

NOURISH Step: Healthy Baking with Pumpkin & Applesauce

Simple, flavorful swaps to be sugar-aware, boost protein & fiber, and include healthy fats

Healthy baking isn't about giving things up—it's about **small swaps that help your body feel better while still enjoying food you love**. One Nourish Step at a time adds up!

Try a swap and notice how much better you feel.



NOURISH Steps

- ✓ **Sugar Awareness** – Use natural sweetness and reduce added sugars when possible
- ✓ **Increase Protein & Fiber** – Support fullness, muscle health, and digestion
- ✓ **Omega-3s & Healthy Fats** – Support heart and brain health
- ✓ **Understand why it works:** Adds moisture and natural sweetness while reducing saturated fat and added sugar.

Healthy Baking Swaps That Still Taste Great

Applesauce Swap

- **Replace ½ of the butter or oil in a recipe with unsweetened applesauce** - You can replace all of the fat, but the texture will be denser - If batter seems thin, reduce other liquids slightly.

Pumpkin Purée Swap

- Replace **½ to all of the fat** with **100% pure pumpkin purée** (not pumpkin pie filling)
- Works best in muffins, quick breads, pancakes, brownies, and bars

Benefits: - Adds fiber for digestion - Provides vitamin A for eye and immune health - Adds natural sweetness and moisture

Tip: Adding strong flavors like cinnamon, nutmeg, ginger, cocoa, or fruit to the recipe will enhance it even more and add additional health benefits.

Boost Protein, Fiber & Omega-3s and Healthy Fats to baked goods:

- **Nuts & Seeds:** walnuts, pecans, almonds, chia seeds, flaxseed, pumpkin seeds
- **Nut Butters:** peanut, almond, or sunflower seed butter
- **Oats & Whole Grains:** rolled oats, whole wheat flour, oat flour
- **Greek Yogurt:** adds protein and moisture

Healthy fat Facts: Walnuts, flaxseed, and chia seeds provide omega-3 fatty acids that support heart and brain health.

🎃 Ways to Use Leftover Canned Pumpkin

Don't let it go to waste!

- **Baking:** Stir into muffins, quick breads, pancakes, or brownies
- **Smoothies:** Blend with banana, yogurt, milk, and warm spices
- **Soups & Chili:** Stir into creamy soups or chili for thickness and nutrition
- **Oatmeal:** Mix into oats with cinnamon and nutmeg
- **Sauces & Dips:** Use as a base for pasta sauce or a lightly sweet pumpkin dip
- **Frozen Treats:** Mix with yogurt and spices for pumpkin popsicles or frozen yogurt

Simple Microwave Baked Apple Recipe

Try this if you are craving apple pie!

Ingredients

- 1 baking apple (Honeycrisp, Fuji, Pink Lady, Granny Smith—or your favorite)
- ½–1 tablespoon brown sugar (optional)
- ½ teaspoon ground cinnamon
- ½ teaspoon ground nutmeg (or to taste)
- 1 teaspoon butter, or plant-based margarine
- Optional healthy add-ins:* Dried fruit like raisins, nuts, or seeds.



Directions

1. Core the apple, leaving the bottom intact
2. Mix sugar, cinnamon, and nutmeg in a small bowl (raisins, nuts, or seeds)
3. Spoon the mixture into the apple
4. Place butter or margarine on top
5. Put the apple in a deep, microwave-safe dish and cover
6. Microwave 3½–4 minutes until tender
7. Let sit 2 minutes before serving. *Top with yogurt, additional spices, or nuts.*