

# Fuel for the fast

Children  
around the  
world



## Children of Bolivia

Bolivia is one of the poorest countries in South America. A typical family meal in Bolivia is milk from the family cow and noodle soup with rice and potatoes. The lack of fruit and vegetables leaves many children without energy and proper nutrition. Praise God for your good food, and pray for the children of Bolivia that they may be blessed with the same. Pray that even though their earthly food is plain and simple, they will be refueled by knowing about His great love for them.

Day  
2

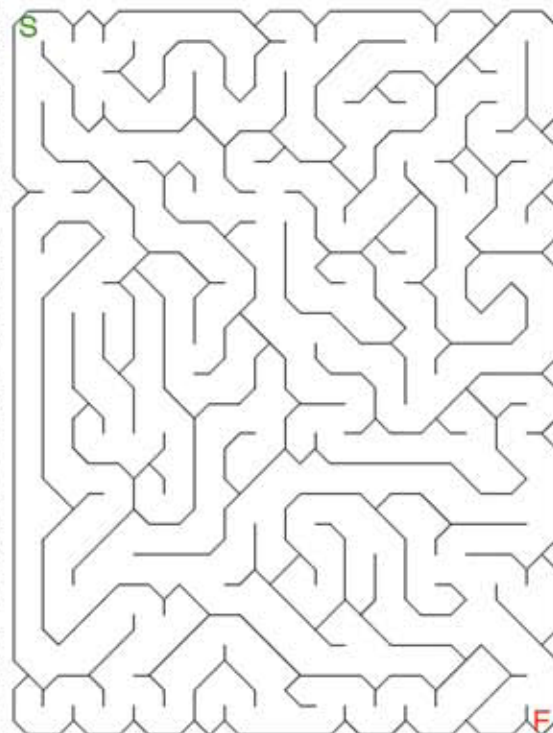
Devotion: When you feel tired, hungry, or cranky how do you respond? Do you take a nap, grab a donut, or yell at your mom? Next time you feel out of sorts, try praying first. Let the Lord reenergize, refuel, and restore you! Seek Him in prayer and in His Word (the Holy Bible), and He will carry you through the day..

Add fun faces to the fruits!



always remember to feast on God's word!

in order to make it through the mazes of life, we must



## Featured Recipe

### Creamy Banana Oatmeal

Bored with the same old breakfast? Then try this recipe. It combines two favorite foods - oatmeal and bananas. Substitute your favorite flavored oatmeal to add some kick.

#### Ingredients:

- 1 cup fat-free or 1% low-fat milk
- 2 packets instant oatmeal
- 1/2 ripe banana, mashed
- 1/2 tablespoon chopped walnuts (optional)

#### Instructions:

1. **Wash** your hands.
2. **Combine** the milk and packets of oatmeal in a small, microwave-safe bowl.
3. **Microwave** on high for 1 to 2 minutes or until steaming hot, but not boiling.
4. **Stir** until creamy.
5. **Stir** in mashed banana.
6. **Top** with walnuts if desired, and serve.

Makes 1 serving

Time needed to prepare: 5 minutes

Time needed to cook: 3 minutes

#### Nutrition Facts per Serving

370 Calories  
61 g Carbohydrates  
17 g Protein  
2.5 g Total Fat  
250 mg Calcium  
7 g Dietary Fiber

Recipe courtesy of 3-A-Day™ of Dairy



Record in your journal your favorite thing you did, or saw, or ate today. Write down someone you would like to pray for.



Daily Bread:  
"You will seek Me  
and find Me when  
you seek Me with  
all your heart."  
Jeremiah 29:13