

# ♥ I Love My Daddy ♥

“Honor your father and mother” (which is the first commandment with a promise), Ephesians 6:2 (NASB)

**Father's Day** is a celebration honoring fathers and celebrating fatherhood, paternal bonds, and the influence of fathers in society. This celebration was brought by the Spanish and Portuguese to Latin America, where March 19 is often still used for it, though many countries in Europe and the Americas have adopted the US date which is the third Sunday of June. In the US, Father's Day has been celebrated since the early 20th century. (Wikipedia: [https://en.wikipedia.org/wiki/Father%27s\\_Day](https://en.wikipedia.org/wiki/Father%27s_Day) )

This date is a great opportunity to review with your children about the many fathers in the Bible. You and your children can read the stories of fathers in the Bible and discuss the different situations that involved each character and their family.

Help the children in your ministry cultivate positive relationships with their fathers or the special men in their lives. Father's Day provides a great way to celebrate both our Heavenly and our earthly fathers.

## A COUPLE ACTIVITIES FOR FATHER'S DAY

**Father's Day Picnic** Invite all families (even those without fathers) to a special picnic on your church lawn or at a nearby park.

## Cookie Medal for Dad

### What You Need:

- First you'll need cookies. You can either make them or buy them at the bakery. Larger cookies will work better for this project. (See recipe idea)
- Wrap each cookie in plastic wrap.
- Have already cut out black medallions and tape to the front of the cookie.
- Cut out the tails and tape to the back.



### Double Chocolate Banana Cookies

Vegan, refined sugar free, fudgy and flavorful!

#### Ingredients:

- 3/4 cup (90 g) whole wheat flour\*\*
- 2 Tbsp (10 g) unsweetened cocoa powder
- 1/4 tsp baking soda
- 1/4 tsp salt
- 1/2 medium ripe banana, mashed (50g or 1/4 cup)
- 1/4 cup (80 g) brown rice syrup\*\*\*
- 2 Tbsp (30 ml) coconut oil, melted
- 1 tsp vanilla extract
- 1/3 cup (60 g) vegan chocolate chips
- other half of the banana, cut into small chunks

#### Directions:

1. In a large mixing bowl, combine the flour, cocoa powder, baking soda, and salt, mixing well to ensure that no clumps of flour or cocoa remain. Set aside.
2. In a medium-sized mixing bowl, whisk together the mashed banana, brown rice syrup, coconut oil, and vanilla.

3. Add the wet ingredients to the dry ingredients, mixing until just combined. Fold in the chocolate chips and banana chunks, giving everything a final stir before covering the bowl and placing it in the fridge to chill for at least 30 minutes.

4. Preheat your oven to 325°F (163°C) and line a large baking sheet with parchment paper or a non-stick baking mat. Using a rounded tablespoon, drop the dough onto your prepared baking sheet, and use your fingers to flatten them slightly. The cookies won't spread too much, so make them roughly the shape you want them to be before baking.

5. Bake for 10-14 minutes, depending on the final texture that you want. Less baking time will result in a slightly softer and fudgier cookie.

6. Remove your cookies from the oven and let them cool on the baking sheet for 10 minutes before transferring them to a cooling rack to cool completely. You can press additional chocolate chips into the tops to make them a little more presentable. Store the cookies in an airtight container at room temperature for up to a week.

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