

**Tip #4: Prepare your snacks in bulk, divide into daily portions and store in Ziploc bags or airtight containers. This will help you ensure your supply doesn't run out before you are ready and controls portion sizes.**

2. Preheat the oven to 450°F. Put the rolled oats in a food processor or high speed blender and process until the oats resemble flour (about 1 minute). Put the flour in a large mixing bowl.
3. Put chia seeds in a small bowl and add 3 tablespoons water and stir (it will form a gel). Set aside. Remove the skin of the baked sweet potato and add the flesh to the food processor or blender (no need to clean it out from the flour). Add up to 1/4 cup water and process until smooth. Set aside.
4. Add the baking powder, baking soda, salt and cinnamon to the bowl of oat flour and mix well. In a separate bowl, mix the melted coconut oil, coconut sugar and chia seed gel and mix very well. Then, mix in 1 cup of sweet potato puree.
5. Add the wet ingredients to the dry ingredients and stir to combine. Fold in the apple chunks. Divide the batter evenly among prepared muffin cups. Sprinkle with oats and a bit of coconut sugar, if you like.
6. Bake for 10 minutes, turn the heat down to 400°F, and bake for an additional 5 to 10 minutes. Enjoy them fresh out of the oven or store them in an air-tight container at room temperature for up to 3 days.

## Resources

This pamphlet has been provided as part of the Minn-Kota Region Honors in Action project, focusing on providing access to healthy eating resources for college students. If you would like to learn more about our project please contact your regional representative. Their contact information is listed below.

Happy eating!  
The Regional Phi Theta Kappa team

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### Recipe links

Baked Apple Cinnamon Chips:  
<https://thevegetarianginger.com/2013/08/06/baked-cinnamon-apple-chips/>  
Apple Pie Granola Bar:  
<http://dailyburn.com/life/recipes/apple-pie-granola-bar-recipe/>  
Apple Peanut Butter Sandwiches  
<http://dailyburn.com/life/recipes/apple-peanut-butter-sandwiches/>  
Sweet Potato Apple Cinnamon Muffins:  
<http://dailyburn.com/life/recipes/sweet-potato-healthy-muffin-recipe/>

## “Apple Recipes”



Do you struggle to find time in the morning to make breakfast or have a healthy snack ready to grab on the way out the door? Don't worry, we've got you covered. In this pamphlet, you will find a collection of recipes providing different ways of using apples including tips for modifying the recipes for a healthier treat.

