Finn and Lainey

Little Sourdough Pumpkins

Make a little pumpkin patch you can eat. Makes 3 little bread pumpkins.



Ingredients

- 3 slices soft sourdough bread
- Cooked & cooled mashed sweet potato, enough for a thin layer
- Plain cream cheese, a little to stir into the sweet potato
- 3 short, thin pieces of soft cooked apple

Equipment

Pumpkin cutter and small board (grown-up use), bowl, spoon and plate.

Make it together

1. A grown-up cuts three pumpkin shapes from the bread.
2. Stir a little cream cheese into the sweet potato until smooth and easy to spread.
3. Spread a thin layer on each pumpkin. Use the spoon to make a few curved lines.
4. Add one small piece of soft cooked apple for each stem.
5. Count the pumpkins. A grown-up cuts portions to suit the child before serving.

Little helper jobs

Stir with help. Spread with help. Count the pumpkins.

Grown-up jobs: Cook apple until easily mashed; cook and mash sweet potato. Cool both before assembly. Handle cutting. Supervise seated eating; adapt size and texture. Check milk and wheat labels for allergies.

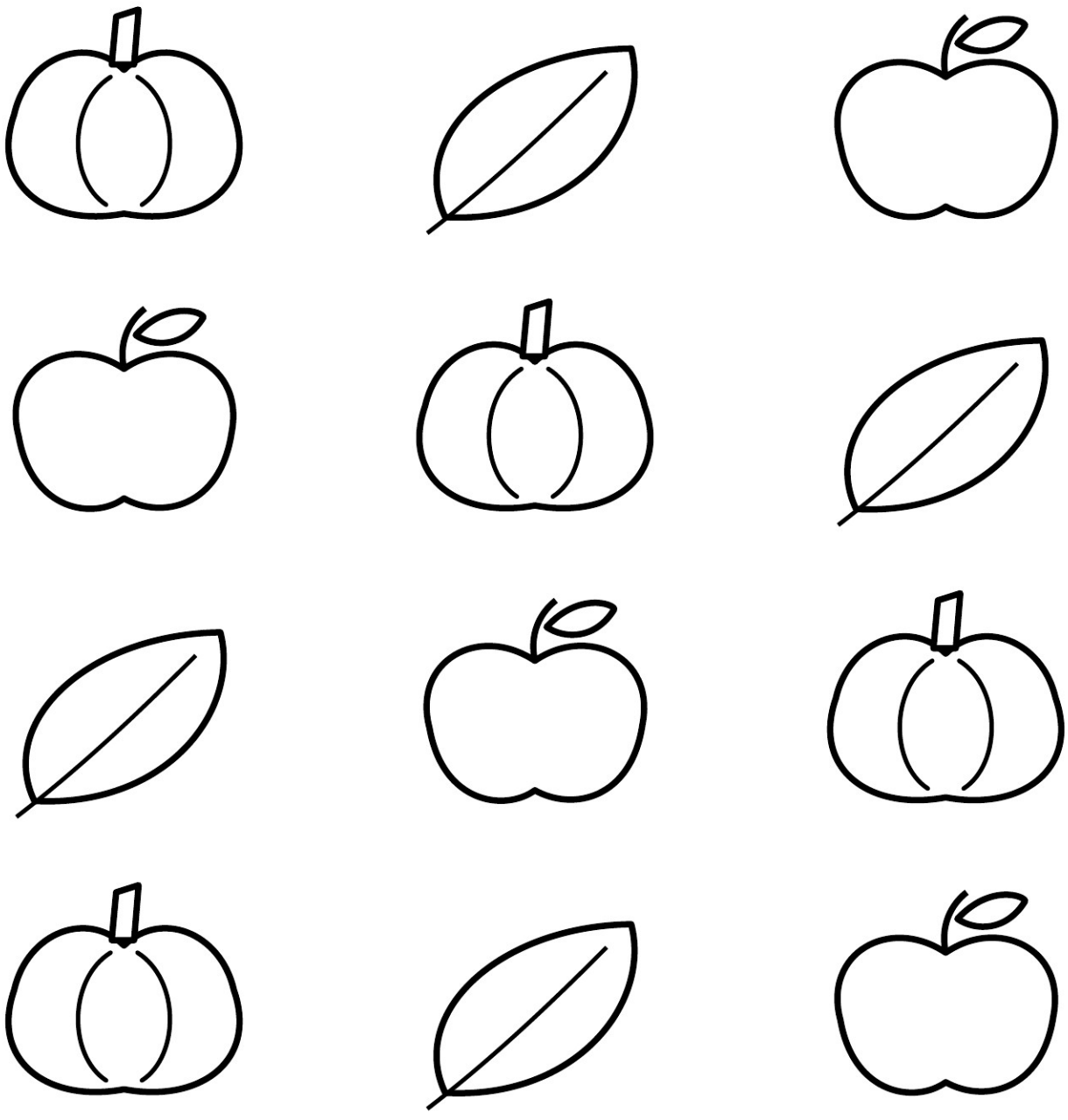
Make fresh. Refrigerate leftovers at 40°F or below within 2 hours (1 hour above 90°F). Use within 3-4 days.

