



Recipes Using Dried Fruits & Nuts

APPLE SPICE BAKED OATMEAL

1 egg, beaten	1 teaspoon baking powder
1/2 cup applesauce	1/4 teaspoon salt
1 1/2 cups milk	1 teaspoon cinnamon
1 teaspoon vanilla	TOPPING
2 tablespoons oil	2 tablespoons brown sugar
1 apple, chopped (about 1 1/2 cups)	2 tablespoons chopped nuts (optional)
2 cups old fashioned rolled oats	

Preheat oven to 375 degrees. Lightly oil or spray an 8" x 8" baking dish.

Combine the egg, applesauce, milk, vanilla and oil in a bowl. Mix in the apple.

In a separate bowl, mix the rolled oats, baking powder, salt and cinnamon. Add to the liquid ingredients and mix well.

Pour mixture into baking dish, and bake for 25 minutes. Remove from oven and sprinkle with brown sugar and (optional) nuts.

Return to oven and broil for 3 to 4 minutes until top is browned and the sugar bubbles. Serve warm.

Source: www.foodhero.org

APPLE CRANBERRY SALAD TOSS

1 head of lettuce (about 10 cups)	1 cup dried cranberries
2 apples (medium, sliced)	1/2 cup green onion, sliced
1/2 cup walnuts, chopped	3/4 cup vinaigrette dressing

Toss lettuce, apples, walnuts, cranberries and onions in a large bowl. Add dressing; toss to coat. Serve immediately.

Source: Kansas State University Agricultural Experiment Station and Cooperative Extension Service

RICE BOWL BREAKFAST

1 cup cooked brown rice	bananas, raisins, berries, peaches)
1/2 cup milk	2 tablespoons chopped nuts (try unsalted walnuts or almonds)
1/2 teaspoon cinnamon	
1 cup chopped fruit (try a mixture - apples,	

Combine cooked rice, milk and cinnamon in a microwave safe bowl. Microwave on HIGH for 45 seconds. Stir and heat for another 45-60 seconds, or until rice mixture is heated through.

Divide rice mixture between two bowls. Top with fruit and nuts. Serve warm.

Source: www.foodhero.org

DRIED FRUITS AND NUTS

Dried fruits and nuts can be a tasty addition to a variety of dishes.

- Add dried fruits or nuts to any green leafy salad.
- Sprinkle dried fruits or nuts over yogurt or fruit salad.
- Add dried fruits or nuts to oatmeal. Either cook them with the oatmeal or sprinkle on top just before serving.
- Sprinkle dried fruits or nuts on any dry cereal for added flavor.
- A basic muffin recipe becomes a favorite with the addition of dried fruits or nuts.
- Add dried fruits or nuts to any Chex mix recipe for color and nutrition.
- Eat plain or mix dried fruit with any nuts for a quick snack.



PEANUT BUTTER APPLESAUCE MUFFINS

1/2 cup butter	1 teaspoon baking powder
1 cup sugar	
1/2 cup peanut butter	1/2 teaspoon baking soda
2 eggs	
1 cup applesauce	1 cup dried fruit - raisins, cranberries, cherries or a blend
2 cups flour	
1/2 teaspoon salt	

Preheat the oven to 350 degrees F. Line muffin pans with papers or spray muffin cups with cooking spray.

In a large bowl, mix butter and sugar until fluffy. Add peanut butter and eggs and beat until smooth. Add applesauce. Stir until well mixed.

In a medium bowl, mix flour, baking powder, salt and baking soda. Add to butter and sugar mixture in large bowl, stir until just moistened. Fold in dried fruit.

Fill muffin cups 1/2 to 2/3 full. Bake 15 to 20 minutes or until golden.

Source: Kansas State University Agricultural Experiment Station and Cooperative Extension Service



For more cooking and recipe ideas visit the University of Minnesota Extension Real Life, Good Food website

<https://reallifegoodfood.umn.edu/>

BREAD PUDDING IN MICROWAVE

3 cups cubes of whole grain bread	1 1/4 cups milk
	3 eggs
1/2 cup raisins	1 teaspoon cinnamon
1 tablespoon margarine or butter	1/4 teaspoon salt
1/4 cup packed brown sugar	1 teaspoon vanilla

Combine the cubed bread and raisins in a one-quart microwave safe dish.

In a 3 to 4 cup microwave safe bowl or measuring cup, melt the margarine or butter, then add the brown sugar, milk, eggs, cinnamon, salt and vanilla. Blend together. Heat on high for 1 minute, then stir. Heat on high for 1 minute more and stir again.

Pour the warm mixture over the bread and raisins and lightly blend together. Microwave uncovered at 50% power for 5-8 minutes, or until the edges are firm and the center is almost set. Let rest for 10 minutes before serving.

Source: www.foodhero.org

RISE AND SHINE COBLER

1 cup peaches (canned, drained and sliced)	6 prunes (pitted, each cut in half)
1 cup pear halves (canned, drained and sliced)	1/4 teaspoon vanilla
	1 orange
	1 cup granola, low-fat

In a large microwave-safe bowl, mix peaches, pears, prunes and vanilla.

Rub an orange against a grater to remove 1 teaspoon of the orange peel. Then, cut the orange in half and squeeze 1/4 cup orange juice. Add orange peel and juice to fruit mixture. Stir. Top with granola.

Microwave on high for 5 minutes. Let stand for 2 minutes. Spoon into 4 bowls and serve warm.

Source: Kansas State University Agricultural Experiment Station and Cooperative Extension Service



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