



Apples Many Ways!

Created by Dahlia Health & Nutrition Coaching



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Hi!

On the following pages, you will find a collection of delicious recipes that I have put together to celebrate apple season. Apples are rich in antioxidants and fiber, making them excellent to eat raw or cooked. I love warmed apples during this time of year.

Pro Tips

In each recipe, you will find the total cooking time, the number of servings, a list of ingredients, and step-by-step directions. Before you begin, take a look at the ingredients to see if any need to be prepared in advance, such as dicing vegetables. It's also beneficial to read through the directions beforehand to understand the process before you start cooking.

Take a look at recipes notes for changes or subs! This guide is only a template for you!

Use pears instead of apples, or a combination of the two!

If you peel the apples, place the peels in water, adding a cinnamon stick and allspice to create a cozy scent throughout your home.

Love these recipes and want more? Subscribe to my newsletter at <https://www.dahliahealthandnutritioncoaching.com/>

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Apple Crisp Yogurt Bowls

5 ingredients · 20 minutes · 2 servings



Directions

1. In a saucepan over medium heat, add the apples, rolled oats, maple syrup and cinnamon. Cook for 6 to 8 minutes, stirring often.
2. Divide the yogurt into bowls. Top with the apple crisp mixture. Enjoy!

Notes

Leftovers

Refrigerate separately in an airtight container for up to three days.

Serving Size

One serving is equal to 1 cup of coconut yogurt and 1/2 cup of apple crisp mixture.

Additional Toppings

Top with additional cinnamon, sea salt, shredded coconut flakes or slivered almonds.

Ingredients

- 1 Apple (cored, chopped)
- 1 cup Oats (rolled)
- 2 tbsps Maple Syrup
- 1 tsp Cinnamon
- 2 cups Unsweetened Coconut Yogurt

Nutrition

Amount per serving

Calories	366	Iron	2mg
Fat	10g	Vitamin D	0IU
Saturated	6g	Vitamin E	0mg
Trans	0g	Thiamine	0.2mg
Carbs	66g	Riboflavin	0.3mg
Fiber	10g	Niacin	1mg
Sugar	23g	Vitamin B6	0.1mg
Protein	7g	Folate	16µg
Sodium	55mg	Vitamin B12	2.7µg
Vitamin A	53IU	Magnesium	65mg
Vitamin C	4mg	Zinc	2mg
Calcium	559mg	Selenium	12µg

Apple Cinnamon Overnight Oats

10 ingredients · 8 hours · 4 servings



Directions

1. Combine oats, almond milk, chia seeds, maple syrup, cinnamon, nutmeg, vanilla extract and water in a large glass container. Stir well to evenly mix. Cover and store in the fridge overnight.
2. Remove from fridge. Use single-serving size jars (250 mL or 500 mL in size) and place a few spoonfuls of the oat mixture in the bottom of each. Then add a layer of diced apple followed by a layer of chopped walnuts. Repeat until all ingredients are used up.
3. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

More Protein

Add hemp seeds or a spoonful of nut butter.

Warm it Up

Heat in the microwave for 30 to 60 seconds before eating.

No Maple Syrup

Use another sweetener instead.

Ingredients

1 1/2 cups Oats (quick oats work best)

1 1/2 cups Unsweetened Almond Milk

2 tbsps Chia Seeds

1 tbsps Maple Syrup

1 tsp Cinnamon

1/4 tsp Nutmeg

1/2 tsp Vanilla Extract

1/2 cup Water

1 Apple (cored and diced)

1 cup Walnuts (chopped)

