

# Banana Pudding

## INGREDIENTS

- 3 medium bananas
- 1/2 cup unsweetened applesauce
- 1/2 cup vanilla low-fat yogurt
- 1/2 cup granola or graham crackers

4 SERVINGS

10 MINUTES



Adapted from:  
[celebrateyourplate.org](http://celebrateyourplate.org)



## PROCEDURE

1. Peel bananas and place in a bowl. Use a fork to mash the bananas to a smooth consistency.
2. Add applesauce and yogurt and mix until well combined.
3. Chill the pudding in the refrigerator for at least 30 minutes.
4. When ready to serve, spoon the pudding into 4 bowls and top with granola or crushed graham crackers.

# Banana Breakfast Cookies

## INGREDIENTS

- 3 medium bananas, mashed
- 2 cups quick cooking oats
- ⅓ cup unsweetened applesauce
- ¼ cup low-fat milk
- 1 egg
- 1 teaspoon vanilla extract
- 1 teaspoon cinnamon
- ¼ cup raisins
- ½ cup chopped walnuts
- ½ cup semi-sweet chocolate chips, optional

12 SERVINGS

30 MINUTES



Adapted:

[spendwithpennies.com](http://spendwithpennies.com)



## PROCEDURE

1. Preheat oven to 350°F.
2. Mix all ingredients in a large bowl until well combined
3. Using a cookie scoop or large spoon, place heaping spoonfuls on a parchment lined pan and gently press with a fork.
4. Bake 15-18 minutes or until lightly browned. Cool completely.
5. Store in the refrigerator for up to 4 days.

# Applesauce Pancakes

## INGREDIENTS

- 1 cup applesauce, unsweetened
- 1/4 cup dry milk powder, non-fat instant
- 1 cup water
- 2 eggs
- 1 tablespoon canola oil (or cooking oil of choice)
- 2 cups all-purpose flour
- 2 tablespoons sugar
- 1/2 teaspoon cinnamon
- 2 teaspoons baking powder

6 SERVINGS

30 MINUTES



Adapted from:  
[myplate.gov](http://myplate.gov)



## PROCEDURE

1. In a medium mixing bowl, combine applesauce, dry milk powder, water, eggs, and oil.
2. Add flour, sugar, cinnamon, and baking powder. Stir until mixture is smooth.
3. Place large skillet on medium-high heat and spray with non-stick spray.
4. Pour ½ cup batter onto skillet.
5. Flip pancake when bubbles form on top of batter.
6. Cook the other side for about 1 minute or until golden brown.

# Apple Cinnamon Walnut Overnight Oats

## INGREDIENTS

- ½ cup rolled oats
- ½ cup low-fat milk
- 1 teaspoon honey
- 1/4<sup>th</sup> cup unsweetened applesauce
- 1/4<sup>th</sup> teaspoon cinnamon
- 1 tablespoon walnuts

**1 SERVING**  
**8 HOURS**



Adapted from:  
[celebrateyourplate.org](http://celebrateyourplate.org)



## PROCEDURE

1. In a container with lid, place rolled oats, low-fat milk, and honey.
2. Stir in applesauce, cinnamon, and walnuts. Stir until well combined.
3. Place lid on container and store in refrigerator overnight.
4. Eat overnight oats cold or heat in microwave for one minute.



# Apple Oatmeal Muffins

## INGREDIENTS

- ½ cup low-fat milk
- ⅓ cup unsweetened applesauce
- ½ cup all purpose flour or whole wheat flour
- ½ cup quick cooking oats
- ¼ cup sugar
- ½ tablespoon baking powder
- 1 teaspoon ground cinnamon
- 1 sweet apple, cored and diced

**8 SERVINGS**  
**30 MINUTES**



Adapted from:  
[celebrateyourplate.org](http://celebrateyourplate.org)



## PROCEDURE

1. Preheat oven to 400 degrees.
2. Spray 8 cups of a muffin tin with non-stick spray.
3. In a large bowl, combine applesauce and milk.
4. Add flour, oats, sugar, baking powder, and cinnamon. Stir until combined.
5. Gently fold in diced apples.
6. Spoon batter evenly into 8 muffin cups.
7. Bake for 15 - 20 minutes or until the center of the muffin comes out clean when poked with a toothpick.

# Applesauce Smoothie

## INGREDIENTS

- 1/2 cup unsweetened applesauce
- 1/2 cup low-fat plain Greek yogurt
- 1/2 cup low-fat milk
- 2 teaspoons honey or maple syrup
- 1 teaspoon vanilla
- 1/4 teaspoon cinnamon
- 1/4 cup ice cubes

**1 SERVING**  
**5 MINUTES**



Adapted from:  
[iheartvegetables.com](http://iheartvegetables.com)

# Applesauce Smoothie

## PROCEDURE

1. Add all of the ingredients to a blender.
2. Blend until smooth.
3. Enjoy!

# Apple Crumble Yogurt Bark

## INGREDIENTS

- 2 cups low-fat plain yogurt
- 3 tablespoons maple syrup
- 1¾ teaspoons apple pie spice or cinnamon
- ½ teaspoon vanilla extract
- ¼ cup unsweetened applesauce
- ¾ cup granola

**10 SERVINGS**  
**3 HOURS**



Adapted from:  
[eatingwell.com](http://eatingwell.com)



## PROCEDURE

1. Line a rimmed baking sheet with parchment paper.
2. In a medium bowl, mix together the yogurt, maple syrup, apple pie spice (or cinnamon), and vanilla until well combined.
3. Spread the mixture evenly into a rectangle on the prepared baking sheet.
4. Spoon small dollops of applesauce over the yogurt mixture, then gently swirl with a butter knife or spatula. Sprinkle granola evenly on top.
5. Cover the pan tightly with plastic wrap, making sure the wrap doesn't touch the yogurt mixture.
6. Freeze for at least 3 hours, or until completely firm.
7. Transfer the frozen bark to a cutting board and cut into pieces. Serve right away or layer pieces between parchment paper and store in a freezer-safe bag.