



Quick Blueberry Muffins

Makes 12, 10 min to prep + 30 min to bake

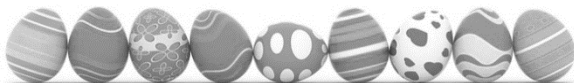
Ingredients:

- ½ cup butter (or dairy free margarine)
- ¾ cup sugar
- 2 eggs
- 1 cup mashed bananas (about 2-3 bananas)
- 2 cups flour (can sub whole wheat flour for 1 cup)
- 1 tsp baking soda
- ¼ tsp salt
- 1 cup blueberries (frozen work great!)

Directions:

- Preheat oven to 350 degrees. In a mixer, cream together butter and sugar until creamy. Add in the eggs, and the bananas. Beat until mixed well.
- In another bowl, mix together flour, baking soda, and salt. Slowly add the flour mixture to the mixer. Fold in the blueberries by hand.
- Fill a paper lined muffin pan (about ¼ c. per muffin.) -
- Bake for 30 minutes or until a toothpick inserted in the center comes out clean.

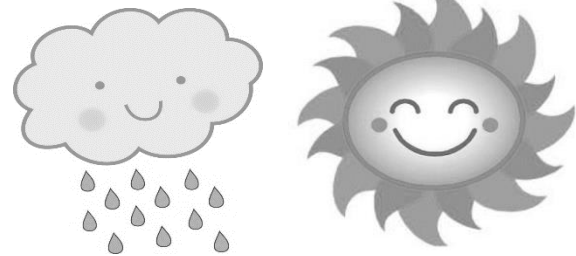
**Especially delicious with peanut butter and fresh fruit on the side*



The Sharing Song

Adapted from Raffi's "The Sharing Song"

*It's mine and I sure like it,
But with you I can share it,
Because if I share it with you,
You'll have fun too!*



Quotes about Early Learning

"Never help a child with a task in which he feels he can succeed" and "Play is the work of a child."

-Maria Montessori, Italian Physician & Educator, 1870 – 1952

"We worry about what a child will become tomorrow, yet we forget that he is someone today."

-Stacia Tauscher, details unknown

"Intelligence is what you use when you don't know what to do"

-Jean Piaget, Swiss Psychologist, 1896 – 1980

"It is through interactions with others that we become ourselves"

-Lev Vygotsky, Soviet Psychologist, 1896 – 1934

"All of us have moments in our childhood where we come alive for the first time. And we go back to those moments and think, 'This is when I became myself.'"

-Rita Dove, American Poet, 1952-present

"Knowing that we can be loved exactly as we are gives us all the best opportunity for growing into the healthiest of people."

-Fred Rogers, American TV Personality, 1928-2003

"There is in every child at every stage a miracle of vigorous unfolding which constitutes a new hope and a new responsibility for all"

Erik Erikson, German Psychologist, 1902-1994