

Pumpkin-Blueberry Yogurt Snack Cake

www.bakeyourday.net)

Yield: 16 squares (adapted from

Ingredients:

1 cup all-purpose flour
1 cup whole wheat or white wheat flour
2 tsp baking powder
1 TBSP [pumpkin pie spice](#)
1/2 tsp ground cinnamon
1/2 cup canola oil
1 cup brown sugar
2 large eggs
1/2 cup fat-fat vanilla yogurt (regular or Greek)
1 tsp vanilla
1 (15-ounce) can pureed pumpkin
1 cup fresh or frozen blueberries

Directions:

- Preheat oven to 325°. Spray a 9x9 baking pan with non-stick cooking spray.
- In a small bowl, stir together flours, baking powder, pumpkin pie spice and cinnamon with a whisk.
- In a large bowl, whisk the oil and sugar until combined. Add the eggs, yogurt, vanilla and pumpkin and mix well. Add in the flour mixture and stir to incorporate the dry ingredients. Fold in the blueberries.
- Pour the batter into the prepared pan and bake for 40-50 minutes until a toothpick inserted comes out clean.

Peanut Butter Cup Overnight Oats

Yield: 1-2 servings

Ingredients:

3 TBSP creamy peanut butter (or other nut butter of choice)
1/2 tsp vanilla extract
1/3 cup fat-free plain or vanilla yogurt (regular or Greek)
1/3 cup skim milk
1/2 cup old-fashioned whole oats (or steel cut)
1/2 TBSP cocoa powder
1 TBSP chocolate chips

Directions:

- In a small glass bowl, combine peanut butter and vanilla. Microwave for 10 seconds, stir for 10 seconds, microwave again for 10 seconds.
- Add in the yogurt, milk, oats & cocoa powder. Stir well, making sure peanut butter is mixed in well.
- Cover bowl or transfer to a small jar/sealable container. Store overnight in refrigerator (up to 3 days).
- Garnish with chocolate chips when ready to eat!

Carrot Cake Pancakes

(adapted from www.amyscookingadventures.com)

Ingredients:

1 1/2 cups whole wheat flour
1/2 cup ground flax seed (you can grind seeds in a coffee grinder, or purchase ground flax meal)
1 TBSP baking powder
1 tsp ground cinnamon
2 large eggs
1 1/3 cups skim milk
1/2 cup cooked, pureed carrots (about 2 medium sized)
1 TBSP honey
1 tsp vanilla

Directions:

- In a large bowl, whisk together flour, flax, baking powder and cinnamon.
- In a separate bowl, whisk together eggs, milk, carrots, honey and vanilla.
- Pour liquid ingredients into dry ingredients and stir until combined.
- Heat electric skillet over medium-high heat. Spray with non-stick cooking spray. Pour 1/4 - 1/3 cup batter onto skillet. Cook until bubbles appear on pancake surface (~3 minutes). Flip and cook until golden.
- Topping Suggestions: Blend together 1/2 cup non-fat vanilla yogurt, 1/2 cup applesauce or other fruit puree, 1/4 cup maple syrup

Blueberry-Yogurt Crumble Bar

Yield: 16 servings

Ingredients:

Crust: 3/4 cup all-purpose flour
3/4 cup whole rolled oats
1/2 cup packed brown sugar
1/4 tsp baking soda
6 TBSP unsalted butter

Filling: 1 large egg
2 TBSP cornstarch
3 cups low-fat vanilla Greek yogurt
1/3 cup sugar
1 1/2 cups fresh or frozen blueberries

Directions:

- Preheat oven to 350o. For the crust, combine the flour, oats, brown sugar and baking soda in a food processor. Pulse gently until mixed. Cut butter into small pieces and add. Pulse until it resembles coarse crumbs (do not overmix). Press into bottom of ungreased 8x8-inch baking pan. Set aside.
- Filling: Whisk egg and cornstarch in a large bowl. Add yogurt and sugar; stir until blended. Fold blueberries into yogurt. Pour filling evening over crust.
- Bake for 1 hour or until toothpick inserted comes out clean. Cool for wire rack for 30 minutes. Chill in refrigerator for at least 2 hours before serving.