

COOKING FOR WELLNESS

October 2024



CANCER SUPPORT
COMMUNITY
GREATER ANN ARBOR



SERVINGS: 9 BARS

Healthy Apple Oatmeal Bars

★★★★☆ 4.37 from 19 votes

Easy vegan apple oatmeal bars that are made with just six wholesome ingredients! You can customize these yummy healthy bars to your heart's delight!

PREP TIME:

5 mins

COOK TIME:

35 mins

TOTAL TIME:

40 mins

Equipment

- 8-inch Baking Pan

Ingredients

- 2/3 cup applesauce*
- 1/2 cup pure maple syrup
- 3/4 cup unsweetened almond butter
- 2 1/2 cups rolled oats
- 1 1/2 tsp ground cinnamon
- 1/2 tsp sea salt
- 1 large granny smith apple peeled, cored and chopped

Instructions

- 1 Preheat the oven to 350 degrees Fahrenheit and line an 8-inch square pan with parchment paper. If you don't have parchment paper, you can lightly spray the baking dish with cooking oil.
- 2 Add the almond butter, pure maple syrup, and applesauce to a mixing bowl (the wet ingredients) and mix well until a thick, sticky, creamy substance forms. If your almond butter is chilled rather than room temperature, you can microwave these wet ingredients for 20 seconds, or until they stir together easily.



- 3 Stir in the oats, cinnamon and sea salt (dry ingredients) until well-combined.



- 4 Add the chopped apple to the large bowl and mix until the apple chunks are well-distributed throughout the oatmeal bar dough.



- 5 Transfer the apple oat mixture to the prepared pan and spread it into an even layer.



- 6 Bake on the center rack of the preheated oven for 30 to 40 minutes (I do 35 minutes), or until the edges are golden-brown.



- 7 Remove the oatmeal apple bars from the oven and allow them to cool for at least 30 minutes before slicing (note: if you slice the bars when they are still very warm, the bars will not hold together as nicely).



Notes

*You can replace the applesauce with mashed banana, pumpkin puree or mashed sweet potato if you'd like

Store bars in an airtight container in the refrigerator for up to 5 days. These bars freeze very well! Simply slice them and place them in a large freezer bag or one-gallon zip lock and freeze for up to 3 months.

Nutrition

Serving: 1Bar (of 9), Calories: 297kcal, Carbohydrates: 38g, Protein: 7g, Fat: 13g, Fiber: 4g, Sugar: 4g

Course: Breakfast, Desserts & Treats Cuisine: American

Keyword: apple dessert recipe, baked apple oatmeal bars, baked oatmeal apple bars, dairy free desserts, flourless, gluten free, healthy apple oatmeal bars, healthy apple recipes, healthy oatmeal bars, refined sugar-free desserts, vegan apple bars

Author: Julia

<https://www.theroastedroot.net/6-ingredient-apple-oatmeal-bars-vegan/>

Creamy Pumpkin Spaghetti with Garlic Kale

Author: [Pinch of Yum](#) Total Time: 55 minutes Yield: 6 1x



INGREDIENTS

For the Pumpkin Sauce

- 1 cup sun dried tomatoes packed in oil
- 1 onion, chopped
- 2 cloves garlic, minced
- 3 sage leaves, minced
- 1 1/2 cups pumpkin puree
- 1 cup tomato puree or tomato sauce
- 4 cups chicken broth
- 1 teaspoon dried basil
- 1/2 cup cream or half and half
- teeny tiny pinch of cinnamon

For the Pasta

- 8 ounces bucatini, perciatelli, or spaghetti (I used DeLallo perciatelli)
- 1 lb. lean ground turkey
- 1 onion, thinly sliced
- 1 tablespoon chili powder
- 1 teaspoon garlic powder

For the Garlic Kale

- 2 tablespoons garlic infused olive oil (see notes)
- 1 bunch kale, stems removed, leaves chopped
- Manchego or Parmesan cheese for topping

INSTRUCTIONS

1. **Sauce:** In a large pot over medium high heat, add the sun dried tomatoes and a few tablespoons of the oil. Add the onion, garlic, and sage with the sun dried tomatoes and saute until soft and fragrant. Add the pumpkin puree, tomato puree, chicken broth, basil, and cinnamon. Simmer for 15 minutes or so, adding more water or broth as needed to keep the sauce from getting too thick. Puree in a blender or with an immersion blender directly in the pot until mostly smooth. Stir in cream and **season to taste with salt, pepper, and red pepper flakes for heat.**
2. **Pasta:** Boil the pasta according to package directions. While the pasta is boiling, brown the turkey in a large skillet with the onion, chili powder, and garlic powder. Add a few tablespoons of water if necessary to keep everything moist.
3. **Kale:** Heat the olive oil over medium heat. Add the kale and saute until wilted.
4. Toss the turkey, sauce, and pasta together. Serve with the kale. Top everything with the cheese.

Find it online: <https://pinchofyum.com/creamy-pumpkin-spaghetti-with-garlic-kale>


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HEALTHY VEGAN SOUP & STEW RECIPES

Vegan Lentil Soup

This vegan lentil soup recipe is packed with fresh ingredients and plenty of lentils that deliver a healthy dose of fiber in each bite. This vegan soup is the perfect cold-weather lunch or healthy dinner the whole family will love.

By **Julia Levy** | Updated on August 29, 2024

 Reviewed by Dietitian **Jessica Ball, M.S., RD**

 Tested by **EatingWell Test Kitchen**

Active Time: 20 mins

Total Time: 1 hr

Servings: 6

Nutrition Profile:

Nut-Free Dairy-Free Soy-Free High-Fiber Vegan Vegetarian Egg-Free Gluten-Free

Cook Mode (Keep screen awake)

Ingredients

- 2 tablespoons extra-virgin olive oil
- 1 ½ cups chopped yellow onions
- 1 cup chopped carrots
- 3 cloves garlic, minced
- 2 tablespoons no-salt-added tomato paste
- 4 cups reduced-sodium vegetable broth
- 1 cup water
- 1 (15 ounce) can no-salt-added cannellini beans, rinsed
- 1 cup mixed dry lentils (brown, green and black)
- ½ cup chopped sun-dried tomatoes in oil, drained
- ¾ teaspoon salt
- ½ teaspoon ground pepper
- 1 tablespoon chopped fresh dill, plus more for garnish
- 1 ½ teaspoons red-wine vinegar

Directions

Step 1

Heat oil in a large, heavy pot over medium heat. Add onions and carrots; cook, stirring occasionally, until softened, 3 to 4 minutes. Add garlic and cook, stirring constantly, until fragrant, about 1 minute. Add tomato paste and cook, stirring constantly, until the mixture is evenly coated, about 1 minute.

Step 2

Stir in broth, water, cannellini beans, lentils, sun-dried tomatoes, salt and pepper. Bring to a boil over medium-high heat; reduce heat to medium-low to maintain a simmer. Cover and simmer until the lentils are tender, 30 to 40 minutes.

Step 3

Remove from heat and stir in dill and vinegar. Garnish with additional dill, if desired, and serve.

Originally appeared: EatingWell.com, November 2020

Nutrition Facts

Per serving: **Serving Size about 1 cup** 272 calories; total fat 7g; saturated fat 1g; sodium 487mg; total carbohydrate 42g; dietary fiber 9g; protein 13g