

MAKE HOLIDAY BAKING HEALTHY AND FUN



3 TIPS FOR BAKING WITH KIDS

1. Try not to stress about the mess. Lay down plastic tablecloths over your kids' workstation and the floor. Flour might fly ... or a fumbled egg may crack on the floor. Take a few deep breaths and teach your kids how to clean it up.
2. Seize every teachable moment. Invite your kids to show off their math skills as they help you measure ingredients. Quiz them with questions like: "How many ounces are in a cup?" or "How many cups are in a quart?"
3. Avoid labeling foods "good" or "bad." Instead, use terms like "always foods" and "sometimes foods," or "nutritious foods" and "fun foods." The goal is to help your kids form a balanced relationship with food — not a rigid one.

HEALTHY RECIPE: LOW FAT BROWNIES

Ingredients

- 1/2 cup cocoa
- 1 cup flour
- 1 teaspoon baking powder
- 1/2 teaspoon salt
- 2 tablespoons butter
- 1 teaspoon vanilla
- 1 3/4 cups white sugar
- 2 egg whites
- 3/4 cup applesauce

Instructions

1. In a large bowl, cream butter and sugar. Add egg whites, applesauce and vanilla, mix until combined.
2. In a separate bowl, mix all other ingredients. Then, add to the wet ingredients in the large bowl and mix.
3. Spray 8x8 dish with cooking spray and bake at 350°F for 30-35 minutes.

Get Active While the Treats Are Baking

While the treats are baking, squeeze in some physical activity. This can be a living room dance party, a few easy yoga poses, some arm circles or jumping jacks!



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