Milk-and-honey breakfast bowls

AGES 3+ / 10 MINUTES

DEUTERONOMY 8:7-10

Gather

- [ ] Plain yogurt or a dairy-free alternative
- [ ] Honey or maple syrup
- [ ] Oats or granola
- [ ] Sliced seasonal fruit
- [ ] Cinnamon
- [ ] Optional seeds or chopped nuts

Make it

1. Place each ingredient in a small serving bowl.
2. Let each person build a bowl with the foods they can safely eat.
3. Pause before eating. Let every person name one gift from God.
4. Drizzle lightly with honey or maple syrup and share the meal together.

AROUND THE TABLE

What does abundance look like when it becomes gratitude, care, and generosity rather than waste?

Never serve honey to children under 12 months. Substitute freely for dairy, seed, nut, or grain allergies.