



Unsweetened Applesauce: More Than Just a Snack

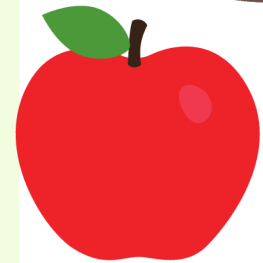


Did You Know?

Unsweetened applesauce is a versatile ingredient that can be used in many recipes. It can replace butter, oil, eggs, or added sugar in baked goods while helping keep them moist and flavorful.

Why Choose Applesauce?

- **Lower Saturated Fat:** Replacing butter with unsweetened applesauce can help reduce saturated fat in some recipes. Eating less saturated fat supports heart health.
- **Reduce Added Sugar:** Unsweetened applesauce provides natural sweetness without added sugars.
- **Contains Vitamin C:** Unsweetened applesauce contains vitamin C, which helps support a healthy immune system.
- **Stretch Your Ingredients:** Using applesauce as a substitute can help make pantry staples go further while adding moisture to baked goods.



Sweetened vs. Unsweetened Applesauce

When using applesauce as a substitute, it is important to choose unsweetened, unflavored applesauce.

- **Sweetened or flavored applesauce** can increase the amount of added sugars in a recipe and may change the overall flavor of the final product.
- **Unsweetened applesauce** provides moisture and structure without adding extra sugar.



Cooking with Applesauce



Applesauce Substitutes



1 egg = $\frac{1}{4}$ th cup
applesauce

Best for: muffins,
quick breads,
pancakes, cakes,
and brownies.



Try replacing
**half or all of the
butter** with
applesauce in
muffins, quick
breads, and
cakes.



Replace up to
 $\frac{1}{2}$ –1 cup oil
with $\frac{1}{2}$ –1 cup
applesauce
depending on
the recipe.

Baking Tip: Applesauce is not the best substitute for foods that need to be crispy or flaky, such as pie crusts or some cookies.

Easy Ways to Use Applesauce

- Add to muffins and quick breads like banana, pumpkin, or zucchini bread.
- Mix into oatmeal, smoothies, or yogurt bowls for added nutrients and sweetness.
- Add to pancake or waffle batter.
- Spread on whole wheat toast with peanut butter.
- Enjoy on its own as a snack.



Turn the page for applesauce recipes!

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!

Blueberry Oatmeal Muffins

INGREDIENTS

- 1 cup low-fat milk
- 1 cup old-fashioned oats
- ¼ egg
- 1 ¼ cups all purpose flour
- 1 teaspoon baking powder
- ½ teaspoon baking soda
- ½ teaspoon ground cinnamon
- ½ teaspoon salt
- **½ cup unsweetened applesauce**
- ¼ cup honey
- 1 teaspoon vanilla extract
- 1 cup fresh or frozen blueberries

12 SERVINGS
1 HOUR



Adapted from:
sallysbakingaddiction.com



PROCEDURE

1. Combine milk and oats. Allow oats to soak for 20 minutes.
2. Preheat oven to 425°F. Spray a 12-count muffin pan with non-stick spray.
3. In a large bowl, whisk together flour, baking soda, baking powder, cinnamon, and salt together until combined.
4. In a medium bowl, whisk together egg, honey, applesauce, and vanilla extract until combined.
5. Pour wet ingredients into flour mixture and stir a few times. Add soaked oats with milk and blueberries. Fold together gently until combined.
6. Spoon mixture into muffin pan, filling each muffin to the top.
7. Bake for 5 minutes at 425 then, keeping the muffins in the oven, reduce the oven temperature to 350°F. Bake for an additional 16-17 minutes or until a toothpick inserted in the center comes out clean.
8. Allow muffins to cool for 5 minutes in muffin pan, then transfer to a wire rack to continue cooling.

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



Applesauce Smoothie

PROCEDURE

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

Applesauce Pancakes

INGREDIENTS

- 1 cup all-purpose flour
- 1 tablespoon sugar
- 2 teaspoons baking powder
- ½ teaspoon cinnamon
- ¼ teaspoon salt
- 1 large egg
- **1 cup unsweetened applesauce**
- 1 teaspoon vanilla extract
- 1-3 tablespoons water, as needed

6 SERVING
25 MINUTES



Adapted from:
thetoastykitchen.com



PROCEDURE

1. To a mixing bowl, add the dry ingredients: flour, sugar, baking powder, cinnamon, and salt. Whisk to remove clumps.
2. Add egg, applesauce, and vanilla to the dry ingredients. Stir until JUST combined. If your batter looks too thick to pour, add 1-3 tablespoons of water and stir to incorporate. Let the finished batter sit for 5 minutes.
3. Heat up a skillet over medium-low heat and spray with non-stick spray.
4. Measure about ⅓ cup of batter into your hot skillet for each pancake. Once you see bubbles across the pancake and the edges look dry, flip the pancake over, about 2 minutes. Cook the second side until lightly browned and cooked through in the middle. Repeat with remaining batter.
5. Serve!

Zucchini Bread

INGREDIENTS

- $\frac{1}{3}$ cup unsweetened applesauce
- $\frac{1}{2}$ cup honey
- 2 eggs
- $\frac{1}{2}$ cup low-fat milk
- 1 teaspoon baking soda
- 1 teaspoon ground cinnamon
- 2 teaspoons vanilla extract
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{4}$ teaspoon ground nutmeg
- 1 $\frac{1}{2}$ cups zucchini, grated
- 1 $\frac{3}{4}$ cup whole wheat flour

12 SERVINGS
1 HOUR



Adapted from:
cookieandkate.com



PROCEDURE

1. Preheat oven to 325°F. Spray a 9x5 loaf pans with nonstick spray.
2. In a large mixing bowl, whisk together applesauce, honey, and eggs.
3. Add milk, baking soda, cinnamon, vanilla, salt, and nutmeg to applesauce mixture.
4. Squeeze out excess liquid from grated zucchini. Once complete, add zucchini to applesauce mixture.
5. Slowly add flour and stir to combine.
6. Pour batter into loaf pan and bake for 55 to 60 minutes or until completely cooked.
7. Let bread cool in the pan on a wire rack.

Baked Apple Oatmeal

INGREDIENTS

- 2 large, sweet apples, peeled and cored
- 1 ½ cups low-fat milk
- ½ **cup unsweetened applesauce**
- 2 ½ cups rolled oats
- 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.

Cornbread

INGREDIENTS

- 1 1/4 cup cornmeal
- 3/4 cup whole wheat flour
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- **1/4 cup unsweetened applesauce**
- 1 1/4 cups buttermilk
- 3 tablespoons honey
- 2 tablespoons canola oil

9 SERVINGS
40 MINUTES



Adapted from:
healthyseasonalrecipes.com



PROCEDURE

1. Preheat oven to 350°F. Coat an 8 by 8-inch baking pan with non-stick spray.
2. Whisk cornmeal, whole-wheat flour, baking powder, baking soda, and salt in a medium bowl.
3. Add applesauce, buttermilk, honey, and oil and whisk until thoroughly combined.
4. Pour batter into the prepared pan.
5. Bake until 28 to 30 minutes, or until completely baked through. Cool 20 minutes, slice and serve warm.