



LIVE AND LEARN FAMILY NEWS FEBRUARY 5, 2018

Reminders!

SCHOOL AGE FAMILIES

Please be on the lookout for a sign up sheet for ALL DAY CARE for February vacation. You must be signed up in order to attend Live and Learn Monday February 26th - Friday March 2nd.



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Gerry's Kitchen

Spreadable Snacks!

Chocolate-Hazelnut Spread

Ingredients:

- ♥ 1 Cup Hazelnuts
- ♥ 1/4 Cup Agave Nectar or Honey
- ♥ 2 TBSP. Unsweetened Cocoa Powder
 - ♥ 3 TBSP. Hot Water

Directions:

1. Preheat the oven to 350.
2. Place the hazelnuts on a baking sheet and toast for 15 minutes.
3. Remove the hazelnuts to a kitchen towel (not one of your nice ones) and rub to remove the skins.
4. Place the hazelnuts in a food processor and chop for 30 seconds.
5. Add the remaining ingredients and pulse until smooth.
6. Serve as a Sandwich Spread or as a dip for fruit.

Roasted Carrot Hummus

Ingredients:

- ♥ 3 Large Carrots, peeled and cut into 1-inch pieces
 - ♥ 1 Garlic Clove
 - ♥ 2 tsp. Olive Oil
 - ♥ 1/2 tsp. Kosher Salt
- ♥ One (15 oz.) can Chickpeas (Garbonzo Beans), drained and rinsed
 - ♥ 2 TBSP. Lemon Juice
- ♥ 2 TBSP. Peanut Butter (or Almond Butter, Sunflower Butter, or Tahini)

Directions:

1. Preheat the oven to 400.
2. Place the carrots and whole garlic clove on a baking sheet. Drizzle with the olive oil, sprinkle with the salt, and toss to coat.
3. Roast for 45 minutes, or until the carrots are fork tender and starting to caramelize.
4. Place all the ingredients in a food processor and puree until smooth.