

Strawberry Banana Blender Muffins

{Vegan, Gluten-free, Nut-free}

Makes 9 Muffins

1 cup mashed banana (about 2 medium bananas)

1 cup strawberry chunks (4-8 strawberries)

1 1/2 cup old-fashioned oats

1 tablespoon maple syrup

1 teaspoon vanilla extract

1/4 teaspoon salt

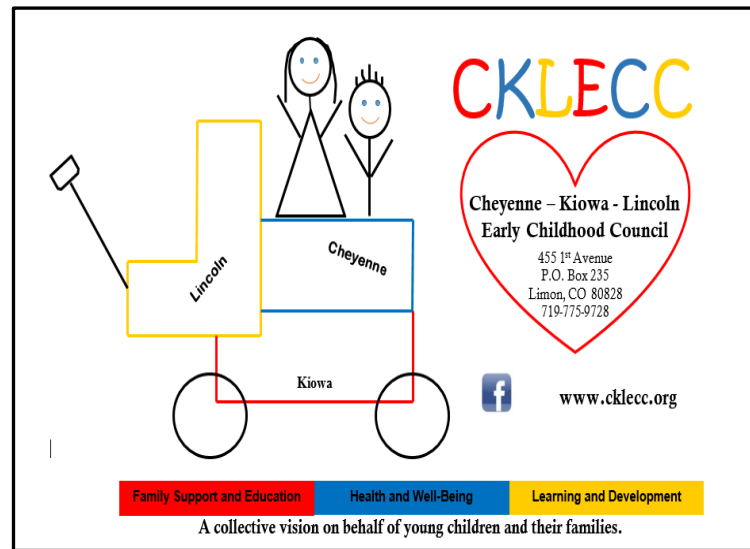
1 teaspoon baking powder

Preheat the oven to 400 degrees. Line a muffin pan with silicone baking cups or grease the pan.

Place all of the ingredients in a blender and blend until very smooth, scraping down the sides of the blender if necessary.

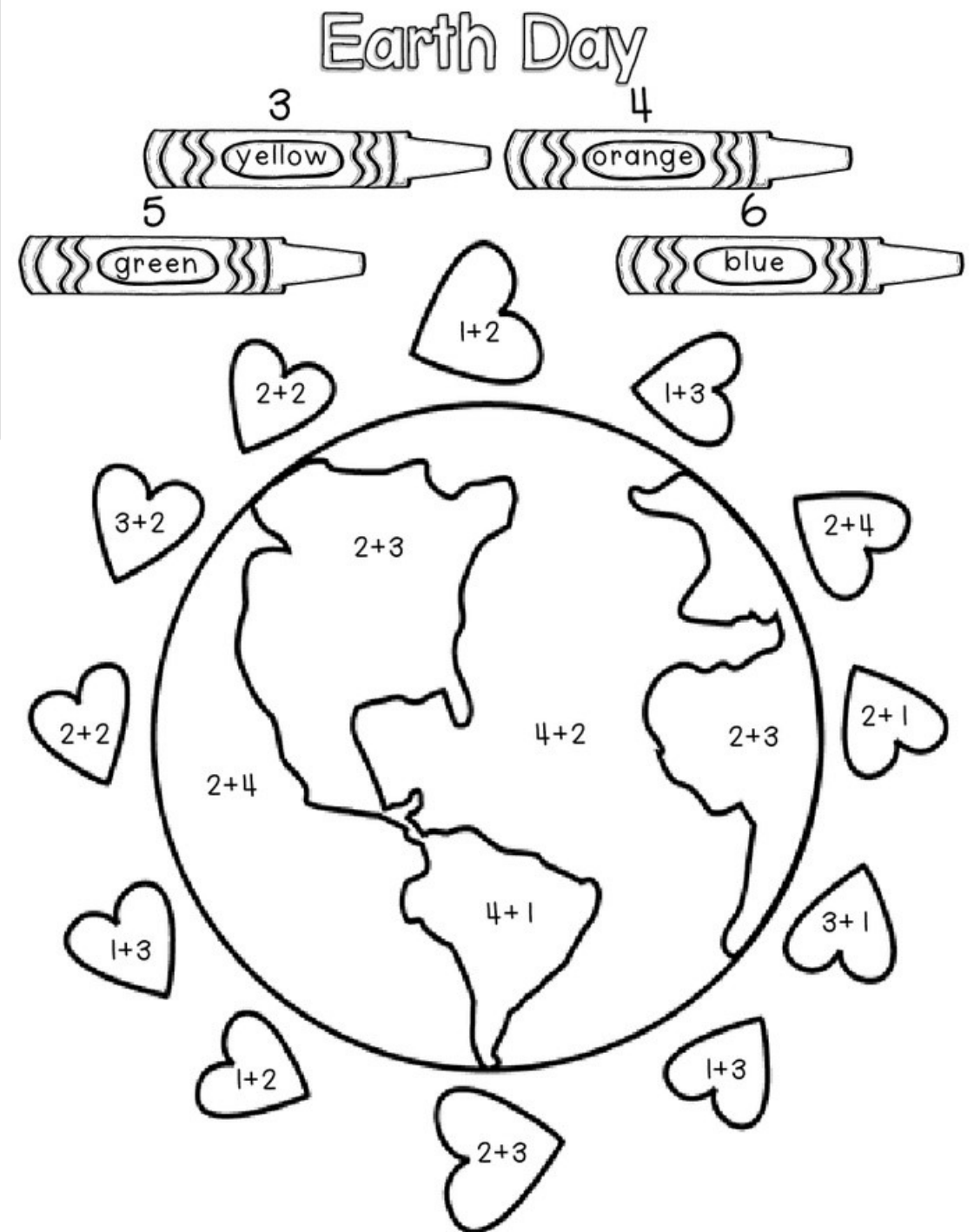
Transfer the batter from the blender into the muffin cups. Each cup should be filled about 2/3 to 3/4 of the way to the top. Put the muffin pan in the oven and reduce the temperature to 350 degrees. Bake until a toothpick comes out clean, 15-20 minutes. Mine were perfect after 17 minutes. Allow to cool completely before removing from the pan. Enjoy!

