



BRIGHT HORIZONS AT RECURSION

From the Director

It's recipe time again. How about some fun & easy things to do with those lovely fall apples?

Apple Cinnamon Fruit Roll-ups

Ingredients:

- 4 c. assorted apples (Granny Smith, Honey Crisp) peeled & chopped
- 1/3 c. water
- 2 tbsp. granulated sugar
- 1 tbsp. freshly squeezed lemon juice
- 1 tsp. cinnamon



Directions:

1. Preheat oven to 175°. Line a large, rimmed baking sheet with parchment & lightly grease with cooking spray.
2. In a medium saucepan, add apples, water, sugar, lemon juice, & cinnamon. Bring to a boil & then simmer until apples begin to break down & liquid is mostly evaporated (about 15 minutes).
3. Transfer to a food processor & blend until very smooth. Spread evenly onto prepared baking sheet & bake until dried out & no longer sticky, about 3 to 4 hours.
4. Using scissors or a paring knife cut leather into vertical strips & roll up.

PB&J Apples

Ingredients:

- 2 apples
- 1/4 c. peanut butter (or your favorite substitute)
- 1/4 c. jelly



Directions:

1. Slice apples into 1/4" rounds. Use a small cookie cutter to cut the core from the center of each slice.
2. Spread peanut butter & jelly on half of the slices then cover with the remaining slices.
3. Serve immediately.

MOVEMENT MATTERS SPOTLIGHT

powered by **boks**

Chalk Play

A perfect activity for a beautiful fall day, brought to you by our friends at BOKS – an initiative of the Reebok Foundation. This activity was designed for building those all-important muscle movement coordination skills for toddler and preschool aged children.

You will need:

1. Chalk
2. Hard surface outside or a large chalkboard for indoor play

Directions:

Draw mazes, lines, and hopscotch boards on your hard surface. Encourage your child to follow the maze, jump over the lines, play hopscotch, etc. Get creative! You can even draw roads for toy cars or ride on's, or have your preschool aged child bounce a ball while walking on the line.

Learn more at www.bokskids.org.

Enhanced Health & Safety

Our enhanced COVID-19 protocols ensure our center's health and safety practices align with the CDC and local authorities. Learn more about what we are doing to keep children, families, and staff safe.

brighthorizons.com/child-health-safety

Bright Horizons at Recursion

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Monday – Friday 7:00 a.m. to 6:00 p.m.

