



LIVE AND LEARN FAMILY NEWS JULY 31, 2017

Upcoming Field Trips!

(Please make sure you are here half an hour early)

Tuesday August 1st

KINDERGARTEN

Cocheco Children's Festival BJ Hickman 9:45am - 11:45am

CAMP

Service Project 12:30pm - 4pm

Thursday August 3rd

PRESCHOOL

Wagon Hill, Durham 9am - 11:30am

OLDER CAMP

Discovery Science Center, Stratham 12:30pm - 4pm

Friday August 4th

CAMP

Daniel's Family Camp, Meredith

FULL DAY FIELD TRIP 8am - 4pm

*CAMP SLEEPOVER at Live and Learn: This year it's a Friday
Sleepover with pick-up by 10am on Saturday.*



Director/Owner

Johanna
Booth-Miner

Co-Director

Sarah Miner, M.Ed.

Address

114 Mast Road
Lee NH 03861

Phone 659-5047

Fax 659-7908

call first

Rising Hawk Cell

Phone 231-5099

www.live-learn.org

livlrn2@comcast.net

Tax ID #02-0335768



Thinking about fresh
veggies? Check out
Gerry's white board in
the kitchen to keep
up to date on the
garden happenings!



Gerry's Kitchen

No-Fat Banana Applesauce Muffins

Ingredients:

- ♥ 1 3/4 Cups Flour
- ♥ 1/2 Cup Sugar
- ♥ 1 teaspoon Baking Powder
- ♥ 1/2 teaspoon Baking Soda
- ♥ 1/2 teaspoon Cinnamon
- ♥ 1/2 teaspoon Nutmeg
- ♥ 1/2 teaspoon Salt
- ♥ 2 Eggs or 2 Egg Substitutes
- ♥ 1 Cup Banana, Mashed
- ♥ 1/2 Cup Applesauce



Directions:

1. Preheat oven to 350 degrees.
2. Spray a 12-cup muffin pan with non-stick cooking spray.
3. Combine the dry ingredients and mix well. In a separate bowl, mix all the wet ingredients. Add together and mix well.
4. Pour into muffin tin.
5. Bake for 15 - 20 minutes.

Notes: 116 Calories/Muffin. No Fat