Nutrition

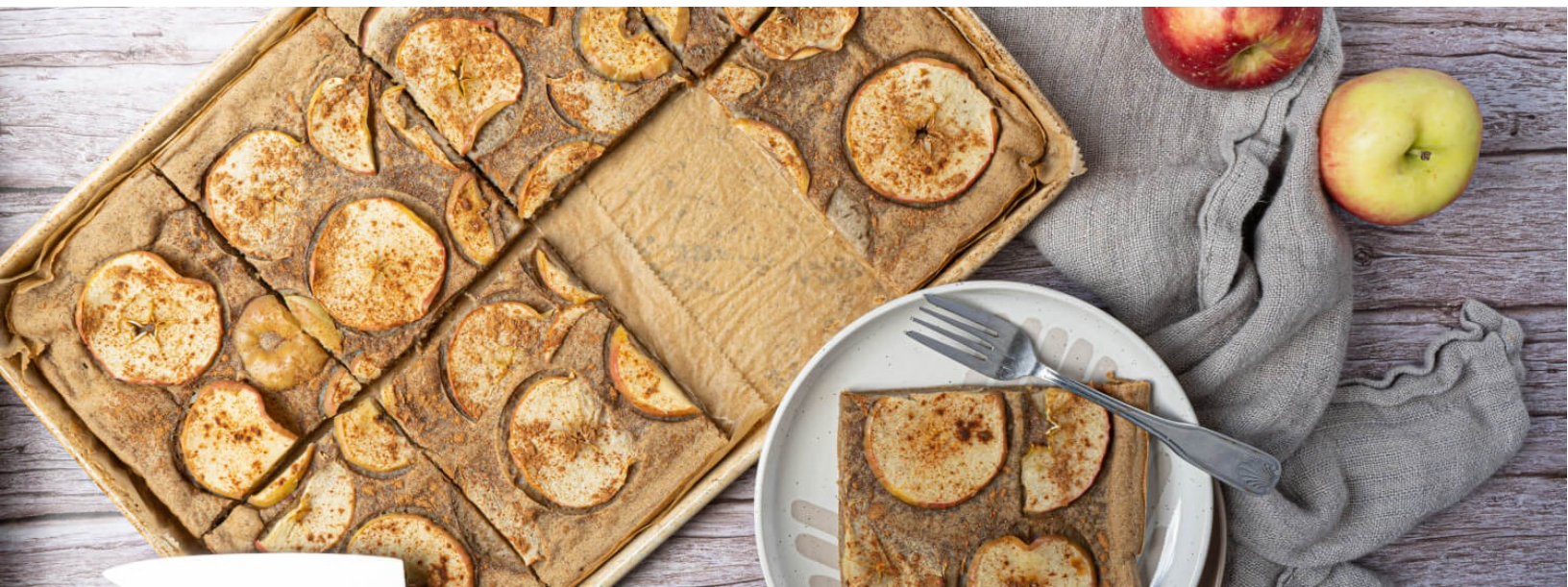
Amount per serving

Calories	391	Iron	3mg
Fat	24g	Vitamin D	38IU
Saturated	2g	Vitamin E	0mg
Trans	0g	Thiamine	0.3mg
Carbs	38g	Riboflavin	0.2mg
Fiber	9g	Niacin	1mg
Sugar	9g	Vitamin B6	0.2mg
Protein	10g	Folate	41µg
Sodium	65mg	Vitamin B12	0µg
Vitamin A	214IU	Magnesium	100mg
Vitamin C	3mg	Zinc	2mg

Calcium 270mg Selenium 10µg

Apple Cinnamon Sheet Pan Pancakes

11 ingredients · 30 minutes · 4 servings



Directions

1. Preheat the oven to 400°F (205°C). Line a deep baking pan or jelly pan with parchment paper.
2. In a large mixing bowl, combine the flour, baking powder, baking soda, salt, coconut sugar, and half of the cinnamon. Mix well to combine.
3. In a smaller mixing bowl, whisk together the eggs, oil, vanilla, and oat milk.
4. Slowly pour the wet ingredients into the dry, whisking as you go until well combined and a thick yet pourable batter has formed.
5. Pour the batter onto the pan and spread out evenly with a spatula. Add the apple slices on top, then sprinkle with the remaining cinnamon.
6. Bake in the oven for 20 minutes, until the pancakes have risen and are starting to brown. Slice, serve, and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

A 10 x 15-inch baking pan with deep sides was used for this recipe. One serving is equal to approximately two pancakes.

Make it Vegan

Use flax eggs instead of eggs.

Additional Toppings

Maple syrup, whipped cream, or yogurt.

No Oat Milk

Use any type of milk.

Ingredients

2 cups All Purpose Gluten-Free Flour
2 tsps Baking Powder
1 tsp Baking Soda
1/4 tsp Sea Salt
1/4 cup Coconut Sugar
2 tsps Cinnamon (divided)
2 Egg
2 tbsps Coconut Oil (melted)
1 tsp Vanilla Extract
2 3/4 cups Oat Milk
1 Apple (thinly sliced)

Nutrition

Amount per serving

Calories	520	Iron	2mg
Fat	13g	Vitamin D	21IU
Saturated	7g	Vitamin E	0mg
Trans	0g	Thiamine	0mg
Carbs	92g	Riboflavin	0.5mg
Fiber	15g	Niacin	0mg
Sugar	19g	Vitamin B6	0.1mg
Protein	9g	Folate	13µg
Sodium	811mg	Vitamin B12	1.1µg
Vitamin A	163IU	Magnesium	7mg

Vitamin C	2mg	Zinc	0mg
Calcium	406mg	Selenium	8µg

No Bake Apple Cinnamon Bites

6 ingredients · 15 minutes · 14 servings



Directions

1. Combine oats, ground flaxseed and cinnamon together in a bowl. Mix well. Add almond butter, honey and diced apples. Mix well again.
2. Roll the dough into balls about the size of a golf ball. Wet hands before rolling to prevent sticking.
3. Place the bites on a plate and let sit in the fridge for at least 30 minutes to firm. Then transfer to an airtight container and store in the fridge for 3 to 4 days. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to seven days. Freeze for up to three months.

Serving Size

One serving is equal to one ball.

Vegan

Use maple syrup instead of honey.

Nut-Free

Use sunflower seed butter instead of almond butter.

Ingredients

1 cup Oats (quick or traditional)

1/4 cup Ground Flax Seed

1/2 tsp Cinnamon

1/3 cup Almond Butter

2 tbsps Raw Honey

1 Apple (peeled, cored and finely diced)

Nutrition

Amount per serving

Calories	84	Iron	1mg
Fat	4g	Vitamin D	0IU
Saturated	0g	Vitamin E	1mg
Trans	0g	Thiamine	0mg
Carbs	10g	Riboflavin	0.1mg
Fiber	2g	Niacin	0mg
Sugar	4g	Vitamin B6	0mg
Protein	2g	Folate	5µg
Sodium	1mg	Vitamin B12	0µg
Vitamin A	7IU	Magnesium	25mg
Vitamin C	1mg	Zinc	0mg
Calcium	28mg	Selenium	2µg

Oatmeal with Stewed Apples

6 ingredients · 35 minutes · 2 servings



Directions

1. Add the chopped apples, water, and cinnamon to a small pot. Mix to combine.
2. Bring to a boil then reduce the heat to a simmer. Cook for 15 to 20 minutes or until the apples are soft and fork tender. Remove from the heat and set aside.
3. In a small saucepan over low heat, combine the milk and maple syrup. When tiny bubbles begin to form, add the oats and cook for one to two minutes, stirring often.
4. Cover and remove from the heat. Let it sit for two to three minutes.
5. Divide the cooked oats and stewed apples into bowls. Enjoy!

