

MARILYN MAGARAM CENTER

FOOD SCIENCE • NUTRITION • DIETETICS

Nutrition
Experts

Healthy Pumpkin Muffins

Author: Cookie and Kate/Makes 12 servings/Prep Time: 10 min/Cook Time: 23 min/Total Time: 33 min

Ingredients:

- Nonstick cooking spray or butter
- 1/3 c melted coconut oil or olive oil
- 1/2 c maple syrup or honey
- 2 eggs, room temperature
- 1 c pumpkin puree
- 1/4 c milk of choice
- 2 tsp pumpkin spice blend seasoning
- 1 tsp vanilla extract
- 1 tsp baking soda
- 1/2 tsp salt
- 1 3/4 c whole wheat flour
- 1/3 c old-fashioned oats
- 3/4 c additional mix ins (chopped walnuts or pecans, chocolate chips, dried cranberries, etc)

Directions:

1. Preheat oven to 325 degrees and grease all 12 cups of muffin tin with butter or non-stick cooking spray
2. In a large bowl, beat the oil and maple syrup or honey together with a whisk
3. Add the eggs to the bowl and beat well, then mix in the pumpkin puree, milk, pumpkin spice blend, baking soda, vanilla extract and salt
4. Add the flour and oats to the bowl and mix with a large spoon, just until combined (some lumps are okay)
5. If you would like to add in mix ins such as nuts, chocolate, or dried fruit, fold them in now
6. Divide the batter evenly between the muffin cups and sprinkle the tops of the muffins with 1 tbsp of oats
7. Bake muffin for 22-25 minutes, or until toothpick is inserted into the muffin and comes out clean
8. Once baked through, take muffins out of the oven and let cool

Apple Lollipops

Author: Clarissa Vanner on forkly.com & Sarah Lindberg on leaf.tv/Makes 16 wedges/Prep Time: 10 min/Total Time: 60min

Ingredients:

- Cooking spray
- 2 apples, cored and cut into 8 wedges
- 1 c Greek yogurt, vanilla
- 11 oz package of wrapped caramels
- 1 package of wooden sticks or lollipop sticks
- 1/2 c chocolate chips
- 1 tbsp milk of choice
- Toppings: chocolate chip, sprinkles, nut, seeds, crushed cookie

Directions:

1. Wash the apples and let them dry
2. Place parchment paper on cookie sheet
3. Insert a lollipop stick or wooden stick into the bottom of the wedge
4. Spray a medium microwave safe bowl with cooking spray (the more caramels you have, the larger bowl you want)
5. Unwrap all the caramels, put them in the bowl, and microwave for 1 min
6. Take the bowl out, stir the caramels with silicone spatula, and microwave again for 1 min on 50% power
7. Stir with spatula again and check for lumps- if lumps remain, microwave once more on 50% power until candy is thoroughly melted
8. Put chocolate chips in microwave safe bowl, add milk, and microwave for 1 min on high
9. Once the caramel is prepared, dip the apples making sure to turn them in the sauce or yogurt to evenly coat the wedges
10. Roll the apples in topping(s) of choice, place on cookie sheet, and put all apple wedges in refrigerator until caramel sauce is firm