



Family Fun In the Kitchen



Pumpkin Smoothies



Ingredients:

- 1/2 cup of canned pumpkin
- 1 cup of milk
- 1 medium frozen banana
- 1 Tbsp of honey
- 1/4 tsp of pumpkin spice.

Blend all ingredients in blender till smooth.



Children that get involved in the kitchen develop fine motor skills, hand/eye coordination and early concepts of math and science.

Pumpkin Volcanoes



Ingredients:

- pumpkin
- baking soda
- dish soap
- food coloring
- vinegar



Scoop out pumpkin
add 2 tbsp of baking soda
add 2 squirts of dish soap
add 1 squirt of food coloring
Start pouring vinegar and watch your pumpkin erupt!

