



Apple goat cheese bruschetta

INGREDIENTS

- 1 baguette
- 1-2 T olive oil
- 1 medium Granny Smith apple
(or another tart apple)
- 4 ounces goat cheese
- ~1 Tablespoon honey
- ~1 ½ teaspoon dried oregano
- Salt

NOTES

This non-traditional bruschetta recipe is topped with apple and goat cheese for sweet, tart, and earthy flavors all in a couple delicious bites. Individually assemble these simple apple goat cheese bruschetta for the best flavor, but you can also mix the honey and oregano into the goat cheese so it's less crumbly.

DIRECTIONS

1. Turn on broiler. Slice baguette into 12 pieces, about ½ inch thick.
2. Place each bread slice on a baking sheet. Brush a little olive oil on one side of each slice of bread. Broil bread until lightly browned. Check frequently.
3. Cut apple into 12 slices, cut each slice in half, then cut each slice widthwise.
4. Spread goat cheese onto top of each slice of bread. Top cheese with 2 halves of a slice of apple.
5. Drizzle honey on each slice, then sprinkle dried oregano on each, and add a pinch of salt.
6. Serve immediately.



Apple pie yogurt bowl

INGREDIENTS

3/4 cup vanilla yogurt

1/2 medium Gala apple (or
favorite apple)

1 teaspoon butter

1/4 teaspoon cinnamon

pinch of salt

Optional: 1/2-1 teaspoon maple
syrup or honey

Optional: 2 Tbsp slivered
almond, chopped walnuts,
and/or pecans

NOTES

Yogurt is such an easy and nutritious breakfast to start the day. Elevate your usual yogurt with cinnamon sautéed apples for extra fiber, flavor, and crunch!

DIRECTIONS

1. Heat small saucepan over medium heat.
2. Chop apple into 1/2 inch pieces and transfer to saucepan, when hot. Add butter, sprinkle cinnamon and a pinch of salt over apples. Stir occasionally.
3. Cook until butter melts and apples start to soften, about 3-5 minutes. Adjust cooking time to achieve desired apple texture.
4. While apples are cooking, spoon yogurt into bowl. Remove apples from heat and transfer to bowl with yogurt.
5. Drizzle maple syrup or honey over apples if desired. Enjoy immediately.