

Fruit Leathers



INGREDIENTS

- 4 c. assorted apples (Granny Smith, Honeycrisp) peeled and chopped
- 1/3 c. water
- 2 tbsp. granulated sugar (optional)
- 1 tsp. freshly squeezed lemon juice
- 1 tsp. cinnamon

**Try other fruit purees as well!*

DIRECTIONS

1. Preheat oven to 175°. Line a large, rimmed baking sheet with parchment and lightly grease with cooking spray.
2. In a medium saucepan, add apples, water, sugar, lemon juice, and cinnamon. Bring to a boil, then simmer until apples begin to break down and liquid is mostly evaporated, about 15 minutes.
3. Transfer to a food processor/blender and blend until very smooth. Spread evenly onto prepared baking sheet and bake until dried out and no longer sticky, about 3 to 4 hours.
4. Using scissors or a knife, cut leather into vertical strips and roll up.

Source: Delish.com

Red Rice Explosion



INGREDIENTS

- 1/2 cup brown rice
- 1/2 cup jasmine red rice
- 3 cups water
- 1 cup apples, diced
- 1/2 cup lemon juice
- 3/4 cup dried cranberries
- 1/2 cup red onions, diced
- 4 TB basil, fresh, chopped
- 1/4 cup green onion, diced
- 3 TB red wine vinegar
- 3 TB canola oil
- 1 TB sugar
- 1/3 cup dijon mustard
- 1 tsp salt

DIRECTIONS

1. Boil brown & red rice together for 25 minutes, or until tender.
2. Whisk together vinegar, oil, sugar, mustard, and salt. Set aside.
3. Dice apples and green and red onions. Chop basil.
4. Pour lemon juice over apples, let sit for 5 minutes, then drain.
5. Combine rice, onions, apples, cranberries, and basil with dressing, mix well. Keep in refrigerator until served.

Source: Minneapolis Public Schools

Veggie Applesauce



INGREDIENTS

- 6 apples cored and roughly chopped (I left the skins on for extra fiber, but feel free to peel)
- 2 large carrots roughly chopped
- 2 cups cubed butternut squash (you can use fresh or frozen)
- juice of 1/2 a lemon
- 1 teaspoon ground cinnamon
- 1 cup water

DIRECTIONS

1. Combine all ingredients in a large pot. Stir.
2. Cover the pot and bring everything to a boil over high heat.
3. Reduce heat to a simmer and cook covered for 15-20 minutes until apples and veggies are tender and cooked through.
4. Using an immersion blender, puree the sauce to your desired consistency. If you don't have an immersion blender, you can let the sauce cool a bit and then transfer it to a blender to puree. For a chunkier sauce, use a potato masher to crush the fruits and veggies.
5. Enjoy warm or let cook completely before storing in an air tight container in fridge for up to a week or in your freezer for months.

Source: The Natural Nurturer

Cornmeal Apple Griddle Cakes



INGREDIENTS

- 1 cup flour
- 1 cup cornmeal
- 3 Tablespoons brown sugar
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 1 teaspoon kosher salt
- 1 large apple, peeled and grated
- 1 cup low fat plain yogurt
- 2 eggs
- 3 Tablespoons butter, melted
- 1 cup skim milk (optional)
- 2 Tablespoons butter, cold

DIRECTIONS

1. In a medium sized mixing bowl combine the flour, cornmeal, brown sugar, baking powder, baking soda, and salt.
2. In another bowl stir together apples, yogurt, eggs, and melted butter.
3. Add wet ingredients to dry and stir just to incorporate, taking care not to over mix. If your batter is too thick mix in cup of skim milk to thin it out.
4. Heat pan and lightly grease with butter. Ladle 2 ounces of batter into the pan and cook for about 3 minutes or until the underside is golden brown.
4. Flip and cook 1 minute or until golden.
5. Serve with real maple syrup, apple butter, jam, or preserves.

Source: Chef Ann Foundation