Notes

Leftovers

Best enjoyed fresh. Refrigerate in an airtight container for up to three days. Reheat on the stovetop.

Serving Size

One serving is approximately one cup of oatmeal with 1/2 cup of stewed apples.

No Almond Milk

Use other milk of choice.

Additional Toppings

Top with cinnamon, maple syrup, and/or crushed nuts.

Ingredients

- 1 Apple (large, chopped)
- 1/4 cup Water
- 1 tsp Cinnamon
- 2 cups Unsweetened Almond Milk
- 2 tsps Maple Syrup
- 1 cup Quick Oats

Nutrition

Amount per serving

Calories	250	Iron	2mg
Fat	5g	Vitamin D	101IU
Saturated	0g	Vitamin E	0mg
Trans	0g	Thiamine	0.2mg
Carbs	47g	Riboflavin	0.2mg
Fiber	8g	Niacin	1mg
Sugar	14g	Vitamin B6	0.1mg
Protein	7g	Folate	16µg
Sodium	166mg	Vitamin B12	0µg
Vitamin A	552IU	Magnesium	80mg
Vitamin C	4mg	Zinc	2mg
Calcium	501mg	Selenium	12µg

Baked Apples with Oatmeal

7 ingredients · 30 minutes · 4 servings



Directions

1. Preheat the oven to 350°F (175°C) and line a baking sheet with parchment paper.
2. In a bowl, whisk together half of the maple syrup, coconut oil, pumpkin pie spice, and salt. Add the oats and hazelnuts and stir well.
3. Place the apples on the baking sheet, skin side down. Spoon the oat mixture on top of the apples. Bake in the oven for 20 to 25 minutes or until the apples are soft.
4. Drizzle the remaining maple syrup on top and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is equal to half of an apple with toppings.

No Hazelnut

Use pecans or walnuts instead.

No Pumpkin Pie Spice

Use cinnamon instead.

Serving Options

Serve with a vanilla ice cream if desired.

Ingredients

2 tbsps Maple Syrup (divided)

1 1/2 tsps Coconut Oil

1/2 tsp Pumpkin Pie Spice

1/4 tsp Sea Salt

2/3 cup Oats (rolled)

1/4 cup Hazelnuts (chopped)

2 Apple (halved, cored)

Nutrition

Amount per serving

Calories	193	Iron	1mg
Fat	8g	Vitamin D	0IU
Saturated	2g	Vitamin E	1mg
Trans	0g	Thiamine	0.1mg
Carbs	30g	Riboflavin	0.2mg
Fiber	4g	Niacin	0mg
Sugar	16g	Vitamin B6	0.1mg
Protein	3g	Folate	17µg
Sodium	151mg	Vitamin B12	0µg
Vitamin A	51IU	Magnesium	39mg
Vitamin C	5mg	Zinc	1mg
Calcium	34mg	Selenium	4µg

Beet & Arugula Salad

9 ingredients · 50 minutes · 4 servings



Directions

1. Preheat the oven to 400°F (204°C). Wrap the beets in foil and bake for 40 to 45 minutes, or until cooked through. Remove the beets from the oven, let them cool then peel and slice into quarters.
2. While the beets cook, make the dressing in a small bowl by whisking together the olive oil, balsamic, honey salt and pepper. Set aside.
3. Add the arugula to a salad bowl and top with the beets, apple, goat cheese, and pumpkin seeds. Drizzle the dressing on top. Toss and enjoy!

Notes

Dairy-Free

Omit the goat cheese, or use a plant-based cheese instead.

No Pumpkin Seeds

Omit or use sunflower seeds instead.

No Apple

Use a pear instead.

No Honey

Use maple syrup instead.

Save Time

Roast the beets ahead of time.

Ingredients

- 4 Beet (skin on, washed)
- 3 tbsps Extra Virgin Olive Oil
- 1 1/2 tbsps Balsamic Vinegar
- 1 1/2 tsps Raw Honey
- Sea Salt & Black Pepper (to taste)
- 4 cups Arugula (packed)
- 1 Apple (thinly sliced)
- 1/2 cup Goat Cheese (crumbled)
- 1/4 cup Pumpkin Seeds

Nutrition

Amount per serving

Calories	246	Iron	2mg
Fat	17g	Vitamin D	0IU
Saturated	4g	Vitamin E	2mg
Trans	0g	Thiamine	0.1mg
Carbs	19g	Riboflavin	0.1mg
Fiber	4g	Niacin	1mg
Sugar	14g	Vitamin B6	0.1mg
Protein	6g	Folate	115µg
Sodium	137mg	Vitamin B12	0µg
Vitamin A	528IU	Magnesium	79mg
Vitamin C	9mg	Zinc	1mg
Calcium	63mg	Selenium	1µg

Roasted Butternut Squash Soup with Kale Chips

9 ingredients · 1 hour 30 minutes · 4 servings



Directions

1. Preheat the oven to 420°F (216°C). Cut the squash in half lengthwise and scoop out the seeds. Place on a baking sheet with the flesh side up. Sprinkle with cinnamon and bake in the oven for 45 minutes or until tender.
2. Remove the squash from the oven and let cool. Use a spoon to scoop out the flesh and set aside. Discard the skin.
3. Place a large pot over medium heat and add half of the olive oil. Add the apples, onion, and ginger and saute for about 5 minutes or until soft.
4. Add the vegetable broth, cooked squash, and half of the sea salt. Reduce heat to a simmer. Let simmer while you prepare the kale chips.
5. Set the oven to 350°F (177°C) and line a baking sheet with parchment paper. Place your kale in a large bowl and massage it with your remaining olive oil and sea salt. Transfer kale leaves to the baking sheet in a single layer. Don't overcrowd. Place in the oven and bake for 10 to 15 minutes. Remove from the oven when crisp and let cool.
6. Using a blender or immersion blender, puree the soup until smooth. Divide soup between bowls and garnish with a sprinkle of cinnamon. Serve with kale chips for dipping. Enjoy!

