



Healthy Ways to Eat Applesauce



1. **Cut fat & calories by substituting half the oil in your favorite boxed cake or brownie mix:**
→ ¼ cup of oil can be replaced with ¼ cup of unsweetened applesauce
2. **Add to smoothies! For a single serving, combine the following ingredients in a blender:**
[½ cup unsweetened applesauce + ½ cup fresh or frozen fruit + ½ cup milk or yogurt + ice (optional)]
3. **Top your favorite oatmeal or cream of wheat breakfast with applesauce instead of sugar!**
4. **Stir into plain, non-fat yogurt and top with favorite whole grain cereal or granola!**
5. **Pair it with cheese! Add to cottage cheese or spread onto crackers for a quick snack.**
6. **Add ½ cup of apple sauce to your stir fry for a sweet and tangy glaze.**

7. **Make Apple Zucchini Muffins***

Ingredients:

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| ¾ cup grated or shredded zucchini, squeezed dry | ¾ cup brown sugar, packed |
| 1 cup unsweetened applesauce | 1 teaspoon baking soda |
| 5 tablespoons canola or vegetable oil | 1 teaspoon ground cinnamon |
| ¼ cup of water | ¼ teaspoon salt |
| 1 tablespoon white vinegar | Pinch of pumpkin pie spice (optional) |
| ¾ cup all-purpose flour | Non-stick cooking spray |
| ¾ cup whole wheat flour (or more all-purpose) | ½ cup raisins or chopped walnuts (optional) |

Directions:

1. Preheat oven to 350°F. Coat a 12-cup muffin pan with non-stick cooking spray.
2. In a medium bowl, add applesauce, oil, water, vinegar and zucchini. Mix with a fork to combine.
3. In a large bowl, mix together flour, brown sugar, baking soda, cinnamon, salt and pumpkin pie spice.
4. Add wet ingredients to dry ingredients. Mix until just combined. If using raisins or walnuts, add now.
5. Spread batter evenly in muffin cups. Bake for 20-25 minutes or until a toothpick inserted comes out clean.

8. **Make Cinnamon Applesauce Bread for a heart-healthy breakfast or snack!**

Ingredients:

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| 1 ½ cups flour | 1 cup applesauce |
| 1 Tablespoon baking powder | 2 tablespoons canola oil |
| 1 ½ teaspoons cinnamon | ¾ cup brown sugar |
| ¼ teaspoon salt | 2/3 cup fat free milk |
| 1 egg | 1 ½ cups bran flakes |
| | ¼ cup chopped pecans or walnuts (optional) |

Directions:

1. Preheat oven to 350°F. In a large bowl, mix flour, baking powder, cinnamon and salt.
2. In another bowl, beat egg. Stir in applesauce, sugar, oil and milk. Stir in bran flakes and walnuts if using.
3. Add applesauce mixture to flour mixture; stir until just combined.
4. Pour batter into a greased or 8x8-inch baking pan 9x5-inch loaf pan.
5. Bake for 45-55 minutes or until a toothpick inserted in center comes out clean.

9. **Make Slow Cooker Applesauce Pulled Pork. Serve on whole wheat buns with coleslaw!**

Ingredients:

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| 1 ½ pounds pork shoulder roast or pork loin | 1 cup barbecue sauce |
| 2 cups unsweetened applesauce | |

Directions:

1. Place pork in a large slow cooker. Spread applesauce over the top. Spoon barbeque sauce over applesauce. Cover and cook on low for 6-8 hours.
2. Remove pork from slow cooker and shred using two forks. Add cooking broth so the meat is juicy, but not drowning in sauce.

10. Make Applesauce Barbecue Chicken. Great on whole wheat buns with lettuce & tomato!

Ingredients:

2 lb. bone-in chicken pieces, skins removed	2/3 cup unsweetened applesauce
1/2 teaspoon pepper	2/3 cup barbeque sauce
1/4 teaspoon salt	1 teaspoon chili powder

Directions:

1. Preheat oven to 375°F. Place chicken in a baking dish.
2. In a bowl, combine remaining ingredients. Pour sauce over chicken and mix to coat.
3. Bake for 25-35 minutes or until meat thermometer reads 165°F.

11. Make Applesauce Chicken Salad. Serve on whole wheat bread or a bed of greens.

Ingredients:

2 (10-oz) cans chicken, drained	1/2 cup celery, chopped
1/4 cup unsweetened applesauce	1/4 cup onion, finely chopped
1/2 cup low-fat yogurt or low-fat mayo	1/2 cup dried cranberries or raisins
1 teaspoon Dijon mustard	1/2 teaspoon salt
1 medium apple, diced	1/4 teaspoon black pepper

Directions:

1. In a medium bowl, toss together chicken, apple, celery, onion and cranberries/raisins.
2. In a small bowl, whisk together applesauce, yogurt/mayo, mustard, salt and pepper.
3. Mix dressing into chicken mixture, until well combined. Refrigerate leftovers.

12. Make Applesauce Meatloaf. Serve with mashed or roasted potatoes and a side of greens!

Ingredients:

1 lb. ground beef	1/4 cup ketchup
1/2 cup breadcrumbs or quick cooking oats	1/2 teaspoon salt
1/2 cup applesauce	1/4 teaspoon black pepper
1 egg, beaten lightly	1/2 teaspoon garlic powder
1/4 cup finely chopped onions	1 teaspoon steak sauce (optional)

Directions:

1. Preheat oven to 350°F.
2. In a large bowl, combine all ingredients; mix well.
3. Pat mixture into a greased loaf pan or shape into a loaf and bake in a greased 8-inch square pan.
3. Bake for 1 hour. Let cool for 10 minutes; remove to a platter and slice.

13. Make Applesauce Glazed Carrots for a sweet & delicious side dish.

Ingredients:

1 (15-oz.) can carrots, drained (reserve liquid)	1/2 teaspoon cinnamon
1/4 cup applesauce	1 teaspoon Dijon mustard (optional)
2 Tablespoons maple syrup or brown sugar	1/2 cup chopped pecans or walnuts (optional)

Directions:

1. In a small saucepan over medium-high heat, stir applesauce, syrup, mustard and cinnamon. Cook, stirring frequently, until mixture bubbles. Stir in pecans or walnuts if using.
2. Add carrots to sauce and stir to coat. Add 2 Tablespoons reserved carrot liquid (or water) to thin the sauce. Cook, stirring constantly, until heated through. Serve warm.

14. Make No-Bake Peanut Butter Oatmeal Cookies for a guilt-free dessert or snack!

Ingredients:

3/4 cup flour (whole wheat if you have it)	1/4 cup unsweetened applesauce
1 cup oats	1 teaspoon vanilla extract
1/2 cup peanut butter	1/4 cup chocolate chips, raisins, or cranberries
1/3 cup maple syrup	

Directions:

1. In a medium bowl, whisk together flour and oats.
2. In another bowl, mix together peanut butter, maple syrup, applesauce and vanilla.
3. Stir dry mixture into the wet mixture until combined. Stir in chocolate chips/raisins/cranberries if using.
4. Scoop out two tablespoons of dough per cookie and roll in balls. Place on a pan lined with wax paper or foil. Freeze or refrigerate until balls are firm. Store extra in the refrigerator for up to 5 days and freezer for up to a month.

