

Recipe of the Month: Healthy Winter Fruit Salad

What you need:

- 2 large – Pomegranates
 - 2 large – Pears
 - 2 large – Persimmons
 - 2 large – Honey Crisp apples
 - 4 – Kiwis
 - 6 – Mandarins
- Dressing Ingredients:**
- 1 large – Orange
 - ½ large – Lemon
 - ¼ cup 60 ml – raw honey
 - ½ tsp. 1.25 ml – poppy seeds

What to do:

Wash all fruit. Peel, dice, or slice them.

In a large bowl, combine all the fruit together.

Pour previously-prepped dressing over the fruit salad.

Carefully mix and toss to coat.

Serve right away or cover with an air-tight lid and refrigerate until ready to serve.

Monday 10:30 3's

Tuesday 10:00 2's

Wednesday 11:15 4's

Thursday 11:15 or 12:15 T's

***Nursery varies**

(Times and days are subject to change)



January 2019

January 2-4

No Nutrition Expedition This week

January 7-11

2's, 3's and 4's. Artic Animal Yoga
Toddlers Animal Actions
Infants Baby Arctic Animal Yoga

January 14-18

3's and 4's Homemade vegan Doritos
Toddlers and 2's Homemade vegan Doritos
Infants Plush fruits and veggies

January 21-25

2's, 3's and 4's Artic Animal Yoga
Toddlers Animal Actions
Infants Baby Arctic Animal Yoga

January 28- Feb 1

3's and 4's "Do You want to build a snowman?"
Toddlers and 2's "Do You want to build a snowman?"
Infants Banana exploration

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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