

Apple & Peanut Butter Energy Balls

INGREDIENTS

- ¼ cup creamy peanut butter
- 2 tablespoons maple syrup
- 2/3 cup unsweetened applesauce
- 2 teaspoons cinnamon
- 2 cups quick oats
- ¾ cup rolled oats
- 1 teaspoon vanilla extract, optional
- ½ cup pecans, chopped, optional

10 SERVINGS
15 MINUTES



Adapted from:
lifemadesweeter.com



PROCEDURE

1. In a large bowl, combine peanut butter, maple syrup, applesauce, and vanilla extract, if using. Stir until well combined.
2. Add cinnamon, quick oats, rolled oats, and pecans, if using. Stir until combined.
3. Place dough in refrigerator for 30 minutes.
4. Using your hands or a cookie scoop, form dough tightly into 1 - 1.5 inch balls.
5. Serve or store in an airtight container in fridge or freeze until ready to serve!

Baked Apple Oatmeal

INGREDIENTS

- 2 large, sweet apples, peeled and cored
- 1 ½ cups low-fat milk
- ½ cup unsweetened applesauce
- ¼ cup maple syrup
- 1 tablespoon cooking oil
- 1 ½ teaspoons cinnamon
- 1 teaspoon vanilla extract
- 1 teaspoon baking soda

6 SERVINGS
1 HOUR



Adapted from:
eatingwell.com



PROCEDURE

1. Preheat oven to 350°F. Lightly coat a 7-by-11-inch baking dish with cooking spray.
2. Chop apples into bite sized pieces to equal 2 cups. Slice the remaining apple into thin half-moons.
3. In a large bowl, whisk together milk, applesauce, and maple syrup until smooth.
4. Fold in chopped apples, oats, oil, cinnamon, vanilla, and baking soda until evenly combined.
5. Pour mixture into the prepared dish and arrange apple slices decoratively on top.
6. Cook for 40-45 minutes, or until golden brown on top and the apples are tender.
7. Cool slightly before serving.

Apple Smoothie Bowl

INGREDIENTS

- 1 small banana, frozen
- ½ cup low-fat plain greek yogurt
- ⅔ cup unsweetened applesauce
- ¼ cup rolled oats
- 1 teaspoon ground cinnamon
- 1 teaspoon vanilla extract
- ½ cup low-fat milk
- A handful of spinach or kale, optional

1 SERVING
10 MINUTES



Adapted from:
fitfoodiefinds.com



PROCEDURE

1. Place all ingredients in a blender.
2. Blend on high until smooth, adding more milk until it reaches your preferred consistency.
3. Serve the apple smoothie in a bowl with your favorite toppings.

Topping ideas: berries, bananas, apples, granola, chopped nuts, or nut butter!

Apple Pumpkin Pancakes

INGREDIENTS

- 2 cups all-purpose flour
- 2 teaspoons baking powder
- ½ teaspoon salt
- 3 teaspoons cinnamon
- 2 eggs
- 1.5 cups low-fat milk
- 6 tablespoons canned pumpkin
- ½ cup unsweetened applesauce
- 2 teaspoons vanilla extract
- ¼ cup honey

16 SERVINGS
25 MINUTES



Adapted from:
beautifuleatsandthings.com



PROCEDURE

1. In a medium bowl, combine flour, baking powder, salt, and cinnamon.
2. Stir in eggs, milk, canned pumpkin, unsweetened applesauce, vanilla, and honey until all ingredients are combined.
3. Heat griddle on medium heat, and spray with non-stick spray. Using a 1/3 measuring cup, scoop batter onto griddle and cook for about 2 minutes on each side. Flip over when surface is bubbly and edges are dry.
4. Serve immediately with maple syrup, or your favorite toppings, and enjoy!

Cinnamon Applesauce Parfaits

INGREDIENTS

- 1 cup unsweetened applesauce
- 1 cup vanilla greek yogurt
- 1/2 cup granola
- ½ teaspoon cinnamon

4 SERVINGS
25 MINUTES



Adapted from:
thebittersideofsweet.com



PROCEDURE

1. In a medium mixing bowl, stir together the applesauce and cinnamon.
2. In a cup, layer:
 - 2 tablespoons applesauce
 - 2 tablespoons vanilla yogurt
 - 1 tablespoon granola
3. Repeat the layers once more in the same cup.
4. Repeat for a total of 4 cups.
5. Refrigerate until ready to serve.

Peanut Butter Applesauce Dip

INGREDIENTS

- ½ cup unsweetened applesauce
- ¼ cup crunchy peanut butter
- ⅛ teaspoon cinnamon
- ¼ cup raisins
- ¼ cup sunflower kernels or nut of choice

4 SERVINGS
10 MINUTES



Adapted from:
k-state.edu



PROCEDURE

1. In a medium mixing bowl, add applesauce, peanut butter, and cinnamon. Stir until well combined.
2. Stir in raisins and sunflower kernels (or nuts).
3. Serve as a dip or spread!

Baked Latkes

INGREDIENTS

- 1 pound potatoes, peeled and grated
- 1 small onion, finely chopped
- 1 large egg
- 1/2 teaspoon salt
- 1/8 teaspoon black pepper
- 1/4 teaspoon garlic powder
- 1 tablespoon all-purpose flour
- 1/4 cup unsweetened applesauce

4 SERVINGS
50 MINUTES



Adapted from:
celebrateyourplate.org



PROCEDURE

1. Preheat oven to 450°F. Line a baking sheet with foil and coat with non-stick spray.
2. Squeeze liquid from grated potatoes and onion in a colander; transfer to a bowl.
3. In a small bowl, beat egg with salt, pepper, and garlic powder. Stir into potato mixture, then add flour.
4. Scoop 12 portions onto the sheet; flatten into thin patties. Spray tops with non-stick spray.
5. Bake 15 minutes until golden. Flip, spray again, and bake 10-15 minutes more until crisp.
6. Serve immediately with a dollop of unsweetened applesauce.

Zucchini Pumpkin Bread

INGREDIENTS

- 2 eggs
- ⅓ cup packed brown sugar
- ½ of a 15-ounce can pumpkin puree (about 1 cup)
- ½ cup unsweetened applesauce
- 1 ½ teaspoons vanilla extract
- 1 ½ cups all-purpose flour
- ½ teaspoon baking soda
- ½ teaspoon baking powder
- 1 teaspoon ground cinnamon
- 1 cup zucchini (about 1 large zucchini), shredded

12 SERVINGS

90 MINUTES



Adapted from:
celebrateyourplate.org



PROCEDURE

1. Preheat oven to 350 degrees.
2. Spray a loaf pan with non-stick spray.
3. Combine eggs, sugar, pumpkin, applesauce, and vanilla extract in a large bowl. Use a whisk or fork to combine.
4. In a medium bowl mix together flour, baking soda, baking powder, and cinnamon.
5. Add dry ingredients to the pumpkin mixture. Stir to combine.
6. Gently stir in zucchini to pumpkin mixture, being careful not to over-mix.
7. Pour mixture into loaf pan.
8. Bake for 55-60 minutes or until a toothpick inserted into the middle of the loaf comes out clean.