

## SEEDS, WEEDS & GARDEN READS

Michigan 4-H Gardening & Nutrition Activities for 5- TO 8-Year-Olds

# Pumpkin Pie in a Bag



## Pumpkin Pie in a Bag

### INGREDIENTS:

- 1/8 cup milk
- 2 tablespoons canned pumpkin (or pie ready pumpkin)
- Dash of pumpkin pie spice
- 1 tablespoon instant vanilla pudding mix
- Crushed graham crackers (1/2 cracker per participant)
- Whipped topping

### EQUIPMENT:

- Quart sizes Zip lock freezer bags
- Measuring cups
- Measuring spoons
- Serving spoons
- Plastic cups
- Scissors

### PROCEDURE:

1. Have the group members wash their hands with soap and warm water for 20 seconds before beginning to prepare the recipe. Be sure that all work surfaces are clean.
2. Have the children crush up the graham cracker in their bag.
3. Poor cracker crumbs into cup.
4. Combine the milk and instant pudding in the bag.
5. Remove the air from the bag and seal it.
6. Squeeze and knead with hands until the mixture is blended—about one minute.
7. Add pumpkin and pumpkin pie spice
8. Squeeze and knead with hands until blended—about two minutes.
9. Crush up graham cracker and place 2 tablespoons of graham cracker crumbs in the bottom of the small cups
10. Cut the corner of the freezer bag and squeeze pie filling into the cups.
11. Garnish with whipped topping

Today your child read a story called *The Run Away Pumpkin*. It is a story is about Buck and Billy Baxter and their little sister, Lil. They climb a hill on Halloween when they happen upon an enormous pumpkin. They cut the pumpkin from its vine and down the hill it tumbles, crashing through the family farm. This makes for an exciting adventure for Buck, Billy, Lil and the pumpkin on Halloween day.

Ask your child about the pumpkins trip down the hill, and how many foods are made from pumpkins.

We also made Pumpkin Pie in a Bag. The recipe is provided so you can make it with your child at home. You could also try other pumpkin treats like pumpkin bread.

**Curiosity Cat says, “I love to eat pumpkin pie!”**



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