

Healthy Living Challenges - November Meeting

Officer: Greyson Braden

As a reminder, this year, we are looking at two aspects: eating healthy and moving our bodies.

Both the recipes and the physical challenges below are optional, but we would love to see as many people as possible participate. When you complete either activity, please take a picture of yourself with the item and email it to 4h. The names of those members that participate will be entered into a drawing that will be conducted at the next club meeting. If you do both activities, your name will be entered twice. I ask that you send your photos no later than one week before the meeting so that I have enough time to look them over and write your names out for the drawing.

November Meeting Challenges - Photos/Videos due Monday, December 8th

Theme: **Christmas**

Physical Challenge: **Sing carols to your family or friends (video)**

Recipes: **Graham Cracker Delights, Baked Apples, Hot Apple Cider**

Recipe Option 1 - Beginning Baker



[Graham Cracker Delights](#)

ingredients

- 16 graham crackers
- ¾ cup cream cheese
- 3 tablespoons powdered sugar
- fruit, of your choice (optional)

directions

1. First, mix cream-cheese and powder-sugar in bowl.
2. Then, evenly distribute cream-cheese onto graham-crackers.
3. To top it off, try slices of strawberries, pears, etc. (Optional).

Recipe Option 2 - Culinary Creator (Advanced)



Baked Apples

Ingredients

- 4 medium apples
- 1/2 cup rolled oats
- 1/4 cup brown sugar
- 1/2 teaspoon ground cinnamon
- 1/8 teaspoon nutmeg
- 2 tablespoons melted butter
- 2 tablespoons chopped nuts (optional)
- 2 tablespoons raisins
- 1/2 teaspoon vanilla extract
- 1/4 cup water

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Instructions

Preheat oven to 375°F and lightly grease or add water to a baking dish.
Core the apples, leaving about 1/2 inch at the base intact.

In a bowl, mix oats, brown sugar, cinnamon, nutmeg, butter, nuts, raisins, and vanilla until crumbly.

Fill each apple with the mixture, packing gently and mounding a little on top.

Place apples in the baking dish and add water to the bottom of the dish.

Cover with foil and bake for 25 minutes.

Remove foil and bake an additional 10–15 minutes until tender.

Cool slightly before serving warm.

Extra: [Hot Apple Cider Recipe](#)



Ingredients

- 10 large apples, quartered
- 1 [orange](#), quartered
- 3-4 cinnamon sticks
- 1 tablespoon whole cloves
- 1-2 whole nutmeg
- ½ cup [packed brown sugar](#)

Instructions

1. Add the apples, orange, cinnamon, cloves, nutmeg and brown sugar in a large pot over medium heat. Cover with water by at least 2 inches.
2. Bring everything to a boil, then reduce the heat and simmer, covered, for at least 2 hours.
3. Remove the orange quarters and then with a potato masher or a wooden spoon mash the apples. Return to the heat and let simmer uncovered for 30-45 more minutes.
4. Strain through a fine mesh strainer, pressing on the apples and spices with a wooden spoon to squeeze all the juices out.
5. Discard the solids.
6. Serve the apple cider warm with a stick of cinnamon, apple or orange slices and enjoy!