

Applesauce Six Ways

1. **Warm up your oatmeal:** Stir applesauce into your oatmeal. Try adding cinnamon, ground ginger or vanilla extract.
2. **Peanut Butter and Applesauce sandwich:** Use applesauce in place of jelly. Toast and enjoy an open-faced sandwich with peanut butter topped by applesauce.
3. **Bake the goodness in:** Use applesauce in place of half of the butter or oil in dense and moist baked goods like muffins, quick breads and cakes.
4. **Use it as a topping:** Try it in place of syrup on your pancakes or waffles.
5. **Add to yogurt:** Mix applesauce with plain yogurt and top with a drizzle of honey and nutmeg for a healthy dessert. You can also swirl it into ricotta or cottage cheese.
6. **Try this saucy quesadilla:** Spread low-fat cream cheese on a whole wheat tortilla. Top with a few spoonfuls of applesauce. Fold in half and warm in a toaster oven or on the stove.

Apple-glazed Stir Fry

Stir-fry some of your favorite veggies with this apple-based sauce for a dinner that satisfies.

- 4 cups **mixed vegetables**, sliced
- 1 **apple**, sliced
- ½ cup **applesauce**
- 1 tsp **Mrs. Dash** or **seasoning blend**
- ½ cup **water**
- 2 Tbl **vinegar**
- 1 Tbl low-sodium **soy sauce**
- 1 tsp **ginger** (optional)

1. Cook vegetables and apple over high heat for 5 minutes. Stir frequently.
2. Stir remaining ingredients in a mixing bowl.
3. Pour sauce over the vegetables and mix well.
4. Reduce heat to medium-low and cook for 5 to 10 minutes.

Makes 5 servings

Make it your own by serving with a side of your favorite rice.