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Can you find the pumpkins?

Invite your child to point to, circle or color each pumpkin.



Grown-up: Find four pumpkins together. Pointing is enough.

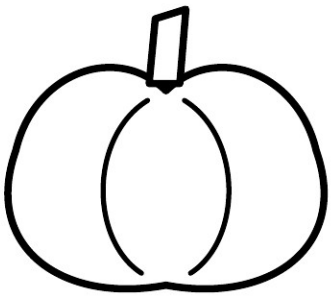
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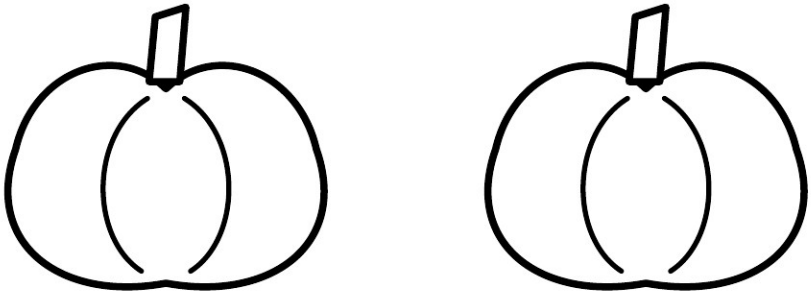
Count the little pumpkins

Invite your child to touch each pumpkin as you count together.

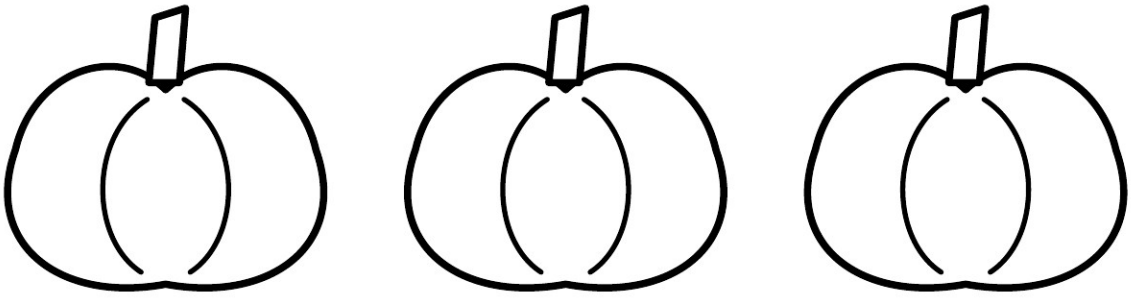
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2



3



Color the pumpkins any way you like. No writing needed.

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