

## Recipe of the Month: Cinnamon Baked Pumpkin

### What you need:

¼ cup packed brown sugar  
1 teaspoon ground cinnamon  
½ teaspoon salt  
3 pounds baking pumpkin or winter squash (butternut or acorn), peeled, seeded,  
2 tablespoons roasted peanut oil, peanut oil, cooking oil, or butter, melted

### What to do:

●Preheat oven to 325°F. Line a 3-quart rectangular baking dish with foil. In a small bowl, stir together brown sugar, cinnamon, and salt; set aside. In prepared 3-quart rectangular baking dish toss pumpkin with oil. Sprinkle brown sugar mixture evenly over pumpkin. Bake, covered with foil, for 40 minutes. Uncover and stir pumpkin. Bake, uncovered, about 15 minutes more or until pumpkin is tender. Makes 10 (¾-cup) servings.

**Monday 10:30 3's**

**Tuesday 10:00 2's**

**Wednesday 10:00 T's**

**Wednesday 11:15 4's**

**\*Nursery varies**

(Times and days are subject to change)



# NUTRITION EXPEDITION

We're on a mission for nutrition and a healthy, fit condition.

# October 2018

### October 1-5

3's and 4's The Grateful Giraffe Yoga  
Toddlers and 2's The grateful Giraffe yoga  
Infants Baby yoga

### October 8-12

3's and 4's No bake pumpkin oatmeal energy bites  
Toddlers and 2's No bake pumpkin oatmeal energy bites  
Infants pumpkin puree exploration

### October 15-19

3's and 4's The Grateful Giraffe Yoga  
Toddlers and 2's The grateful Giraffe yoga  
Infants Baby yoga

### October 22-26

3's and 4's Orange nibble tray  
Toddlers and 2's Orange nibble tray  
Infants orange food exploration

### October 29- Nov 2

3's and 4's Pumpkin workout, hopping in the "pumpkin patch"  
Toddlers and 2s Hopping in the "pumpkin patch"  
Infants baby yoga in the "pumpkin patch"

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"Or do you not know that your body is a temple of the Holy Spirit within you, whom you have from God? You are not your own, for you were bought with a price. So glorify God in your body."

**1 Corinthians 6:19-20**