Notes

Leftovers

Refrigerate for up to four days. Freeze for up to three months.

More Protein

Blend in cooked red lentils.

Ingredients

- 4 cups Butternut Squash
- 1 tsp Cinnamon (plus extra for garnish)
- 2 tbsps Extra Virgin Olive Oil (divided)
- 2 Apple (peeled, cored and sliced)
- 1 Sweet Onion (diced)
- 1 tbsp Ginger (grated)
- 4 cups Vegetable Broth
- 2 tsps Sea Salt (divided)
- 4 cups Kale Leaves (cut into large pieces)

Nutrition

Amount per serving

Calories	218	Iron	2mg
Fat	8g	Vitamin D	0IU
Saturated	1g	Vitamin E	3mg
Trans	0g	Thiamine	0.3mg
Carbs	39g	Riboflavin	0.2mg
Fiber	7g	Niacin	2mg
Sugar	18g	Vitamin B6	0.4mg
Protein	3g	Folate	73µg
Sodium	1859mg	Vitamin B12	0µg
Vitamin A	16470IU	Magnesium	70mg
Vitamin C	58mg	Zinc	1mg
Calcium	156mg	Selenium	1µg

Carrot & Fennel Soup

9 ingredients · 25 minutes · 4 servings



Directions

1. In a large saucepan, heat the oil over medium-high heat. Add the onion and cook until translucent, about three to five minutes.
2. Add the garlic and ginger and cook until fragrant, about one minute. Add the remaining ingredients and bring to a boil. Simmer for 20 minutes, or until the carrots are fork tender.
3. Transfer soup to a blender, or use an immersion blender, and blend until smooth. Divide evenly between bowls, and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

Serving Size

One serving size is equal to approximately one cup.

Additional Toppings

Top with your choice of cooked protein. Fresh herbs like dill, parsley, or fronds from the fennel.

Ingredients

- 1 **tbsp** Extra Virgin Olive Oil
- 1 Yellow Onion (medium, diced)
- 3 Garlic (clove, minced)
- 1 **tbsp** Ginger (fresh, minced)
- 3 Carrot (medium, peeled, chopped)
- 1/2 **bulb** Fennel (medium, chopped)
- 1 Apple (peeled, chopped)
- 4 **cups** Chicken Broth, Low Sodium
- 1/2 **tsp** Sea Salt

Nutrition

Amount per serving

Calories	136	Iron	2mg
Fat	5g	Vitamin D	0IU
Saturated	1g	Vitamin E	1mg
Trans	0g	Thiamine	0mg
Carbs	19g	Riboflavin	0.1mg
Fiber	4g	Niacin	4mg
Sugar	11g	Vitamin B6	0.1mg
Protein	6g	Folate	18µg
Sodium	416mg	Vitamin B12	0.2µg
Vitamin A	7949IU	Magnesium	16mg
Vitamin C	9mg	Zinc	0mg
Calcium	56mg	Selenium	1µg

Kale, Edamame & Apple Salad with Chicken

9 ingredients · 25 minutes · 4 servings



Directions

1. Heat the oil in a pan over medium heat. Season the chicken with salt and pepper, then place it into the pan. Cook for six to eight minutes per side, or until cooked through. Remove and let it rest for five minutes before slicing.
2. Divide the kale, edamame, apples, avocado, and hazelnuts evenly between bowls or plates. Top with chicken and dressing. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days. Add dressing when ready to eat.

Serving Size

One serving is approximately 2 1/2 cups of salad with chicken.

No Green Goddess Dressing

Use your favorite dressing instead.

No Hazelnuts

Use other chopped nuts or seeds instead.

Ingredients

- 2 **tbps** Extra Virgin Olive Oil
- 1 **lb** Chicken Thighs (boneless, skinless)
- Sea Salt & Black Pepper (to taste)
- 4 **cups** Kale Leaves (stems removed, chopped)
- 1 **1/2 cups** Frozen Edamame (thawed)
- 2 Apple (small, chopped)
- 1/2 Avocado (medium, cut into cubes)
- 1/2 **cup** Hazelnuts (chopped)
- 1/4 **cup** Green Goddess Salad Dressing

Nutrition

Amount per serving

Calories	532	Iron	4mg
Fat	35g	Vitamin D	1IU
Saturated	5g	Vitamin E	6mg
Trans	0g	Thiamine	0.4mg
Carbs	25g	Riboflavin	0.5mg
Fiber	9g	Niacin	8mg
Sugar	13g	Vitamin B6	0.8mg
Protein	33g	Folate	241µg
Sodium	255mg	Vitamin B12	0.7µg
Vitamin A	1306IU	Magnesium	111mg
Vitamin C	31mg	Zinc	3mg
Calcium	131mg	Selenium	27µg

Turkey, Apple & Slaw Rollups

5 ingredients · 15 minutes · 1 serving



Directions

1. Lay the turkey slices on a clean surface. Spread the mustard on each slice.
2. Top each slice evenly with slices of apple, coleslaw, and pickle. Wrap each one tightly into a roll. Enjoy!

Notes

Leftovers

Best enjoyed fresh. Refrigerate in an airtight container for up to one day.

Serving Size

One serving is approximately three roll-ups.

More Flavor

Add cheese slices.

