



"Spices for Kids"

Pumpkin Dip:

- 8 oz cream cheese; softened
- 18 oz pumpkin pie mix
- 2 c confectioner's sugar
- 1/2 tsp ground cinnamon; 1/2 - 1 tsp
- 1/4 tsp ground ginger; 1/4 - 1/2 tsp



Allow cream cheese to soften to room temp.
Mix all ingredients together and serve as a spread or dip for fresh fruit, or on Ginger Snaps (very yummy!)



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Mini Tomatoes:

- 24 cherry tomatoes
- 24 small mozzarella balls
- 10 basil leaves minced
- olive oil for drizzle
- salt and pepper to taste



Hollow out tomatoes and remove as much of the seed and ribs as possible.
Stuff with 1 cheese ball, drizzle with olive oil, then salt, pepper and basil.



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Yogurt Dip:

- 2 cups plain yogurt
- 1/4 cup honey
- 1 tsp cinnamon



Mix thoroughly, taste, and adjust honey to taste.
Serve with fresh cut fruit.



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Yogurt Berry Baby Food:

- 24 oz plain yogurt
- 1/2 cup frozen mixed berries



Place both in a blender or food processor, and combine. To thicken, add baby cereal as desired.

