

Ms Moore's Elementary Health

April 13th - April 17th - I miss your smiles.

Join Ms. Moore twice a week on Zoom

Monday 9:30 am

<https://asdk12.zoom.us/j/713064905?pwd=dFpXT2JkQXJVNzIKVys3dIpSV1NNQT09>

code: **946756**

Thursday 9:30 am

<https://asdk12.zoom.us/j/340191957?pwd=Z2xYcFNoNUtnZUJSWDh2TTJacU9PZz09>

code: **Health**

Are you smarter than Dr Smartstuff?

This is an interactive game. You can click on the link below or type it into the address bar if it doesn't show up! Select the grade you want to play and see if you know your stuff?! 😊

<https://www.thegreatbodyshop.net/games/quiz>



Toasted Oat Graham Crackers

(Vegan and gluten-free)

makes about 3 dozen square crackers

- 3 cups old fashioned oats (use certified gluten-free for gluten-free crackers)
- 1/3 cup light brown sugar, packed
- 3/4 teaspoon ground cinnamon
- 1/4 teaspoon ground nutmeg
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 1/3 cup melted coconut oil
- 3 tablespoons pure maple syrup
- 3-4 tablespoons water

Place oven racks in the top and bottom positions. Preheat oven to 325F. Spread oats onto a dry rimmed sheet pan.

Place in the oven and toast for 5-7 minutes, or until fragrant. Let cool for about 10 minutes.

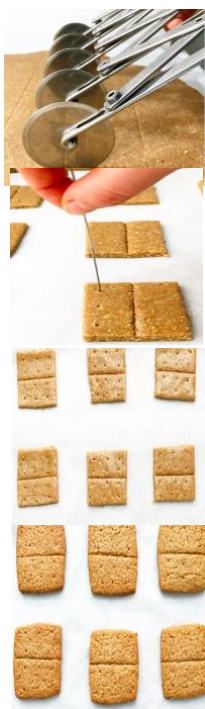


Transfer oats into the bowl of a food processor. Process for 1.5-2 minutes, or until there are no recognizable oats. Pulse in light brown sugar, cinnamon, nutmeg, baking soda, and salt. Add coconut oil, maple syrup, and 3 tablespoons of water and process until a dough ball forms. Add 1 more tablespoon of water if the dough is crumbly.



Sandwich dough between two pieces of parchment paper and roll until 1/8-inch thick. Transfer to the freezer (on a baking sheet, if desired) for 10 minutes.

In the meantime, line two sheet pans with parchment. Set aside.



Remove frozen dough from the freezer. Slice in 2-inch squares (scraps may be re-rolled). Place about 1.5-inches apart on prepared pans. Use a sharp knife to score lightly down the centers. Pierce a few times with a toothpick or the tines of a fork.

Bake 10 minutes before rotating the pans top to bottom and front to back. Bake for an additional 10 minutes. Let crackers cool for 5 minutes before removing to a rack to cool completely. Crackers will initially be slightly soft, but will harden as they cool. Repeat brief chill, slicing, scoring, and baking with any remaining dough.