Ingredients

- 4 ozs** Sliced Turkey Breast
- 1 tsp** Dijon Mustard
- 1/3 Apple** (medium, sliced)
- 1/3 cup** Coleslaw Mix
- 1/2 oz** Baby Pickles (cut into strips)

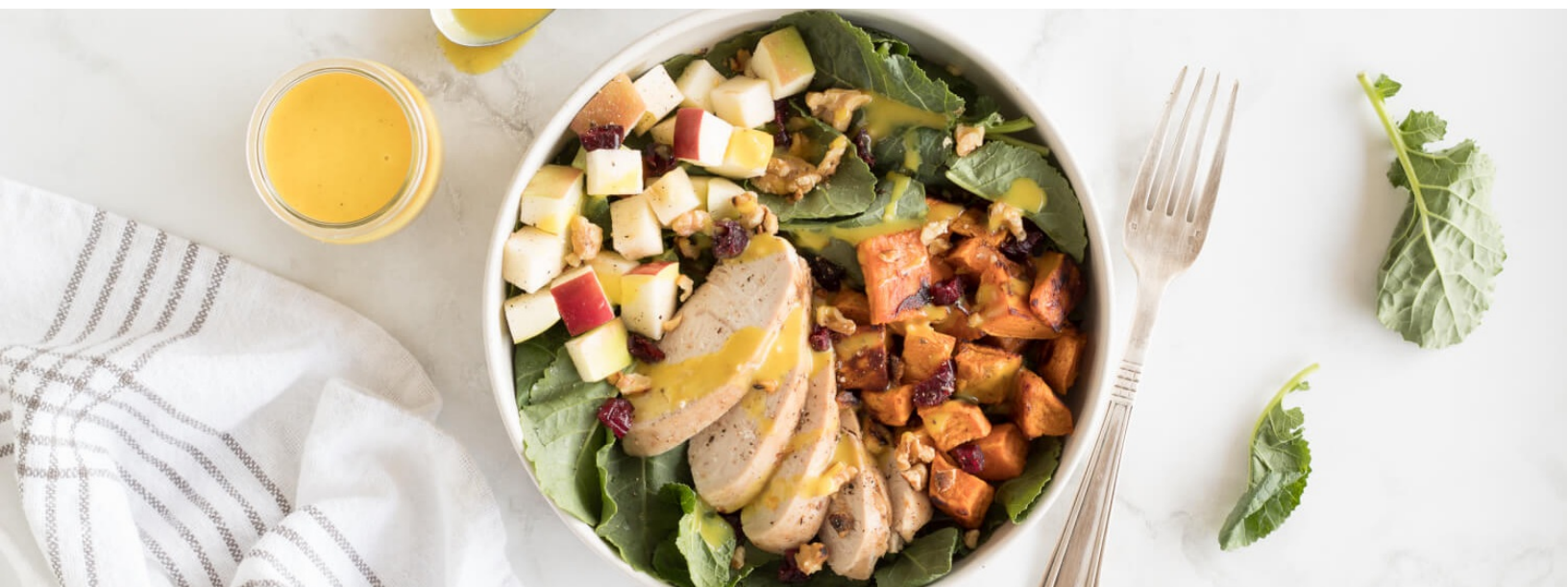
Nutrition

Amount per serving

Calories	168	Iron	1mg
Fat	4g	Vitamin D	7IU
Saturated	1g	Vitamin E	0mg
Trans	0g	Thiamine	0.1mg
Carbs	13g	Riboflavin	0.2mg
Fiber	2g	Niacin	8mg
Sugar	8g	Vitamin B6	0.5mg
Protein	17g	Folate	6µg
Sodium	1216mg	Vitamin B12	0.4µg
Vitamin A	1033IU	Magnesium	25mg
Vitamin C	15mg	Zinc	1mg
Calcium	33mg	Selenium	15µg

Turkey Harvest Salad with Honey Mustard Dressing

9 ingredients · 45 minutes · 4 servings



Directions

1. Preheat oven to 400°F (205°C) and line a baking sheet with parchment paper.
2. Spread the sweet potatoes out on the baking sheet. Nestle the turkey breast between the sweet potatoes. Drizzle lightly with oil, season with salt and pepper, then toss the sweet potatoes to coat evenly. Cook in the oven for 15 minutes.
3. Toss the sweet potatoes and flip the turkey breast. Place the baking sheet back in the oven for another 15 minutes, until the sweet potatoes are tender and the turkey is cooked through. Let the turkey rest for five minutes before slicing.
4. To assemble the salad, divide the kale, sliced turkey, sweet potatoes, apple, cranberries, and walnuts evenly between bowls. Top with dressing and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days. Add the dressing when ready to serve.

Serving Size

One serving is approximately one cup of kale, half a cup of turkey, 3/4 cup of sweet potatoes, 1/3 cup of toppings, and one tablespoon of dressing.

More Flavor

Add fresh-squeezed lemon juice or extra herbs like parsley.

Ingredients

- 4 Sweet Potato (small, peeled and cubed)
- 1 lb Turkey Breast
- 2 tbsps Extra Virgin Olive Oil
- Sea Salt & Black Pepper (to taste)
- 4 cups Baby Kale
- 2 Apple (medium, chopped)
- 2 tbsps Dried Unsweetened Cranberries
- 2 tbsps Walnuts (toasted, crushed)
- 1/4 cup Honey Mustard Dressing

Nutrition

Amount per serving

Calories	474	Iron	3mg
Fat	19g	Vitamin D	9IU
Saturated	2g	Vitamin E	2mg
Trans	0g	Thiamine	0.2mg
Carbs	49g	Riboflavin	0.3mg
Fiber	8g	Niacin	13mg
Sugar	21g	Vitamin B6	1.3mg
Protein	31g	Folate	29µg
Sodium	248mg	Vitamin B12	1.5µg
Vitamin A	18521IU	Magnesium	74mg
Vitamin C	7mg	Zinc	2mg
Calcium	125mg	Selenium	27µg

Roasted Chicken Apple Kale Salad

9 ingredients · 35 minutes · 1 serving



Directions

1. Preheat oven to 400°F (205°C) and line a baking sheet with parchment paper.
2. In a large bowl, toss together the onion, apple, butternut squash, thyme, and half of the oil. Spread onto the baking sheet.
3. Add the chicken breast to the baking sheet. Season everything with salt. Bake for 30 minutes, until everything is cooked through and the chicken reaches an internal temperature of 165°F (75°C).
4. In a large bowl, toss together the kale, apple cider vinegar, roasted vegetables, and remaining oil. Slice chicken and serve on top. Enjoy!

