

NOVEMBER & DECEMBER EXERCISES!

OPTIONAL ASSIGNMENT

OPTION # 1: Go to a playground and play!

OPTION #2: Have a tree run race with friends or family members. On the word “go”, have all players run and touch as many trees as they can in a certain amount of time. The person who touched the most trees in that amount of time, wins! Play for a few rounds to get an adequate amount of exercise in! I would suggest having someone be a timekeeper and doing rounds of either 30 sec., 1 min., or 2 min. If you don’t have a lot of trees around, pick a starting location and one tree to run to. On the word “go”, run to the tree and then back to the starting location. Keep repeating this run until time is up. The person who touched the tree the most in the specified time frame, wins!

OPTION #3: Exercise with CJ, the Workout Kid! Type in this link to get started:

<https://www.youtube.com/watch?v=qMaddfFspQE>

RECIPE OF THE MONTH: Hulk Muffins! (Found from www.superhealthykids.com)

These muffins are green and will help you stay healthy and strong, just like the Hulk! Be sure to make these muffins with an adult for kitchen safety!!! *Contains dairy, honey, and eggs

- **DRY INGREDIENTS:**
- 2 cup – flour, whole wheat
- 1 ½ teaspoon – cinnamon
- 2 teaspoon – baking powder
- ½ teaspoon – baking soda
- ¼ teaspoon – salt
- **WET INGREDIENTS:**
- ¾ cup – milk
- ½ cup – honey
- 1 large – banana
- 6 ounce – spinach
- ½ cup – butter, unsalted
- 1 large – egg
- 1 teaspoon – vanilla extract



Directions

1. Preheat oven to 350 F, and line a muffin pan with paper liners (or use silicone muffin cups sprayed with cooking spray).
2. Combine all dry ingredients in a large mixing bowl.
3. Melt butter. Blend the wet ingredients in a blender or food processor until completely pureed.
4. Pour the puree into the dry ingredient bowl, and fold together gently until just combined. (Do not over-mix.)
5. Spoon the batter into the muffin pan, and bake for 18-22 minutes, or until the muffins are firm to the touch on top, but not quite browning.
6. Cool most, or all of the way before serving.



NUTRITION PER SERVING% DAILY VALUE

- **Calories:** 140
- **Fat:** 6 g
- **Carb:** 20 g

Bring in a picture of you and your family performing one of the three exercise options listed above. I will then post it for all to see! If you made the recipe of the month, take a picture of you enjoying the yummy snack and bring it in. You can also send the picture in via email. My email is sara.brodnan@cardinalschoools.org

- **Fiber:** 2 g
- **Protein:** 2 g
- **Sugar:** 9 g