

APPLE BAKED OATMEAL

Prep Time: 10 min
Bake Time: 50 - 60 min
Yield: 8 - 10 servings

Ingredients

4 Granny Smith apples
1 (18 oz) container regular oats
3 large eggs, beaten with a whisk
1 cup firmly packed brown sugar*
1 cup unsweetened applesauce*
1 tablespoon ground cinnamon
4 teaspoons baking powder
1 teaspoon salt
1 $\frac{1}{4}$ cups water
1 cup milk
 $\frac{1}{4}$ cup (1/2 stick) melted butter
Cooking spray

Preparation

1. Preheat oven to 350°F.
2. Peel, core, and slice apples into $\frac{1}{2}$ in. thick slices. Grease the bottom of 13x9 in. baking pan with cooking spray or 1 tablespoon butter. Spread apples evenly in pan
3. Combine oats and next 9 ingredients in a bowl, stirring to mix well. Pour oat mixture over top of apples in pan.
4. Cover pan with foil and bake at 350°F for 30 min. Uncover and bake for 20 - 30 more minutes or until golden brown.

*If you have sweetened applesauce at home, you can use that and decrease the amount of brown sugar to $\frac{3}{4}$ cup.

APPLESAUCE PANCAKES

Prep Time: 10 min
Bake Time : 15 min
Yield: 6-8 pancakes

Ingredients

1 cup flour
1/4 teaspoon salt
1 1/2 teaspoons baking powder
1 tablespoon melted butter
1/2 cup milk
1 beaten egg
1/2 teaspoon vanilla
1 1/4 cups applesauce
Cooking spray

Preparation

1. Sift flour, salt and baking powder into a medium mixing bowl (if you don't have a sifter, place the 3 ingredients in a bowl and stir with a whisk).
2. Combine butter, milk and egg in a separate bowl.
3. Stir wet ingredients into dry ingredients. Add vanilla and applesauce; beat well with a whisk.
4. Spray a frying pan with cooking spray or rub a teaspoon of butter in it. Spoon a $\frac{1}{4}$ cup of batter into the frying pan. Flip once bubbles start to form on top and cook for another minute or two until both sides are golden brown.
5. Serve with fruit.

BANANA BREAKFAST SMOOTHIE

Prep Time: 5 min
Yield: 5 servings, 1 cup
each

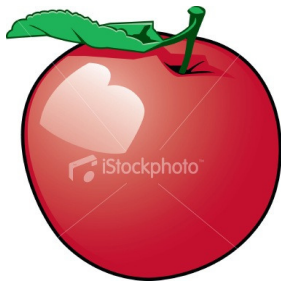
Ingredients

2 ripe bananas
1 cup fresh blueberries or
strawberries
2 cups milk*
1 tablespoon honey
1 teaspoon vanilla extract
8 ice cubes

Preparation

1. Process all ingredients in a blender, stopping to scrape down sides after a minute or two. Process until mixture is smooth.
2. Pour mixture into glasses.

*Suggestion: substitute 1 cup yogurt and 1 cup milk to make a thicker smoothie



SQUISHY BANANA BREAKFAST COOKIES

Prep Time: 8 min
Bake Time: 10 min
Yield: 8 cookies

Ingredients

½ cup all purpose flour
½ tsp baking powder
¼ tsp salt
1 small banana
1/8 cup sugar
1/8 cup oatmeal
1/8 cup unsweetened applesauce
1 egg white
2 tsp vanilla extract

Preparation

1. Preheat oven to 350°.
2. Place a sheet of aluminum foil on a baking sheet and spray it with cooking spray.
3. Put the banana into a large (gallon size) zip lock bag and squeeze the bag to mash the banana. Add the applesauce, egg white and vanilla extract and squeeze until well mixed.
4. Add the flour, baking powder, salt, oatmeal and sugar to the bag and squeeze until mixed.
5. Cut off a tiny piece of one bottom corner of the bag and pipe the mix onto the baking sheet (make 8 cookies).
6. Bake for 8 to 10 minutes.

**Suggestions:*

-Add 2 tablespoons of peanut butter between 2 'cookie' and make a sandwich
-Sprinkle chocolate chips on top before baking