<b>Tip #1: If you don't own flaxseeds, chia, and other types of seeds/grains, don't include them in your recipe! Experiment with similar items you purchase regularly to find the right ones for each recipe.</b>	<b>Tip #2: Always reduce the amount of sugar asked for in a recipe. Rarely do you need as much sugar as is and you can substitute with brown sugars or sugar-free sweeteners such as Stevia to make the dish healthier.</b>	<b>Tip #3: Calories aren't everything! When searching for healthy food items and recipes, look for low fat, low sodium, and low sugar meals in addition to calories.</b>
<p><u>Baked Apple Cinnamon Chips</u></p> <p>Ingredients</p> <ul style="list-style-type: none"> <li>▪ 2-3 of your favourite apples</li> <li>▪ 3 tbsp. granulated sugar</li> <li>▪ 2 tbsp. cinnamon</li> </ul> <p>Preparation</p> <ol style="list-style-type: none"> <li>1. Preheat oven to 200 degrees Fahrenheit.</li> <li>2. Slice each apple into thin slices.</li> <li>3. Line two baking pans with parchment paper and lay out apple slices flat on the pans.</li> <li>4. Sprinkle each apple with sugar and cinnamon.</li> <li>5. Bake for one hour, turn over apple slices, and bake for one and a half more hours.</li> <li>6. Let cool for an hour before serving or storing in an airtight container.</li> </ol>	<ol style="list-style-type: none"> <li>3. Blend the dates in a food processor until they fully combine and form a paste-like consistency.</li> <li>4. In a sauce pan over medium heat, combine the coconut oil, honey and vanilla. As the liquid heats up, begin to stir the date paste until it becomes well-combined with the toasted mixture in step 2.</li> <li>5. In a bowl, combine the toasted oat mixture, chopped apples, cinnamon, nutmeg and hot liquid from the stove. Stir until completely mixed.</li> <li>6. Firmly press the mixture into a baking tray lined with parchment paper. Cover with plastic wrap and refrigerate for at least two hours or until bars become firm.</li> <li>7. Remove from the fridge and cut into 20 bars. Store in an airtight container at room temperature for more crumbly bars, or in the fridge for firmer bars.</li> </ol>	<ol style="list-style-type: none"> <li>3. Combine orange juice, honey and brown sugar in a small saucepan. Cook over medium heat just until sugar dissolves, stirring frequently. Remove from heat and stir in oil and vanilla.</li> <li>4. Pour honey mixture over oat mixture, stirring to coat. Spread mixture in a thin layer onto a jelly-roll pan coated with cooking spray. Bake until golden brown, about 20 minutes, stirring well halfway through.</li> <li>5. Stir in raisins and let cool completely.</li> <li>6. To assemble sandwiches, core each apple and cut into 1/4-inch slices (8 slices per apple). If you won't be eating these right away, brush the apples slices with lemon juice to keep them from turning brown. Spread two teaspoons of peanut butter on eight apple slices then sprinkle with granola. Top with remaining apple slices, pressing down gently to make the sandwiches.</li> </ol>
<p><u>Apple Pie Granola Bar</u></p> <p>Ingredients</p> <ul style="list-style-type: none"> <li>▪ 2 cups rolled oats</li> <li>▪ 1/2 cup shredded, unsweetened coconut</li> <li>▪ 1/2 cup pecans, chopped</li> <li>▪ 1/3 cup dates</li> <li>▪ 1/4 cup coconut oil</li> <li>▪ 1 teaspoon vanilla</li> <li>▪ 1/3 cup honey</li> <li>▪ 1 tablespoon cinnamon</li> <li>▪ 1/2 teaspoon nutmeg</li> <li>▪ 1 cup dried apples, chopped</li> </ul> <p>Preparation</p> <ol style="list-style-type: none"> <li>1. Preheat the oven to 350°F.</li> <li>2. On a baking sheet, combine the oats, shredded coconut and pecans and toast in the oven for approximately 10 minutes, stirring after 5 minutes to ensure mixture does not burn. Once golden in color, remove from the oven.</li> </ol>	<p><u>Apple Peanut Butter Sandwiches</u></p> <p>Ingredients</p> <ul style="list-style-type: none"> <li>▪ 1 cup old-fashioned rolled oats</li> <li>▪ 2 tablespoons ground flaxseeds</li> <li>▪ 1 teaspoon ground cinnamon</li> <li>▪ Dash of sea salt</li> <li>▪ 2 tablespoons orange juice</li> <li>▪ 2 tablespoons honey</li> <li>▪ 1 tablespoon packed brown sugar</li> <li>▪ 1 teaspoon vegetable oil</li> <li>▪ 1/2 teaspoon vanilla extract</li> <li>▪ Cooking spray</li> <li>▪ 1/4 cup raisins</li> <li>▪ 4 medium apples</li> <li>▪ 1 teaspoon lemon juice (optional)</li> <li>▪ 1/3 cup creamy peanut butter</li> </ul> <p>Preparation</p> <ol style="list-style-type: none"> <li>1. Preheat oven to 300° F.</li> <li>2. Combine the first 4 ingredients in a medium bowl.</li> </ol>	<p><u>Sweet Potato Apple Cinnamon Muffins</u></p> <p>Ingredients</p> <ul style="list-style-type: none"> <li>▪ 1 sweet potato</li> <li>▪ 2 large apples, cored and chopped into 1 cm pieces</li> <li>▪ 2 1/4 cups whole rolled oats</li> <li>▪ 1 tablespoon chia seeds</li> <li>▪ 1 teaspoon baking powder</li> <li>▪ 1 teaspoon baking soda</li> <li>▪ 1/4 teaspoon salt</li> <li>▪ 1 tablespoon cinnamon</li> <li>▪ 6 tablespoons coconut oil, melted</li> <li>▪ 3/4 cup coconut sugar</li> </ul> <p>Preparation</p> <ol style="list-style-type: none"> <li>1. Bake the sweet potato in the oven at 375° F for about one hour or until it is tender. Alternatively, you can microwave it until it is tender. Set aside. Cut the apples into 1 cm pieces. Set aside.</li> </ol>