

Apple Spice Baked Oatmeal Yield: 9 squares (from foodhero.org)

Ingredients:

1 egg, beaten
1/2 cup applesauce
1 1/2 cups nonfat or 1% milk
1 teaspoon vanilla
2 Tablespoons oil
1 apple, chopped (about 1 1/2 cups)
2 cups old fashioned rolled oats
1 teaspoon baking powder
1/4 teaspoon salt
1 teaspoon cinnamon

TOPPING: 2 Tablespoons brown sugar & 2 Tablespoons chopped nuts (optional)

Directions:

- Preheat oven to 375 degrees. Lightly oil or spray an 8" x 8" baking dish.
- Combine the egg, applesauce, milk, vanilla and oil in a bowl. Mix in the apple.
- In a separate bowl, mix the rolled oats, baking powder, salt and cinnamon. Add to the liquid ingredients and mix well.
- Pour mixture into baking dish, and bake for 25 minutes.
- Remove from oven and sprinkle with brown sugar and (optional) nuts.
- Return to oven and broil for 3 to 4 minutes until top is browned and the sugar bubbles.
- Serve warm. Refrigerate leftovers within 2 hours.

Spinach Frittata Muffins Yield: 6-8 servings (from www.chopchopfamily.org)

Ingredients:

1 teaspoon vegetable oil
8 large eggs
2 cups (packed) spinach leaves (or other greens such as kale, chard), chopped
1/2 cup shredded or crumbled cheese, such as cheddar, Swiss, feta, or Parmesan
4 scallions (green onions), greens and whites, chopped
1/2 teaspoon kosher salt
1/4 teaspoon black pepper

Directions:

- Preheat oven to 350 degrees. Use the oil to generously grease eight of the muffin tins.
- Beat eggs in a medium bowl until pale yellow. Add the remaining ingredients and mix well.
- Fill 6 to 8 muffin cups to the top. Bake until the top is golden and the eggs are set, 20-25 minutes.
- Once the "muffins" have cooled a bit, tip them out of the tin onto the plate. Serve warm or at room temperature, or cover and refrigerate up to 2 days.

Cranberry Oatmeal Bars (from foodhero.org)

Ingredients:

1 cup quick-cooking **oats**
1/3 cup **almonds**, chopped
1/3 cup **peanut butter**
1/4 cup **honey**
1/3 cup dried **cranberries**

Directions:

- In a medium bowl combine all ingredients until well mixed.
- Form oat mixture into 18 balls about 1 inch wide.
- Place balls on a cookie sheet. Refrigerate for 30 minutes.

Apple Pie Smoothie Yield: 2 servings (from www.chopchopfamily.org)

Ingredients:

3/4 cup plain low fat yogurt or whole milk yogurt
1/2 cup low-fat or whole milk
2 tablespoons raw almonds* (*If you're allergic to nuts, skip the almonds and substitute 2 tablespoons old-fashioned oats.)
1/2 apple, cored and sliced
1 overripe banana, sliced (frozen if possible)
1/4 teaspoon ground cinnamon
1/4 teaspoon vanilla extract
2 ice cubes

Directions:

- Put all the ingredients in the blender.
- Put the top on tightly. Turn on the blender to medium speed and blend until the ice is chopped and the mixture is smooth, 30-60 seconds.
- Divide the smoothie equally between 2 glasses and serve right away, or store in a thermos or covered in the refrigerator up to 4 hours.

To help make any smoothie colder and thicker, it's great to have slices of frozen banana ready to go. It's easy:

1. Peel an overripe banana.
2. Use a butter knife to slice it into thin rounds.
3. Put the slices in a resealable plastic bag and put it in the freezer.