistency - adding more powdered sugar, if too thin or more grapefruit juice, if too thick. Serve with french toast sticks!

fall fruit salad

wash+chop

Wash all of your **fruit** (see suggestions in ingredient list on following page) and then chop into itty bitty pieces.

slice+squeeze+stir

Slice a **grapefruit** into wedges and have your kids squeeze some grapefruit juice onto the fruit so that it will not turn brown. Stir in **1 tsp powdered sugar/honey/agave nectar**, along with **a pinch of salt**. Serve

mad scientist grapefruit soda

squeeze+pour

Have your kids squeeze as much juice from **2 grapefruits** as they can into a pitcher. Pour in an equal amount of **water** as grapefruit juice.

stir+bubble

Stir in **2-3 tsp baking soda** and watch it BUBBLE! Then stir in **¼-½ C powdered sugar** and give it a taste. Add more sweeteners if you think it needs some. Pour over **ice** and drink up!

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shopping list

Pumped Up Pumpkin French Toast Sticks

- 4 large eggs
- 8 slices whole wheat bread
- ½ C pumpkin puree
- 1 T powdered sugar
- 1½ tsp ground cinnamon
- 1 tsp baking soda
- 2 T butter

Pumpkin Drizzle

- 1½ T pumpkin puree
- ½ T fresh grapefruit juice
- ½ C powdered sugar
- 1 tsp softened butter
- pinch of salt
- pinch of cinnamon

Mad Scientist Grapefruit Soda

- 2 large grapefruits
- 2-3 tsp baking soda
- ¼ - ½ C powdered sugar
- 2 C ice

Fall Fruit Salad

Choose at least 3 fruits from suggestions below!

- ½ C green or red grapes
 - 1 tsp powdered sugar
 - 1 kiwi, banana, apple,
 - squeeze of grapefruit juice
- grapefruit, orange, pear, plum,
or persimmon

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The History of French Toast

Bread has been a staple food for most cultures since food first began being prepared and, up until very recently, the vast majority of humans would have never dreamed of wasting any food.

Soaking bread in milk and egg and then cooking it, seems logical enough, making a good tasty meal while not wasting any bread! Day old bread is actually recommended by chefs for making french toast because the stale bread will soak up more egg mixture without falling apart.

The popular history behind French toast, (aka German toast, American toast, or Spanish toast) is that it was created by medieval European cooks who needed to use every bit of food they could find to feed their families. They knew old, stale bread could be revived when moistened and heated. Cooks would have added eggs for additional moisture and protein.

Other names for French toast around the globe include: Eggy Bread, Gypsy Toast, Poor Knights of Windsor (Britain); Rabanada (Portugal and Brazil); Torrijas (Spain); Bombay Toast (Sri Lanka and Burma); and Mozzarella in Carrozza (Italy).

The Surprise Ingredient of the Week is: Pumpkin!

- ★ **The word “pumpkin” first showed up in the fairy tale Cinderella.** The name pumpkin comes from the Greek word ‘pepon’, meaning large melon. A french explorer in 1584 first called them ‘gros melons’, which means large melon, and then in the 17th century they began to be referred to as pumpkins.
- ★ **Over 1.5 billion pounds of pumpkin are produced each year in the United States.** The top pumpkin producing states are Illinois, Indiana, Ohio, Pennsylvania, and California. Pumpkins are grown on every continent except Antarctica.
- ★ **The world’s largest pumpkin was more than five feet in diameter and weighed over 1,800 pounds.** It was presented in Minnesota in October 2010.
- ★ **Each pumpkin has about 500 seeds and takes about 90-120 days to grow.** High in iron, pumpkin seeds can be roasted to eat. The flowers that grow on pumpkin vines are also edible.
- ★ **There are over 45 different varieties of pumpkin.** They range in color, including red, yellow, green, and the traditional orange variety, and have names like Hooligan, Cotton Candy, and Orange Smoothie.
- ★ **Pumpkins are fruits, more specifically, winter squashes** from the family Cucurbitaceae, which includes cucumbers and melons. They grow on vines in the ground.

Time for a laugh!

What is a pumpkin’s favorite sport? Squash!

How does a ghost eat French toast? By goblin it!

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