

BIBBIDI-BOBBIDI-BOO!



OCTOBER WELLNESS NEWSLETTER



SERVINGS: 4
PREP & COOK TIME: 45 MINS

BRUNCH SNACK

PUMPKIN PIE GREEK YOGURT PARFAITS

Try this dessert idea for breakfast in the spirit of pumpkin season. Host brunch with friends and make sure to save some extra just for yourself. Enjoy!

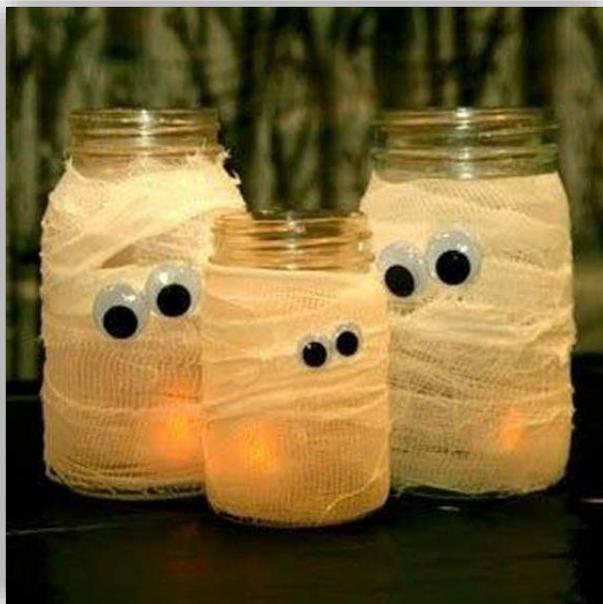
Instructions

1. Preheat oven to 350 degrees.
2. In a large bowl, combine 1 can of pumpkin puree, 2 eggs, 1 tablespoon lemon juice, $\frac{1}{4}$ cup milk, $\frac{1}{4}$ cup maple syrup, $1\frac{1}{2}$ tablespoon pumpkin pie spice, & salt. Stir. Pour mixture in baking dish and bake for 30 mins.
3. Let cool for 10 mins. Layer $\frac{1}{4}$ cup of pumpkin mixture into bottom of small or jar. Then, layer $\frac{1}{4}$ cup of vanilla yogurt (Fage brand Greek Yogurt) over pumpkin mixture and repeat until glass is full.
4. Top each parfait with pumpkin spice granola, maple syrup and extra nuts if desired.

Destinationdelish.com

DIY: MASON JAR GHOSTS

Rekindle the Halloween spirit in the comfort of your home or bring them to the office!



INSTRUCTIONS:

1. Retrieve any old canning jar (mason jar, or pickle jar)
2. Paint modge podge all over the jar, starting from the bottom
3. Wrap sterile medical gauze (Wal Mart)
4. Paint modge podge between the layers of podge and slightly overlap each layer
5. When happy with wrapping, paint a layer of modge podge on top of the whole thing quickly
6. Then glue googly eyes with more modge podge
7. Lastly, add candles inside (fake ones will do too!)

Craftsredesigned.blogspot.com



www.thefamilydinnerproject.org

A CELEBRATED MONTH - OCTOBER

October is a month of many celebrations from national apple month, to aids awareness month. This October, let's not only celebrate our traditional Halloween holiday, but let's remember to celebrate our families as well. October is also "Eat Better, Eat Together" month where eating healthy as a family is encouraged. Here are few tips to eat better together...

Making Family Meals Happen

1. Plan – Review the calendar and choose a time and place to share family meals
2. Prepare – Recruit cooking mates (kids, roommates, or spouses) to help you set the table, pour drinks, or washing produce. Being upbeat can rub off on the people around you so make sure to show how pleasant the fruit of labor is!
3. Enjoy! – Raise a glass to say thanks to the cook(s) before you dig in. Family meals are a good time to teach kids civilized behavior, but the focus should remain on making your kids feel loved, connected and part of a family.

Conversation starters:

- What is your favorite meal at the table?
- If you opened a restaurant, what would it be?
- What does your dream home look like?