Notes

Leftovers

Keep salad in a resealable container in the fridge for up to 3 days.

Serving Size

One serving is equal to approximately three cups of salad.

More Flavor

Swap out fresh thyme with sage for an autumn-inspired salad.

Additional Toppings

Top with hemp seeds for an extra nutrition boost.

Ingredients

- 1 Yellow Onion (small, diced)
- 1 Apple (small, diced)
- 1 cup Butternut Squash (frozen, cubed)
- 1 tbsp Thyme (fresh, chopped)
- 2 tbsps Extra Virgin Olive Oil (divided)
- 6 ozs Chicken Breast
- 2 cups Kale Leaves (thinly sliced)
- 1 tbsp Apple Cider Vinegar
- 1/8 tsp Sea Salt (or more to taste)

Nutrition

Amount per serving

Calories	665	Iron	7mg
Fat	33g	Vitamin D	2IU
Saturated	5g	Vitamin E	7mg
Trans	0g	Thiamine	0.4mg
Carbs	55g	Riboflavin	0.5mg
Fiber	12g	Niacin	19mg
Sugar	31g	Vitamin B6	1.7mg
Protein	42g	Folate	86µg
Sodium	407mg	Vitamin B12	0.4µg
Vitamin A	17166IU	Magnesium	123mg
Vitamin C	81mg	Zinc	2mg
Calcium	245mg	Selenium	40µg

Slow Cooker Apple Cinnamon Pork Tenderloin

6 ingredients · 4 hours · 4 servings



Directions

1. Cut slits into your pork tenderloin about 3/4 of the way through. Wedge half of the apple slices into the slits.
2. Add remaining apple, carrots and onion to the bottom of the slow cooker. Lay the pork tenderloin on top. Drizzle honey and sprinkle cinnamon over everything. Cook on low for 4 hours.
3. Remove pork and vegetables from the slow cooker and divide onto plates. Enjoy!

Notes

Make it Tender

Brine your pork tenderloin the night before for more flavour and tenderness.

More Greens

Serve on a bed of spinach or add your choice of veggies to the slow cooker.

More Carbs

Serve with rice, quinoa or mini potatoes.

Ingredients

- 1 lb Pork Tenderloin
- 2 Apple (sliced and divided)
- 3 Carrot (medium, sliced into rounds)
- 1 Yellow Onion (diced)
- 3 tbsps Raw Honey
- 1 tbspc Cinnamon

Nutrition

Amount per serving

Calories	251	Iron	3mg
Fat	3g	Vitamin D	9IU
Saturated	1g	Vitamin E	1mg
Trans	0g	Thiamine	1.2mg
Carbs	34g	Riboflavin	0.4mg
Fiber	5g	Niacin	8mg
Sugar	26g	Vitamin B6	1.0mg
Protein	25g	Folate	12µg
Sodium	94mg	Vitamin B12	0.6µg
Vitamin A	7698IU	Magnesium	42mg
Vitamin C	7mg	Zinc	2mg
Calcium	56mg	Selenium	35µg

Crunchy Kale Salad with Cod

9 ingredients · 15 minutes · 2 servings



Directions

1. Pat the cod dry with a paper towel and season it with salt and pepper.
2. Melt the butter in a pan over medium heat. Add the cod and cook for three to four minutes until the bottom is browned. Flip the cod and cook it for two to three more minutes. Add the lemon juice during the last minute. Baste the cod with the butter and lemon a few times just before it's finished cooking. Remove it from the pan and set it aside.
3. Combine the kale and dressing in a large bowl and toss to coat it very well. Add the onion, apple, and pumpkin seeds and toss again.
4. Divide the salad evenly onto plates and top it with the cod. Enjoy!

Notes

Leftovers

The cod is best enjoyed fresh. Refrigerate the salad separately from the cod in an airtight container for up to two days.

Serving Size

One serving is approximately two cups of salad with cod.

More Flavor

Chili flakes.

Fillet Size

One fillet is equal to 231 grams or 8 ounces.

Ingredients

- 1 Cod Fillet
- Sea Salt & Black Pepper (to taste)
- 2 tbsps Butter
- 2 tbsps Lemon Juice
- 4 cups Kale Leaves (finely chopped)
- 1/4 cup Honey Mustard Dressing
- 1/4 cup Red Onion (small, sliced)
- 1 Apple (large, sliced)
- 3 tbsps Pumpkin Seeds (toasted)

Nutrition

Amount per serving

Calories	477	Iron	2mg
Fat	31g	Vitamin D	43IU
Saturated	10g	Vitamin E	3mg
Trans	0g	Thiamine	0.2mg
Carbs	26g	Riboflavin	0.3mg
Fiber	5g	Niacin	4mg
Sugar	16g	Vitamin B6	0.4mg
Protein	26g	Folate	53µg
Sodium	242mg	Vitamin B12	1.1µg
Vitamin A	2495IU	Magnesium	132mg
Vitamin C	52mg	Zinc	2mg
Calcium	149mg	Selenium	42µg

Cranberry Apple Oat Crisp

7 ingredients · 50 minutes · 8 servings



Directions

1. Preheat the oven to 350°F (175°F). Use a little bit of coconut oil to grease the baking dish.
2. Add the apples, cranberries, maple syrup and 1/3 of the flour to the baking dish. Gently toss until well combined.
3. In a bowl, stir together the remaining flour, oats and coconut sugar. Add the remaining coconut oil and use your hands to combine until the mixture is crumbly.
4. Sprinkle the oat mixture evenly over the fruits and press gently. Bake for 40 to 50 minutes, or until golden brown and the fruits have softened. Let cool and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to five days. Freeze for up to three months.

