

Fall Newsletter '23

Nibbles & News

The Best of Kids' Cuisine Since 2005



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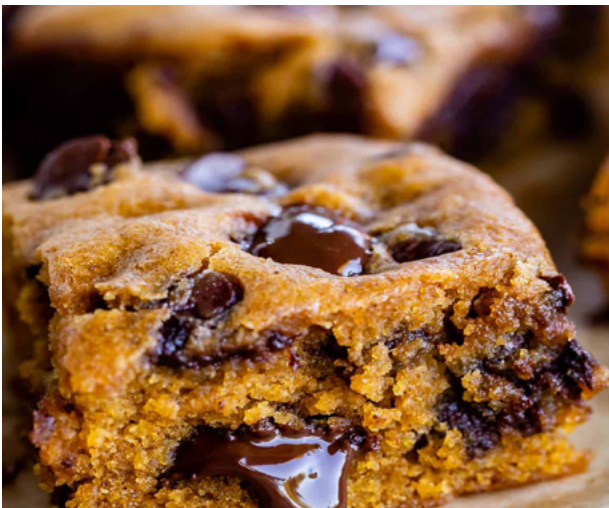
Pumpkin, Spice & Everything Nice

Pumpkin Choco-Chip Bars

With melt-in-your mouth chocolate and savory pumpkin, you're sure to experience love at first bite when you make these indulgent bars! As the cooler weather of fall approaches, our taste buds begin to crave the warm, earthy flavor of pumpkin. Food2You Executive Chef Gino loves to add pumpkin to recipes for the fluffy texture and powerful scent. He explains that the sweet smell of pumpkin baking in the oven triggers familiar, cozy memories that make us feel warm and loved. Best of all, pumpkin boasts an impressive list of nutrients including Vitamins A and C as well as potassium. Enjoy!

Ingredients

- 2 cups flour
- 1 T. pumpkin pie spice



Food2You Executive Chef Gino

- 1 t. baking soda
- 3/4 t. salt
- 2 sticks unsalted butter (*room temp*)
- 1 cup granulated sugar
- 1/2 cup brown sugar
- 1 large egg
- 1 cup canned pumpkin puree
- 2 t. vanilla extract
- 12 ounces chocolate chips

Instructions

1. Preheat oven to 350 degrees. Press a sheet of aluminum foil into a 9-by-13-inch baking pan, covering the bottom and sides and leaving an overhang; and set aside.
2. In a medium bowl, whisk together flour, pumpkin pie spice, baking soda, and salt; set aside.
3. With a stand or electric mixer, cream butter and sugar on medium-high speed until smooth; beat in egg and vanilla until combined. Add pumpkin puree and mix well.
4. Reduce speed and mix in dry ingredients until just combined. Fold in chocolate chips.
5. Spread batter evenly in pan. Bake bars for 35-40 minutes or until edges begin to pull away from sides of pan and a toothpick inserted in center comes out with just a few moist crumbs attached.
6. Lift foil and bars out of pan to cool. Cut into squares and serve.

Crunch

With us!

We invite you to “crunch your lunch” with us **Thursday, October 12**, as we join a million other students across the Midwest for the **Great Apple Crunch!** Classrooms of kids will simultaneously CRUNCH into a crisp, locally grown apple to celebrate Farm to School Month. Did you know Midwest farmers will produce nearly 30 million apples this year? The **Great Apple Crunch** celebrates this significant fruit-producing industry right in our own backyard. What is your favorite variety? The Midwest produces some of the most flavorful apples in the world - including Honeycrisp, Red Delicious and Sweet Sixteen - packed with vitamins and nutrients to help little ones power through the day. How loudly can you crunch?



Source: Non Toy Gifts

Apple-licious Activities For Little Ones

Celebrate apple season with this simple paint and glue craft. Turn a paper roll into an adorable apple core with just a handful of supplies. It's also a nice opportunity to look at the inside of an apple and talk about the leaves, skin, stem, seeds, and core with your little ones!

Materials

- Paper rolls
- White paint
- Sticks
- Red cupcake liners
- Green construction paper
- Black marker

Instructions

1. Paint the paper rolls white and set aside to dry completely (You may need two coats of paint).
2. Use a black marker to draw “seeds” in the middle of the paper rolls.
3. Insert a stick through one cupcake liner.
4. Glue one cupcake liner at each end of the paper roll: a regular liner at the bottom and one with a stick at the top.
5. Cut out little leaves from the green construction paper and glue them to the sticks.

Spooktacular

Halloween Apple Monsters



Get spooky with these healthy Halloween Monster Snacks made with green apples! Crunchy & delicious, they'll satisfy your kids' craving for something sweet while adding a serving of fruit to their diet!

Recipe and photo from registered dietitian Patricia Bannon:



Ingredients

- 1 large green apple, cored and quartered
- 4 T. peanut butter
- 2 T. slivered almonds
- 1 large strawberry, sliced lengthwise to make 4 "tongues"
- 8 mini marshmallows
- 8 chocolate chips

Instructions

1. Make the "mouths": Cut a sliver out of the center of each quartered apple to open up the "mouth." Fill the inside of each "mouth" with 1 tablespoon of peanut butter. (As not to waste food, save the center apple slices for a snack later).
2. Make the "teeth" and "tongues": Push slivered almonds into the apple around the "mouth" to make the "teeth" and place a sliced strawberry on the bottom of each "mouth" to make the "tongues."
3. Make the "eyes": Slice off a tiny bit of the end of each marshmallow to make one side sticky; press the sticky side of two marshmallows on the top of each "mouth" to make two "eyes." Press a chocolate chip into each marshmallow, flat side outward, to make the center of each "eye."
4. Enjoy immediately, or store in the refrigerator for an hour or two before.



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Visit food2youinc.com for fall menus and more information. Any thoughts or suggestions? We'd love to hear from you! Email us at info@food2youcatering.com.

Please follow us on Instagram and Facebook for weekly nutrition tips, prizes & giveaways, fun food ideas and more!