http://happyhealthymama.com/2015/05/strawberry-banana-blender-muffins-gluten-free-vegan-nut-free.html#_a5y_p=4682946



Put the 10 Earth Day words in alphabetical order.

planet	1.
reuse	2.
recycle	3.
ecology	4.
world	5.
oceans	6.
reduce	7.
Earth	8.
water	9.
rivers	10.



Multiply, Then Decode the Secret Message
Solve the problems, then use the alphabet code to answer the joke.

Name _____

What word starts with an "e" and ends with an "e" but has only one letter?

Alphabet Code:

1 = a	4 = d	7 = g	10 = j	13 = m	16 = p	19 = s	22 = v	25 = y
2 = b	5 = e	8 = h	11 = k	14 = n	17 = q	20 = t	23 = w	26 = z
3 = c	6 = f	9 = i	12 = l	15 = o	18 = r	21 = u	24 = x	

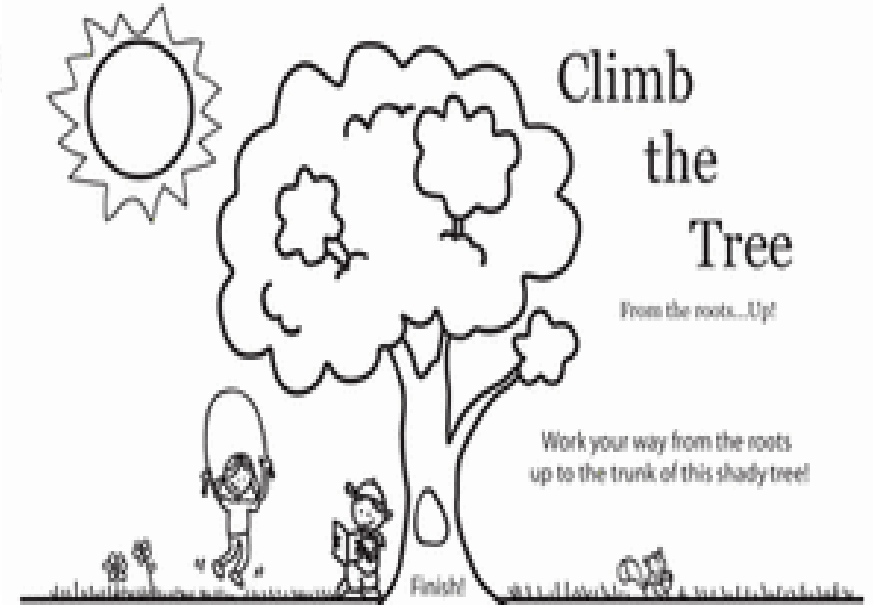
	Number	Use the abc code to get a	Letter
1 × 5 =	<input type="text" value="5"/>	----->	<input type="text" value="e"/>
2 × 7 =	<input type="text"/>	----->	<input type="text"/>
2 × 11 =	<input type="text"/>	----->	<input type="text"/>
5 × 1 =	<input type="text"/>	----->	<input type="text"/>
3 × 4 =	<input type="text"/>	----->	<input type="text"/>
3 × 5 =	<input type="text"/>	----->	<input type="text"/>
4 × 4 =	<input type="text"/>	----->	<input type="text"/>
5 × 1 =	<input type="text"/>	----->	<input type="text"/>

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Remember the 3 R's . . . Reduce - Reuse - Recycle!



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Earth Day Equalities

Example

 Directions: Fill the blank circles with the correct inequality sign or equals sign to make the statement true. You may start at any number.

The Hula Hop

Line up every **hula hoop** you own, and hop into the center of each one. Hopping with two feet together is a **gross motor skill** most children learn around the age of three. It is an important skill, because it helps children have control over their body movements. By setting up **intentional gross motor activities** children are able to control their movements and have control of their own personal space.

With younger children I like to encourage hopping with both feet together without any obstacles in place.

For older children, the **hula hoops** give a goal and focus for their hopping, encouraging even more body control

For a child who has mastered hopping, the next **gross motor activity** I suggest is hopping on one foot. This skill requires even more control and balance. If your child isn't ready to hop on one foot, you can introduce the skill by encouraging him to stand still on one foot at a time.

The next challenge is hopping sideways. Be sure to encourage children to hop both directions, to equally strengthen their muscles.
<http://www.learnplayimagine.com/2013/06/gross-motor-activity-hula-hoop-games.html>