Serving Size

One serving equals approximately 3/4 cup. An 11 x 7-inch baking dish was used for 8 servings

More Flavor

Add cinnamon and/or nutmeg. Use butter instead of coconut oil. Add chopped nuts to the oat mixture.

Additional Toppings

Top with whipped coconut cream, ice cream or yogurt.

All Purpose Gluten-Free Flour

This recipe was developed and tested using Bob's Red Mill All Purpose Gluten-Free Flour. If using another type of flour, note that results may vary.

Ingredients

- 1/3 cup Coconut Oil
- 3 Apple (large, cored, chopped)
- 2 cups Frozen Cranberries
- 1/2 cup Maple Syrup
- 3/4 cup All Purpose Gluten-Free Flour (divided)
- 1 1/2 cups Oats
- 1/4 cup Coconut Sugar

Nutrition

Amount per serving

Calories	305	Iron	1mg
Fat	10g	Vitamin D	0IU
Saturated	8g	Vitamin E	1mg
Trans	0g	Thiamine	0.1mg
Carbs	53g	Riboflavin	0.3mg
Fiber	6g	Niacin	0mg
Sugar	25g	Vitamin B6	0.1mg
Protein	3g	Folate	7µg
Sodium	4mg	Vitamin B12	0µg
Vitamin A	53IU	Magnesium	30mg
Vitamin C	7mg	Zinc	1mg
Calcium	34mg	Selenium	5µg

Spiced Granola Stuffed Apples

8 ingredients · 1 hour · 5 servings



Directions

1. Preheat the oven to 375°F (190°C) and line a baking sheet with parchment paper.
2. Cut off the top of each apple and remove the core. Scoop out the flesh with a spoon, leaving approximately 1/2-inch of flesh on the apples. Finely chop up half of the apple flesh and discard the rest.
3. Add the chopped apple, oats, pecans, coconut sugar, pumpkin pie spice, and arrowroot powder in a bowl. Stir to combine. Add the vanilla extract and melted coconut oil, and stir until crumbly.
4. Divide the crumble mixture evenly between the apples. Transfer them to the prepared baking sheet. Bake for 30 minutes or until the apples are soft to the touch. Serve and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to five days.

Serving Size

One serving is equal to one stuffed apple.

Additional Toppings

Top with whipped cream or Greek yogurt.

Extra Apple

Use the leftover apple flesh to make apple sauce, add to smoothies, or combine with rhubarb or blueberries and make a baked crumble.

Ingredients

5 Apple (medium)
1/2 cup Oats (rolled)
1/4 cup Pecans (chopped)
2 tbsps Coconut Sugar
1 tsp Pumpkin Pie Spice
1 tbsp Arrowroot Powder
1 tsp Vanilla Extract
2 tbsps Coconut Oil (melted)

Nutrition

Amount per serving

Calories	229	Iron	1mg
Fat	10g	Vitamin D	0IU
Saturated	5g	Vitamin E	0mg
Trans	0g	Thiamine	0.1mg
Carbs	37g	Riboflavin	0.1mg
Fiber	6g	Niacin	0mg
Sugar	23g	Vitamin B6	0.1mg
Protein	2g	Folate	9µg
Sodium	3mg	Vitamin B12	0µg
Vitamin A	102IU	Magnesium	27mg
Vitamin C	9mg	Zinc	1mg
Calcium	21mg	Selenium	3µg

Coconut Yogurt & Hemp Stuffed Apple

5 ingredients · 5 minutes · 1 serving



Directions

1. Place the apple halves onto a plate and evenly divide the coconut yogurt, sunflower seed butter, hemp seeds, and cinnamon onto each half. Enjoy!

Notes

Leftovers

Best enjoyed immediately.

No Hemp Seeds

Use chia seeds or ground flax seeds instead.

Additional Toppings

Chopped nuts, seeds, granola, maple syrup, coconut flakes and/or berries.

More Protein

Use plain Greek yogurt or mix protein powder into yogurt.

No Sunflower Seed Butter

Use other nut or seed butter instead.

Ingredients

1 Apple (cut in half, seeds and core removed)

1/2 cup Unsweetened Coconut Yogurt

2 tbsps Sunflower Seed Butter

1 tbsp Hemp Seeds

1/4 tsp Cinnamon

Nutrition

Amount per serving

Calories	404	Iron	3mg
Fat	26g	Vitamin D	0IU
Saturated	5g	Vitamin E	8mg
Trans	0g	Thiamine	0.2mg
Carbs	40g	Riboflavin	0.1mg
Fiber	8g	Niacin	3mg
Sugar	23g	Vitamin B6	0.3mg
Protein	10g	Folate	92µg
Sodium	28mg	Vitamin B12	1.4µg
Vitamin A	118IU	Magnesium	179mg
Vitamin C	9mg	Zinc	3mg
Calcium	295mg	Selenium	33µg

Stewed Apples

3 ingredients · 35 minutes · 7 servings



Directions

1. Add the chopped apples, water, and cinnamon to a large pot. Mix to combine.
2. Bring to a boil then reduce the heat to a simmer. Cook for 15 to 20 minutes or until the apples are soft and fork tender.
3. Remove from the heat and let the apples cool before transferring them, along with the liquid, to a glass container. Serve warm or refrigerate until ready to use. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to five days.

