

Preheat oven to 350 degrees

Notes:



Eat Like a Dinosaur

APPLESAUCE

Makes 4 cups

Have you ever had fresh applesauce made from your own apples? We used to think it was too hard for us to try making it ourselves. But then we gave it a whirl and now we realize it's super-easy and delicious. Now it's almost always in our house, available for snacks at any time or to eat as a side with dinner.

When we get apples we either go to a farm where we pick our own or we go to the farmers' market and buy huge baskets of them. Our farmer gives us a discount for buying a half bushel. That makes lots of Cinnamon Apple Tidbits (p. 167), Apple Rings (p. 165), and this applesauce!

You could also do this in a slow cooker. Just put the apples and cinnamon in for 8 hours on low!

INGREDIENTS

- 8 apples (baking apples, tart, but not sour—our favorites are York, Fuji, and Honey Crisp)
- Cinnamon

INSTRUCTIONS AND HOW KIDS CAN HELP

1. Peel all the apples, then section into 8 or more slices (we love our dollar-store apple slicer for this).
2. Place slices in 9-by-13-inch baking dish and sprinkle the top with cinnamon.
3. Bake for 60 minutes at 350 degrees (for a wetter sauce, cover with foil).
4. When apples finish baking, either mash for a chunky sauce or purée for a smooth sauce.
5. Serve warm with pork for dinner or store and serve cold for several weeks—it freezes well too.

Side Dishes



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Notes:



PUMPKIN PUCKS

Makes 12 cupcakes

Matt used to love making pumpkin pies for Thanksgiving, but usually pumpkin pies are made with a canned, thick liquid made out of sugar and milk called sweetened condensed milk. That doesn't sound healthy at all! So we invented our own version of mini pumpkin pies, which we call pumpkin pucks! The inside is almost creamy and has plenty of pumpkin power in its punch!

INGREDIENTS

- 1 C pumpkin purée
- 1 C almond butter
- 1/4 C honey
- 2 Tbsp maple syrup
- 2 eggs
- 1/2 C almond flour
- 1 Tbsp cinnamon
- 1 tsp nutmeg
- 1/2 tsp salt
- 1/2 cup mini chocolate chips or chopped nuts for decorating (Optional)

INSTRUCTIONS AND HOW KIDS CAN HELP

- ✎ With electric mixer or stand mixer, whip pumpkin and almond butter together until thoroughly combined.
 - ✎ Add honey and syrup and beat in eggs one at a time.
 - ✎ Add dry ingredients to wet and mix until just combined.
 - ✎ Fill muffin cups 1/2 full in greased muffin tin (they will not rise but more would be too dense).
 - ✎ Top with decorations if you choose, but we think they are perfect without anything.
 - ✎ Bake at 350 degrees for 20 minutes, will be firm to the touch but a testing knife or stick will not come out clean.
7. Store chilled for up to a week or more.



50/50 BACON BURGERS

Makes 6 burgers

Special Tools:
Meat grinder or
food processor

Notes:



Eat Like a Dinosaur



You like bacon, right? How about bacon on hamburgers? Well, of course. They are delicious together! How about instead of putting the bacon on top of the burger, you put it in the burger? Mixing these two different meats together will be an opportunity to see how their textures feel and taste. Just be careful when making the patties; the more gentle your hands, the more juicy your hamburgers will be!

When we make burgers we love to "build our own." We often set out more than just the standard lettuce, tomato, and onion—we include things like guacamole and salsa, fried eggs, sautéed spinach, sauerkraut, and even roasted red peppers. We make special designs to see who can make us laugh the most. Our dino egg nest has been our favorite, but use your imagination. Use the burger as a base for whatever seems fun!

INGREDIENTS

- 1 lb bacon
- 1 lb lean ground red meat
- 1/2 tsp cumin
- 1 tsp ground pepper
- 1 tsp paprika
- 1/2 tsp red pepper flakes (optional)

INSTRUCTIONS AND HOW KIDS CAN HELP

1. Grind the bacon with a meat grinder or chop with a food processor until the consistency is that of coarsely ground beef (ground bacon will feel slimy due to the high fat content).
 - ✎ Mix the ground meats with the spices by hand.
 - ✎ Form into 6 equal wide, 1-inch-thick patties (don't worry if they look a little big; the fat will drain out and shrink them more than normal beef burgers).
4. Grill, or cook on stovetop over medium heat to desired doneness, about 8 minutes per side.
- ✎ Serve on a bed of lettuce with tomatoes for your own BLT, but Finian would tell you no burger is finished without guacamole.

Main Dishes

