



Photo Courtesy of Pixabay.com

EAT WELL, CARE WELL. HEALTHY FALL BAKING

Fall is a great time a year to get out of your usual routine and try some new recipes! There are many delicious fruits and vegetables that are in season in the fall months. Squash, pumpkin, beets, brussels sprouts, pears, and apples are all foods that are in season in October. These fall foods can even be incorporated into fun activities such as apple picking, carving pumpkins, or looking for them at your local farmer's market. This handout will incorporate these fun activities into useful recipes!



Photos courtesy of Pixabay.com

WEEKLY CHALLENGES

**TRY A NEW RECIPE
USING SQUASH.**

**TRY ONE OF THE
RECIPES IN THIS
HANDOUT.**

**ENJOY A FRESH
PICKED APPLE.**

**VISIT AN APPLE
ORCHARD OR
PUMPKIN PATCH!**

DID YOU KNOW?

**APPLES CONTAIN
ANTIOXIDANTS WHICH
HELP SUPPORT BRAIN
AND HEART HEALTH.**

Roasted Pumpkin Seeds

Ingredients

- 1 ½ cup raw pumpkin seeds
- 2 tablespoons of olive oil
- Pinch of sea salt

Instructions

1. On a large baking sheet, spread pumpkin seeds so they do not overlap.
2. Drizzle olive oil over seeds and mix well with clean hands.
3. Sprinkle sea salt evenly over seeds.
4. Bake at 300 degrees Fahrenheit for about 45 minutes or until golden brown; stirring occasionally.

Peanut Butter Apple Bars

Ingredients

- 1 cup old fashion rolled oats
- 1/6 cup peanut butter
- 1/8 cup honey
- 3/4 cup tablespoon coconut oil
- ½ teaspoon vanilla extract
- 1 large egg white
- 1/3 cup apples, chopped
- Pinch of salt

Instructions

1. Place peanut butter, honey, and oil in a microwavable bowl. Microwave at high until warm, about 30 seconds; whisk until smooth. Whisk in vanilla, salt, and egg white.
2. Add apples and peanut butter. Stir until well combined. Using a spatula, press mixture very firmly into prepared pan.
3. Bake at 350°F until lightly browned, 20 to 22 minutes. Cool in pan on a wire rack 15 minutes. Remove from pan using parchment paper. Cool completely on rack.

Recipes adapted from: <https://www.allrecipes.com/recipe/13768/roasted-pumpkin-seeds/> and <https://www.cookinglight.com/recipes/pb-pretzel-apple-bars>