Serving Size

One serving is approximately 1/2 cup.

Ingredients

5 Apple (large, cored, chopped)

1 cup Water

1 tbsp Cinnamon

Nutrition

Amount per serving

Calories	70	Iron	0mg
Fat	0g	Vitamin D	0IU
Saturated	0g	Vitamin E	0mg
Trans	0g	Thiamine	0mg
Carbs	19g	Riboflavin	0mg
Fiber	4g	Niacin	0mg
Sugar	14g	Vitamin B6	0.1mg
Protein	0g	Folate	4µg
Sodium	2mg	Vitamin B12	0µg
Vitamin A	73IU	Magnesium	8mg
Vitamin C	6mg	Zinc	0mg
Calcium	22mg	Selenium	0µg

Warm Apples with Almond Butter

4 ingredients · 15 minutes · 1 serving



Directions

1. Heat the coconut oil in a small skillet over low heat. Add the diced apples and saute for about 8 to 10 minutes, until softened. Sprinkle with cinnamon and remove from heat.
2. Transfer the warm apples to a bowl and drizzle with almond butter. Enjoy!

Notes

Nut-Free

Use sunflower seed butter instead of almond butter.

No Apples

Use pears or plantains instead.

Ingredients

- 1 **tsp** Coconut Oil
- 1 Apple (diced)
- 1/2 **tsp** Cinnamon (ground)
- 2 **tbsps** Almond Butter

Nutrition

Amount per serving

Calories	330	Iron	1mg
Fat	22g	Vitamin D	0IU
Saturated	5g	Vitamin E	8mg
Trans	0g	Thiamine	0mg
Carbs	32g	Riboflavin	0.3mg
Fiber	8g	Niacin	1mg
Sugar	20g	Vitamin B6	0.1mg
Protein	7g	Folate	22µg
Sodium	4mg	Vitamin B12	0µg
Vitamin A	102IU	Magnesium	97mg
Vitamin C	8mg	Zinc	1mg
Calcium	132mg	Selenium	1µg

Apple Dips

5 ingredients · 15 minutes · 2 servings



Directions

1. Line a baking sheet with parchment paper. Place yogurt, coconut and hemp seeds into small separate bowls. Stir cinnamon into the hemp seeds.
2. Dip each apple slice in the yogurt (coating about 3/4 of the slice) and then coat with either the coconut or cinnamon-hemp seed mixture on all sides. Transfer to the baking sheet.
3. Freeze for about 10 minutes or until yogurt has hardened (ensure the apple doesn't freeze). Serve immediately and enjoy!

Notes

Kid-Friendly

Pierce the apple slices with lollipop or popsicle sticks, and create a DIY dipping station.

Make it Sweeter

Add honey or maple syrup to the yogurt, or dip in sweetened shredded coconut, sprinkles or bee pollen.

No Coconut

Use almond slices, chia seeds, sunflower seeds, raisins, granola or dark chocolate chips instead.

No Yogurt

Use melted coconut butter, or melted dark chocolate mixed with a bit of coconut oil instead.

Ingredients

- 1/2 cup Plain Greek Yogurt
- 2 tbsps Unsweetened Shredded Coconut
- 2 tbsps Hemp Seeds
- 1/4 tsp Cinnamon
- 1 Apple (sliced)

Nutrition

Amount per serving

Calories	182	Iron	1mg
Fat	10g	Vitamin D	25IU
Saturated	4g	Vitamin E	0mg
Trans	0g	Thiamine	0.1mg
Carbs	18g	Riboflavin	0.1mg
Fiber	3g	Niacin	1mg
Sugar	11g	Vitamin B6	0.1mg
Protein	9g	Folate	14µg
Sodium	38mg	Vitamin B12	0µg
Vitamin A	364IU	Magnesium	75mg
Vitamin C	8mg	Zinc	1mg
Calcium	141mg	Selenium	0µg

Apple Cinnamon Chips

3 ingredients · 1 hour · 4 servings



Directions

1. Preheat oven to 230°F (110°C). Use a sharp knife to thinly slice apples into even chip-like pieces. Place sliced apples in a mixing bowl. Add cinnamon and toss well.
2. Line a large baking sheet with foil and grease lightly with coconut oil. Spread apple chips evenly across the baking sheet making sure not to overlap (you might need to bake in batches if your sheet isn't big enough). Place in oven and bake for 1 hour, turning at the 30 minute mark. Remove from oven and let cool completely. Store your apple chips in an airtight container. Enjoy!

Notes

Keep Them Crispy

If chips get soggy over time, throw in the oven at 350 for 5 to 8 minutes to crisp them back up.

Ingredients

- 4 Apple
- 2 **tsps** Cinnamon
- 1 1/2 **tsps** Coconut Oil

Nutrition

Amount per serving

Calories	113	Iron	0mg
Fat	2g	Vitamin D	0IU
Saturated	1g	Vitamin E	0mg
Trans	0g	Thiamine	0mg
Carbs	26g	Riboflavin	0.1mg
Fiber	5g	Niacin	0mg
Sugar	19g	Vitamin B6	0.1mg
Protein	1g	Folate	6µg
Sodium	2mg	Vitamin B12	0µg
Vitamin A	102IU	Magnesium	10mg
Vitamin C	8mg	Zinc	0mg
Calcium	24mg	Selenium	0µg