WINTERTIME FOOD & FITNESS

Unscramble each word. Then use the numbered letters to solve the second puzzle.

GEDSDINL — 56 3 35 47 52 42

SWNO LPYA — 49 45 1 / 55 14 30 5

TVEABGLEE POSU — 53 43 26 36 15 / 22 6 7

CAOCO — 11 40

PKUMIPN SIEFSOT — 32 41 4 / 25 44 33 13 34 38

CDNEA — 17 8

PCNOPOR — 51 46 9 20

IEC SEKTA — 27 16 / 48 21 10

OHT PEAPL DCREI — 2 19 24 / 50 28 54 / 37 18 39 31

ILCIH — 12 23 29

To view the solution to this puzzle, visit
http://nutritionforkids.com/solution.htm

1 2 3 4 / 5 6 7 / 8 9 10 / 11 12 13 14 15 16 17 , / 18 19 20 ' 21 / 22 23 24

25 26 27 28 29 ! / W 30 31 32 / 33 12 34 / 35 36 5 / 1 37 24 12 / 38 21 39 40 32 41 42 43

44 45 46 47 / 48 49 18 / 50 51 26 52 53 54 / 55 56 30 5 !

Word List: Chili, Sledding, Hot apple cider, Snow play, Ice skate, Vegetable soup, Popcorn, Cocoa, Pumpkin Softies, Dance

PUMPKIN SOFTIES

YOU WILL NEED:

1½ cups firmly packed brown sugar ½ cup soft margarine (trans-fat free) 1 can (15 ounces) pumpkin 2 eggs 2½ cups whole wheat flour 1 teaspoon baking powder ½ teaspoon baking soda 1 teaspoon ground cinnamon	½ teaspoon salt 1/8 teaspoon ground nutmeg Non-stick spray •Toppings: raisins, dried cranberries, sliced or slivered almonds, peanuts, chopped prunes or apricots •Equipment: spoon, 2 mixing bowls, baking sheet, measuring cups and spoons, clean work surface and hands

This delicious cookie recipe is loaded with healthy ingredients!

DIRECTIONS: Preheat oven to 350°F. In mixing bowl, beat together sugar and margarine until creamy. Add pumpkin and eggs; beat well. In medium bowl, combine flour, baking powder, baking soda, cinnamon, salt and nutmeg; add to pumpkin mixture, mixing until dry ingredients are moistened. Lightly spray baking sheets with non-stick spray. Drop dough by rounded measuring tablespoonfuls onto prepared pans. Smooth tops of dough with back of spoon and decorate with dried fruits and nuts to make flowers, faces or other fun patterns. Bake 15 to 18 minutes or until bottoms are golden brown (lift gently with a spatula to check). Remove to wire racks; cool completely. Makes about 3 ½ dozen.

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