



Native American Recipes



Pumpkin Playdough

Ingredients:

Pumpkin seeds

Green pipe cleaner

Cinnamon sticks

Canned pumpkin

Cornstarch

Directions:

1. Combin cornstarch and canned pumpkin until playdough forms
2. Decorate with remaining ingredients



Nasaump

Ingredients:

1 1/2 cups cornmeal
1 cup strawberries, raspberries, blueberries
1/2 crushed walnuts, hazelnuts, sunflower seeds
1 quart water
Maple syrup or sugar to taste



Directions:

1. Combin cornmean, berries, crushed nuts, and the optional sweetener in a pot of water and bring to a boil
2. Turn down the heat to medium and cook, stirring frequently



Colonial Day Molasses Cookies

Ingredients:

3/4 cup butter, softened

1 egg

1/4 cup molasses

2 cups flour

1 cup sugar

1 tsp. baking soda

1 tsp. baking powder

1 tsp. ground cinnamon

1 tsp. ground ginger

1 tsp. ground nutmeg

1 tsp. ground cloves

1 tsp. all spice

1/2 cup sugar for rolling



Directions:

1. Preheat oven to 375 degrees.

2. In a large bowl, beat butter, egg, and molasses together.

3. In separate bowl, combin flour, sugar, baking soda, baking powder, cinnamon, ginger, nutmeg, cloves, and all spice.

4. Add dry ingredients to butter mixture and beat until smooth and well combined.

5. Form dough into 1-inch balls (about the size of a walnut). 🍪 🍪 🍪 🍪

7. Bake at 375 degrees for 9-11 minutes or until done.

