

from the kitchen

What's Cooking at Forever Young

By Angela Brereton

Got some nice ripe bananas at home? Why not bring in some FY-friendly muffins to give to our Staff and Kids this winter!

Here's a simple recipe to try at home:

Forever Young Banana Muffins

Ingredients:

2 cups whole wheat flour	1 medium banana, mashed
1/2 cup raw sugar	1/2 cup milk
2 tsp baking powder	1/3 cup canola or vegetable oil
1/2 tsp baking soda	1 egg, slightly beaten
1/2 tsp salt	Sliced fruit of your choice (optional)
1/4 - 1/2 tsp Cinnamon	

Directions (Makes 12 Muffins)

1. Preheat oven to 375 degrees F. Grease or line with baking cups a 12 cup muffin pan.
2. In a medium bowl, combine dry ingredients. Stir in remaining ingredients, except sliced fruit, only until moistened. Spoon batter into muffin cups.
3. Bake for 15-20 minutes. Immediately remove the muffins from the pan and place on a cooling rack. When cool, place sliced fruit on the tops.

A Note from Our Executive Director

Dear Parents, Staff and Board Members:

I would like to thank all of you who took the time to invest in me and my future at Forever Young by completing evaluation/review forms. I know everyone is busy. Your time and effort meant a lot to me, and the feedback from the surveys is an invaluable tool in the process of my review. After much consideration, I will be working on the growth and development of my business/management skills and addressing premises and maintenance issues. This includes but is not limited to the organization of the office, and delegating more projects to my site managers and parent volunteers. I am looking forward to some positive changes at both sites.

While I work on these things, I will continue to provide the great quality child care you all have come to know and love from Forever Young. On that note, I would like to thank you for letting me know my love and dedication to Forever Young shows and is appreciated.

I truly appreciate the openness and honesty you have shared with me. Together we will continue to make Forever Young a great place for children.

Thanks so much, Selina.