





LESSON 2: BROWNIES AND PUMPKIN JUICE

FUDGY PUMPKIN BROWNIES

Ingredient	Students Per Class		
	10	15	20
Pumpkin Puree, canned	3/4 cup	1 cup	1 1/2 cup
Vanilla extract	3/4 tsp	1 tsp	1 1/2 cup
Oats 	1/4 cup	1/4 cup	1/3 cup
Mini chocolate chips 	1/4 cup	1/4 cup	1/3 cup
Sugar	1/4 cup	1/3 cup	1/2 cup
Cocoa Powder 	1/4 cup	1/4 cup	1/3 cup
Baking Soda	1/3 tsp	1/2 tsp	2/3 tsp
Other: Foil muffin tins per students.			
 : Make sure it is PEANUT, NUT, and SESAME FREE			

PREP BEFORE CLASS:

Open canned pumpkin puree. Preheat oven to 375°F.

Directions:

1. Have students measure and whisk together pumpkin and vanilla extract.
2. In a separate bowl, measure and stir together all remaining ingredients.
3. Pour dry ingredients into wet (not the other way around!) and stir until well combined.
4. Evenly distribute mixture between the muffin liners.
5. Bake for 11-13 minutes. Keep an eye on the oven as time may vary. They will look underdone, but brownies will firm up as they cool.
6. Take out and let it cool down. Enjoy!

DID YOU KNOW?

Brownies were thought to have been a baking error when a chef forgot to add baking powder to cake batter.



DID YOU KNOW?

Did you know? The name pumpkin comes from the Greek word 'pepon', meaning large melon.



PUMPKIN JUICE

Ingredient	Students Per Class		
	10	15	20
Apple juice	32oz	48oz	64oz
Pumpkin puree	7oz	11oz	15oz
Honey	1/4 cup	1/3 cup	1/2 cup
Vanilla	2tsp	3tsp	4tsp
Cinnamon	1tsp	1.5tsp	2tsp
Other: plastic cup per student			

PREP BEFORE CLASS:

Open can of pumpkin puree.

Directions:

1. Have students help measure the pumpkin puree, honey, vanilla and spices into the blender.
2. Blend until well combined.
3. Slowly add apple juice to the pumpkin mixture, blend until all ingredients are combined.
4. If mixture is too thick, you can have students add water to thin to the desired consistency
5. Enjoy!

LESSON 2: SEASONAL EATING

SHOPPING LIST

Please see recipe for amounts, varies by class size

Ingredients to buy:

- Pumpkin puree, canned
- Oats (NUTS & SESAME FREE)
- Mini chocolate chips (NUTS & SESAME FREE)

- Cocoa powder (NUTS & SESAME FREE)
- Baking soda
- Apple Juice

Ingredients in the bin:

- Sugar
- Vanilla extract
- Honey
- Foil muffin tins
- Plastic cups

OBJECTIVES

- Explain the health benefits of pumpkins
- Understand the process of baking
- Summarize Seasonal Eating and the various foods

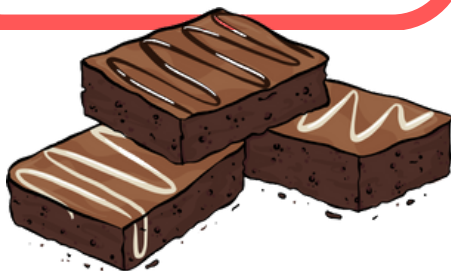
INTRODUCTION

🕒 2-3 min

- Complete Start of Class Checklist (see beginning of the curriculum): arrive early, set up for the class, take attendance, review allergies.
- Ask the students to identify the ingredients from both recipes. Have them guess what we might be making today. Have they previously had all of these ingredients, or is there a new item?
- Describe Seasonal Eating to the students:
 - Seasonal Eating means only eating certain foods when they are in season. For example, in the summer, fruits and vegetables have a higher amount of Vitamin C, Vitamin A, Fiber, and potassium! These foods in this season are perfect for the hot weather to keep a healthy metabolism, immune system, and hydrated.
 - Seasonal Eating is perfect for those who are looking to take care of themselves in each of those seasons!
- Discuss the various foods that have Pumpkins in them:
 - What foods contain Pumpkins in them?
 - What does Pumpkin taste like?

COOKING PRO

Brownies continue to cook slightly after you take them out of the oven, so it's better to slightly underbake them than to overbake. You know your brownie is perfectly cooked when a toothpick inserted into the center comes out with a few moist crumbs attached, but not wet batter.



LESSON 2: SEASONAL EATING

STAR INGREDIENT: PUMPKIN



- What are pumpkins? Pumpkins are technically fruits, and are part of the winter squash family, Cucurbitaceae, which includes cucumbers and melons.
- How many colors of pumpkins are there? There are over 25 different varieties of pumpkin. They come in a range of colors, including red, yellow, orange, and green.
- Why are pumpkins good for us? Pumpkins contain a high amount of fiber, which is a compound that helps keep our digestive system healthy and functioning properly. Pumpkins also are rich in vitamin A, which is important for eye health, and antioxidants, which protect our bodies from cellular damage.
- Fun Fact! The largest pumpkin pie was over 5 feet wide and 350 pounds – a lot bigger than you!

DID YOU KNOW?

Every part of the pumpkin is edible, including the skin, leaves, flowers, and stem. Pumpkin and other squash blossoms can be eaten raw. They're also particularly tasty when lightly battered and fried!

DEVELOPMENT

🕒 5-7 min

- As you are completing your first recipe discuss the Star Ingredient. Ask the students: What does it taste like? Do you like it?
- While preparing the Fudgy Pumpkin Brownies, discuss the Star Technique – baking. What is baking? What methods are there for baking? How do you like your food when baked, crispy, or perfect? What is the perfect temperature for baking?
- Baking is very precise, so it is important to use the exact amount of ingredients. Give the class a demonstration on how to use various measuring cups and spoons to properly measure the ingredients. See MEASURING TIPS page at the beginning of the guide for more information.

STAR TECHNIQUE: BAKING

- Today's recipes will focus on the super fun cooking technique – Baking!
- Baking is a method of cooking food that usually uses prolonged dry heat, such as in oven, but can also be done in a microwave.
- What types of foods do you bake? Bread, cookies, cakes, meats, lasagna, vegetables and fruits.
- How do you think baking in microwave will differ than oven? A microwave will bake faster, but the oven can make foods crispy.



END OF CLASS CHECKLIST

🕒 10 min

- Follow End of Class Checklist (see beginning of the curriculum) and complete Taste Test, Thumbs Up Test, Clean Up & Dismissal