

Let's Be Thankful!

Thanksgiving Day

“I will give thanks to the LORD with my whole heart; I will recount all of Your wonderful deeds.” Psalm 9:1

Young children usually do not have much knowledge on what really took place on the first Thanksgiving. However, they are aware that this date is their first long weekend off from school, and that they will visit or be visited by family and friends. They also know about all the turkey and pumpkin pie they will eat! Whether you are a parent or a teacher, consider this Holiday as one of the only holidays where children can learn about being thankful, sharing, and being compassionate toward others. As you talk with your children about gratefulness, invite them to come up with a list of things that they are grateful for: parents, grandparents, teachers, weather, food, friends, God's goodness and blessings, etc. Help them think of ways they may share with others, and how they can be compassionate. Pray with your children and ask Jesus to give them a grateful, unselfish, and compassionate heart.

For fun ways to teach kids about Thanksgiving, go to: <https://www.care.com/c/stories/3723/7-fun-ways-to-teach-kids-about-thanksgiving/>

Healthy Flourless Pumpkin Muffins:

What better way to connect with our children than baking together! As you bake these delicious muffins with your children, think of ways to share these with people that are in need (homeless, lonely neighbors, and/or visit a nursing home where your children can adopt a grandparent).



Ingredients:

- 1 cup pumpkin puree
- 1/2 cup pure maple syrup
- 2 eggs (to substitute eggs- use 3/4 cup of applesauce per egg)
- 1 tablespoon vanilla extract
- 4 tablespoons almond butter*
- 1/4 cup unsweetened vanilla almond milk
- 2 and 1/4 cup rolled oats
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 1 teaspoon cinnamon
- 1/2 cup dark chocolate chips

Directions:

Preheat the oven to 350°F and then grease or line a muffin tin for 12 muffins. Starting with the wet ingredients first (pumpkin, maple syrup, eggs, etc.) layer everything except the chocolate chips into a blender or a food processor and blend for about 30 seconds, or until smooth.

Using a spoon, gently stir the chocolate chips into the batter. Pour the batter into the muffin tin, filling each about 3/4th of the way full. Bake in the oven for 22 minutes, until light golden brown.

Allow to cool for at least 10-15 minutes before stuffing in your face.

*Can also use 3T melted coconut oil

These muffins keep best stored in an airtight container in the refrigerator for up to 3 days.

For further details on how to make this recipe, go to:

http://www.makingthymeforhealth.com/healthy-flourless-pumpkin-muffins/#_a5y_p=4349482

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