

This Weeks Session Information:



Thank you for 5
great sessions!!

This Weeks Featured Recipe:



Overnight Oats

Ingredients:

- 1/2 cup old fashioned rolled oats (not quick cook)
- 1/2 cup - 1 cup almond milk (or milk of your choice)
- 1-3 teaspoons of honey or agave to taste



Optional Ingredients:

- 1/4 cup nuts, lightly chopped
- 1-2 teaspoons chia seeds
- 1/2 teaspoon ground cinnamon
- Fresh fruit (bananas and/or berries recommended)
- 1/2 cup yogurt of choice (for extra thickness and flavor)



Directions: Cook time 12 minutes

1. In a mason jar or other glass container with a lid, add oats, milk and honey, as well as yogurt if so desired, Stir to combine well. Cover and let chill overnight in the fridge.
2. In the morning, add your choice of toppings and enjoy!

*To serve warm, be sure your container is microwaveable. Microwave for 1-1.5 minutes and enjoy! Heating is not recommended if you use yogurt

*This recipe is easily customizable to be vegan, gluten free, or sugar free.

This Weeks Theme:



Balanced Plate!

This week's Session Recipe:

Rainbow Wraps: Makes 1 wrap

Supplies:

- Cutting board
- Knife
- Plate
- Spoon



Ingredients:

- 1 whole wheat tortilla
- 1 ounce turkey
- 2 or 3 spinach leaves
- 2 tablespoons shredded carrots
- 1 slice cheese
- 2 thin apple slices
- Low-fat ranch dressing, hummus or cranberry sauce
- Any extra veggies you want!



Directions:

1. Lay out tortilla flat on your plate
2. Pour a little ranch dressing on the tortilla and spread the dressing. Alternatively; spread the hummus or cranberry sauce
3. Layer your tortilla with turkey, spinach, carrots, apples, and cheese
4. Roll up and enjoy!



Read about it!

Two Old Potatoes and Me by John Coy

One day at her dad's house, a young girl finds two old potatoes in the cupboard. "Gross." But before she can throw them away, her dad suggests they try to grow new potatoes from the old ones, which have sprouted eyes. Told from May to September, the potato-growing season, the story includes all the basic steps for growing potatoes while subtly dealing with the parents' recent divorce.

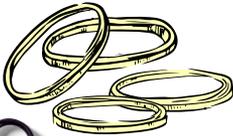


At Home Fun: Cotton Ball Fun!

Cotton Ball Launcher:

Supplies:

- Short pencils
- 2 thin rubber bands
- 2 toilet paper tubes
- Duct tape
- Scissors
- Single hole puncher
- Cotton ball



Directions:

1. Cut one toilet paper tube lengthwise so it is open
2. Roll the flat toilet paper tube tightly so that it has a small diameter
3. Use duct tape to keep the roll together
4. Use the hole punch to make a hole near the end of your new tube
5. Make a second hole on the opposite side of your first hole
6. Poke your pencil through the holes you just made
7. Cut two small slits on one end of your other toilet paper tube
8. Cut two more small slits on the opposite side of the roll so that one end of your tube has a total of four slits
9. Thread one rubber band into each of the pairs of slits on your tube
10. Reinforce the slits on your toilet paper tube with duct tape
11. Insert the small rolled tube into the larger normal sized tube
12. Stretch the rubber bands around the pencil
13. Load your cotton ball into the launcher
14. Pull on your pencil and release
15. Watch your cotton ball fly through the air!

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