

# Alliance for Children Newsletter

March 2022

## We Are Lucky to have you as providers!



Help make our wish come true.

Please check the date on your POSTED WIC poster and make sure the current dates are on it. (July 1, 2021- June 30, 2022)

We look forward to seeing you in person!

March 22 (Tuesday)  
Clearfield Library  
1 North Main St.  
6:30-8:30

March 30 (Wednesday)  
5 County Cedar City  
585 North Main Suite 1  
6:30-8:30

March 31 (Thursday)  
5 County St. George  
1070 West 1600 South Bldg. B  
6:30-8:30

April 11 (Monday)  
Salt Lake County Tyler Library  
8041 South Wood St. Midvale  
6:30-8:30

April 26 (Tuesday)  
Roosevelt/Vernal  
Comfort Inn (Ballard/Roosevelt)  
2197 E. Hwy. 40  
6:30-8:30

April 30 (Saturday)  
Tooele/Grantsville  
42 Brewery St. (Grantsville Library)  
10:30-12:30

May 10 (Tuesday)  
Care About Child Care UVU (Utah County)  
500 West 1200 South, Orem  
6:30-8:30

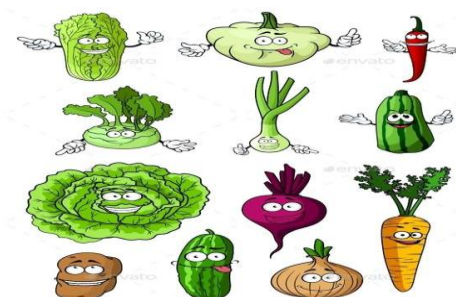
May 24 (Tuesday)  
Richfield Area  
60 East 100 North #1  
6:30-8:30 (No virtual offered)

Logan  
TBA (No virtual offered)

Spanish Speaking  
TBA

\*\*\*Virtual training (Zoom) will be available for some trainings if you are unable to attend on the scheduled date in your area. You must pre-register with our office for a virtual training at least 3 days in advance so link can be sent.

\*\*\*You must attend one of these trainings to meet the training requirement.



**We miss  
seeing your  
smiles!**

## Healthy Green Apple Popeye

### Gummy Bears

SERVINGS: 55 bears

PREP TIME: 25 mins COOK TIME: 20 mins

TOTAL TIME: 1 hr

These Green Apple Gummy Bears may be green, but they don't taste "green" at all. They taste just like storebought gummies -- soft, chewy, sweet and bursting with apple flavor. You'd never know they're fat free, refined sugar free and all natural too!



★★★★★

4.67 from 3 votes

*Did you make this recipe? Leave a review »*

### Ingredients

- 7 Apples (I used Gala, but Granny Smith would be good too!)
- 3-4 oz Baby Spinach
- 3 tbls Lemon Juice (freshly squeezed)
- 2 tsp Liquid Stevia Extract
- 2 tsp Natural Apple Flavor
- 100g (½ cup + 2 tbls) Unflavored Gelatin

### Instructions

1. Wash the apples and then core them. Chop them into quarters so they can fit into the juicer chute.
2. Rinse the spinach and drain the excess water. Lightly chop the spinach (I used kitchen shears) so it's easier to shove into the chute once you're juicing (when the leaves are whole, they tend to stick).
3. Attach the KitchenAid Juicer Attachment to your stand mixer with the high pulp filter, then place a tall container underneath the juice opening and another container underneath what I call the "poop shoot."
4. Turn the stand mixer on high speed and start juicing! Juice the apples and spinach at the same time, alternating some sliced apples and a mini handful of spinach into the chute, until you get ¾ cups\*\* worth of juice.
5. In a nonstick saucpan, stir together the apple/spinach juice, lemon juice, stevia extract and apple flavor with a rubber spatula. Sprinkle the gelatin on top, stir lightly, then let it sit for 5 minutes.
6. Place the pan over medium/medium-high heat and mush the big clumps of gelatin, but you don't need to worry, they'll dissolve.
7. Stir constantly until the mixture begins to bubble. When you can't stir the bubbles away, keep it on the heat for 30 more seconds and then remove from the heat.
8. Place your gummy bear molds on a cookie sheet, and then fill the molds with the green apple gummy bear mixture. Let cool on the counter for about an hour, then place them in the fridge. Refrigerate until firm (I leave them overnight). Refrigerate to store. Keeps for ~3 days.

### Recipe Notes

\*\*You'll need a total of ¾ cups worth of juice. For me, that required 7 medium-sized Gala apples and 4oz of baby spinach.

COURSE: Snacks CUISINE: Candy

KEYWORD: Dairy Free, DIY, Fat Free, Gluten Free, Low Carb, Paleo, Sugar Free

YIELD: 12 THREE-INCH PANCAKES

## Spinach Pancakes

plant based and wildly vibrant green, you cannot even taste the spinach! sweeten these dye free green pancakes with maple syrup, or enjoy spinach pancakes as a savory stack or sandwich bread with some minced garlic and sea salt.

PREP TIME: 5 minutes COOK TIME: 5 minutes TOTAL TIME: 10 minutes

### Ingredients

- 1 cup [gluten free all purpose flour](#)
- 1 tablespoon [flax seed](#), fresh ground
- 1 teaspoon [baking powder](#)
- 1/2 teaspoon [baking soda](#)
- 1/4 teaspoon sea salt
- 1 1/2 cups fresh baby spinach
- 1/2 to 3/4 cup [dairy free milk](#) (see notes about measurement)
- 1 tablespoon [apple cider vinegar](#) or lemon juice

### Instructions

1. In mixing bowl, whisk together flour, flax seed, baking powder, baking soda, and salt. Set aside.
2. In a blender jar, add spinach, milk, and lemon juice / acv. Blend at high speed until smooth, with no spinach pieces remaining.
3. Add spinach mixture to the dry ingredients. Fold together until just combined.
4. Place griddle on stovetop over medium low heat. (For a bright green pancake, low heat is better.) Add dairy free butter or oil.
5. Wait until butter is melted and griddle is heated to pour pancake batter (about a 3 inch circle). Wait for bubbles to appear before flipping.

### Notes

dairy, egg, soy, oil, and gluten free, vegan

**1/2 to 3/4 cup milk:** for thicker batter / pancakes, use less liquid. I prefer a thinner pancake / "bread" for sandwiches, so I use 3/4 cup.

**Tip:** if you want savory and sweet Spinach Pancakes, make the neutral batter and use half of it for what will be a sweet stack. Then add savory flavor to the remaining batter for savory pancakes or sandwich bread.

Spinach Pancakes will last a week in the fridge. Once they are cooled, tightly wrap the pancakes or store in [a container with a sealing lid](#).

**Nutrition Information:** YIELD: 4 SERVING SIZE: 3

*Amount Per Serving:* CALORIES: 139 TOTAL FAT: 3g SATURATED FAT: 0g TRANS FAT: 0g UNSATURATED FAT: 3g CHOLESTEROL: 0mg SODIUM: 148mg CARBOHYDRATES: 17g FIBER: 7g SUGAR: 3g PROTEIN: 4g

*nutrition calculations results vary by calculator, are for informational purposes only, and are not intended to replace medical advice or treatment.*

© Kristina Sloggett  
CUISINE: American / CATEGORY: Breakfast  
<https://www.spabettie.com/spinach-pancakes-2/>

Exclusive Member of Mediasite Food

**Important Note: Our Annual re-enrollments are coming due. Please watch for them in your mailbox. Get them signed, updated and returned ASAP.**

<http://allianceforchildrenutah.org>

The institution is an equal opportunity provider.