

LIVE AND LEARN FAMILY NEWS JULY 31, 2017

Upcoming Field Trips!

(Please make sure you are here half and hour early)

Tuesday August 1st

KINDERGARTEN

Cocheco Children's Festival BJ Hickman 9:45am - 11:45am

CAMP

Service Project 12:30pm - 4pm

Thursday August 3rd

PRESCHOOL

Wagon Hill, Durham 9am - 11:30am

OLDER CAMP

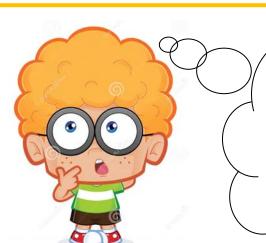
Discovery Science Center, Stratham 12:30pm - 4pm

Friday August 4th

CAMP

Daniel's Family Camp, Meredith
FULL DAY FIELD TRIP 8am - 4pm

CAMP SLEEPOVER at Live and Learn: This year it's a Friday
Sleepover with pick-up by 10am on Saturday.



Thinking about fresh veggies? Check out Gerry's white board in the kitchen to keep up to date on the garden happenings!



Director/OwnerJohanna

Booth-Miner

Co-Director Sarah Miner, M.Ed.

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Gerry's Kitchen

No-Fat Banana Applesauce Muffins

Ingredients:

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- ▼ 13/4 Cups Flour
- √ 1/2 Cup Sugar
- 1 teaspoon Baking Powder
- ▼ 1/2 teaspoon Baking Soda
- 1/2 teaspoon Cinnamon
- 1/2 teaspoon Nutmeg
- 1/2 teaspoon Salt
- 2 Eggs or 2 Egg Substitutes
- 1 Cup Banana, Mashed
- 1/2 Cup Applesauce

Directions:

- 1. Preheat oven to 350 degrees.
- 2. Spray a 12-cup muffin pan with non-stick cooking spray.
- 3. Combine the dry ingredients and mix well. In a separate bowl, mix all the wet ingredients. Add together and mix well.

- 4. Pour into muffin tin.
- 5. Bake for 15 20 minutes.

Notes: 116 Calories/Muffin. No Fat



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