



## Fruit and Yogurt Parfait

Serves 2



### INGREDIENTS

- ½ cup nonfat, plain yogurt or nonfat, plain Greek yogurt
- ½ teaspoon vanilla extract
- 2 teaspoons apple juice concentrate
- 1 cup frozen unsweetened fruit or seasonal fresh fruit, washed and sliced

### PREPARATION

1. In a medium size bowl, mix together yogurt, vanilla extract, and apple juice concentrate.
2. Place one half of yogurt mixture in the bottom of two dessert glasses or bowls.
3. Top with ½ cup of fruit.
4. Add other half of yogurt mixture on top of fruit.
5. Top with remaining fruit.
6. Serve immediately or chill until ready to serve.



## Oatmeal Supreme

Serves 4:  
1 cup servings



### INGREDIENTS

- 3 cups water
- 1 ½ cups old-fashioned oats
- 2 tablespoons raisins
- 1 apple, diced
- 1 banana, sliced
- 2 tablespoons apple juice concentrate, undiluted
- 1 teaspoon vanilla extract
- ¼ – ½ teaspoon cinnamon (to taste)

### PREPARATION

1. In a medium saucepan, bring water to a boil. Reduce heat, add oats, and stir to combine. Cook over low heat, stirring frequently, until water is absorbed and oats are cooked, about 4–6 minutes.
2. Preheat sauté pan over medium heat. Add raisins, apple, banana, apple juice concentrate, vanilla extract, and cinnamon to pan. Cook for 2 minutes, stirring occasionally.
3. Top cooked oatmeal with fruits.



## Baked Apples with Cinnamon

Serves 4



### INGREDIENTS

- 4 apples, any variety you like
- 1 ½ teaspoons vanilla extract
- 1 ½ tablespoons apple juice concentrate
- ⅛ teaspoon ground cinnamon
- 4 cinnamon sticks (optional)

### PREPARATION

1. Preheat oven to 350°F.
2. Wash apples and cut out cores from stem downward with paring knife, but not all the way through. Leave bottom of apple intact. Place apples on nonstick baking sheet.
3. In a small mixing bowl, combine vanilla, apple juice concentrate, and ground cinnamon. Stir to combine.
4. Evenly divide the vanilla mixture between the apples, spooning into cavity. Insert one cinnamon stick into each apple.
5. Bake apples for 10-20 minutes until tender.



## Black Bean and Quinoa Salad

Serves 2: ½ cup servings



### INGREDIENTS

- 2 tablespoons apple cider vinegar
- ½ orange, juiced
- 2 teaspoons apple juice concentrate
- ⅔ cup cooked quinoa
- ½ orange, chopped
- ¼ cup diced red peppers
- ⅔ cup no-salt-added black beans
- ½ cup no-salt-added corn kernels
- 2 tablespoons chopped red onion
- 1 tablespoon chopped fresh cilantro

### PREPARATION

1. In a small bowl, make dressing by whisking together apple cider vinegar, orange juice, and apple juice concentrate. Set aside.
2. In a large bowl, combine quinoa, orange segments, diced red pepper, black beans, corn, chopped red onion, and fresh cilantro.
3. Pour dressing on top of salad and gently toss to combine. Serve immediately.



## Homemade Marinara

Serves 8:  
½ cup servings

### INGREDIENTS

- 8 large tomatoes
- 1 cup diced onion
- ¼ cup chopped garlic
- 1 teaspoon dried oregano
- 1 teaspoon dried basil
- ¼ teaspoon crushed red pepper
- 1 bay leaf
- ¼ teaspoon ground black pepper
- 1 cup no-salt-added tomato puree
- ¼ cup apple juice concentrate or 1 tablespoon Splenda®
- 2 sprigs of fresh basil (if desired)

### PREPARATION

1. Cut, grate, or puree tomatoes as desired.
2. Brown onions and garlic in sauté pan on medium to medium-high heat.
3. Add tomatoes and spices. Cook until thickened.
4. Using a food processor or blender, blend tomato mixture with apple juice concentrate.
5. Finish with fresh basil if desired.



## Lemony Hummus Dip

Serves 10:  
¼ cup servings

### INGREDIENTS

- 1 15-oz. no-salt-added garbanzo beans, rinsed and drained
- 1 dash hot sauce (to taste)
- ½ cup chopped celery, about 3 stalks
- 2 cloves garlic, minced
- ¼ cup fresh squeezed lemon juice (about 2 lemons)
- 2 tablespoons chopped fresh Italian parsley
- 2 tablespoons chopped fresh dill
- ⅛ teaspoon freshly ground black pepper
- water or no-added-salt vegetable broth, as needed

### PREPARATION

1. In food processor, puree all ingredients until smooth.
2. Add water or no-salt-added vegetable broth as needed to thin to desired consistency.
3. Serve with fresh vegetables or low-sodium whole wheat pita triangles.



## Oatmeal Raisin Blueberry Cookies

Yields 24 cookies

### INGREDIENTS

- 4 egg whites
- ½ cup granulated Splenda®
- ½ cup raisins
- 4 cups old-fashioned oats
- 1 teaspoon vanilla extract
- 1 cup unsweetened applesauce
- 1 cup fresh blueberries
- 1 teaspoon cinnamon

### PREPARATION

1. Preheat oven to 350° F.
2. In a large mixing bowl, combine all ingredients.
3. Scoop up dough, two tablespoons at a time, and gently press into a ball with your hands. Place each cookie ball onto a non-stick cookie sheet. Flatten slightly.
4. Bake for 15 minutes.
5. Cool and serve.



## Vegetarian Chili

Serves 4:  
1 cup servings

### INGREDIENTS

- 1 cup ground So Soya+ or other meat substitute
- ½ cup green bell pepper, diced
- ½ cup red bell pepper, diced
- ¼ cup red onion, diced
- 2 tablespoons garlic, chopped
- 1 4.6 ounce can no-salt-added green chilies
- 2 cups red kidney beans, cooked
- 1 cup no-added-salt vegetable broth
- 1 teaspoon dried oregano
- 1 tablespoon fresh thyme leaves, chopped
- ½ cup no-added-salt tomato puree
- ½ jalapeno pepper, seeded and chopped
- ½ cup diced carrots
- ½ cup corn
- 1 teaspoon chili powder
- 1 tablespoon chopped cilantro or green onion

### PREPARATION

1. Soak ground So Soya+ in 3 cups boiling water for 10-15 minutes. Drain.
2. Meanwhile, in a large nonstick pan, sauté bell peppers, onion and garlic until golden brown.
3. Add green chilies, kidney beans, So Soya and vegetable broth. Reduce heat to low, and simmer for 3 minutes.
4. Stir in oregano, thyme, tomato puree, jalapeno pepper, carrots, corn and chili powder. Simmer for 30-35 minutes.
5. Add cilantro and serve.

