



HEALTHY WAYS APPLESAUCE



Tips!

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

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)]

Top your favorite oatmeal or cream of wheat breakfast with applesauce instead of sugar!

Stir into plain, non-fat yogurt and top with favorite whole grain cereal or granola!

Pair it with cheese! Add to cottage cheese or spread onto crackers for a quick snack.

Add ½ cup of apple sauce to your stir fry for a sweet and tangy glaze.

RECIPES

Apple Zucchini Muffins

Ingredients:

3/4 cup grated or shredding zucchini, squeezed dry
1 cup unsweetened applesauce
5 tbsp canola/vegetable oil
1/4 cup water
1 tbsp white vinegar
3/4 cup all-purpose flour
3/4 cup whole wheat flour (or more all-purpose)

3/4 cup brown sugar, packed
1 tsp baking soda
1 tsp ground cinnamon
1/4 tsp salt
pinch of pumpkin pie spice (optional)
non-stick cooking spray
1/4 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.

Cinnamon Applesauce Bread

Ingredients:

1 1/2 cups flour
1 tbsp baking powder
1 1/2 tsp cinnamon
1/4 tsp salt
1 egg
1/4 cup chopped pecans or walnuts (optional)

1 cup applesauce
2 tbsp canola/vegetable oil
3/4 cup brown sugar, packed
2/3 cup fat free milk
1 1/2 cups bran flakes

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. Pour batter into a greased or 8x8-inch baking pan 9x5-inch loaf pan.
4. Bake for 45-55 minutes or until a toothpick inserted in center comes out clean.

Slow Cooker Applesauce Pork

Ingredients:

1 1/2 lbs of pork shoulder roast or pork loin
2 cups unsweetened applesauce

1 cup barbecue sauce

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. Remove pork from slow cooker and shred using two forks. Add cooking broth so the meat is juicy, but not drowning in sauce



MAKE IT A MEAL: RECIPES



Applesauce Barbecue Chicken

Ingredients:

2 lbs bone-in chicken pieces, skins removed	2/3 cup unsweetened applesauce
1/2 tsp black pepper	2/3 cup barbecue sauce
1/4 tsp salt	

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.

Applesauce Chicken Salad

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 cranberries or raisins
1 tsp Dijon mustard	1/2 tsp salt
1 medium apple, diced	1/4 tsp 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.

Applesauce Meatloaf

Ingredients:

1 lb ground beef	1/4 cup ketchup
1/2 cup breadcrumbs or quick cooking oats	1/2 tsp salt
1/2 cup applesauce	1/4 tsp black pepper
1 egg, beaten lightly	1/2 tsp garlic powder
1/4 cup finely chopped onions	1 tsp 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.
4. Bake for 1 hour. Let cool for 10 minutes; remove to a platter and slice.

Applesauce Glazed Carrots

Ingredients:

1 (15 oz) can carrots, drained (reserve liquid)	1/2 tsp cinnamon
1/4 cup applesauce	1 tsp Dijon mustard (optional)
2 tbsp maple syrup or brown sugar	1/2 cup chopped pecan or walnut (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.

No Bake Peanut Butter Oatmeal Cookies

Ingredients:

3/4 cup flour (whole wheat if you have it)	1/4 cup unsweetened applesauce
1 cup oats	1 tsp 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.