

# Recipe Inspiration



## Apple Sheet Pan Pancakes

 Makes 12 servings



### Ingredients

- Baking spray
- 1 ½ cups Quaker® Oat Flour
- 2 cups Bare® Apple Chips
- 1 ½ cups all-purpose flour
- 4 Tbsp. sugar
- 2 Tbsp. baking powder
- 1 tsp. ground cinnamon
- Pinch of salt
- 2 ½ cups 1% milk
- 4 Tbsp. canola oil
- 2 large eggs
- Syrup and bananas (optional)



### Instructions

1. Preheat oven to 400°F. Spray a 16- x 12-inch baking sheet with baking spray.
2. Whisk together flours, sugar, baking powder, cinnamon, and salt in a medium bowl; add milk, oil, and eggs, whisking until combined
3. Pour pancake batter into prepared pan, spreading evenly.
4. Arrange Bare® Apple Chips evenly over batter. Bake in preheated oven until golden brown, 12 to 15 minutes. Let stand 5 minutes. Cut into squares. Top with syrup and sliced bananas, if desired.

**Nutrition Info** (based on 12 servings): Calories: 260 | Total Fat: 8g | Saturated Fat: 1.5g | Cholesterol: 65mg | Sodium: 60mg | Total Carbohydrates: 39g | Dietary Fiber: 2g | Sugars: 14g | Added Sugars: 4g | Protein: 8g



## Apple Chip Granola Stack

 Makes 1 serving



### Ingredients

- ½ cup Bare® Apple Chips
- 2 tsp. almond butter, or nut butter of choice
- 1 Tbsp. Quaker® Simply Granola
- Oats, Honey & Almonds



### Instructions

1. Start with a Bare® Apple Chip. Slather on creamy almond butter.
2. Sprinkle with granola.
3. Stack another Bare® Apple Chip and repeat steps.

**Nutrition Info** (based on 1 serving): Calories: 190 | Carbohydrates: 35g | Protein: 3g | Fat: 7g | Saturated Fat: 1g | Cholesterol: 0mg | Sodium: 65mg | Potassium: 302mg | Fiber: 5g | Sugar: 27g | Added sugar: <1g | Vitamin D: 0mcg | Calcium: 48mg | Iron: 1mg



## Cinnamon Baked Apples

🍴 Makes 8 servings



### Ingredients

#### Filling

- ½ cup Quaker® Old Fashioned Oats
- ¼ cup Bare® Apple Chips
- 2 Tbsp. coconut sugar
- ½ tsp. ground cinnamon
- ¼ tsp. ground cloves
- ¼ tsp. ground nutmeg
- 8 tsp. salt
- 1 tsp. vanilla extract

#### Apples

- 4 Granny Smith, Fuji or Honeycrisp apples
- 1 cup water
- 2 Tbsp. coconut oil



### Instructions

1. Preheat oven to 375°F.
2. In a small bowl, mix together oats, sugar, cinnamon, cloves, nutmeg, salt, Bare® Apple Chips, and vanilla extract. Set aside.
3. Use an apple core utensil to remove cores from apples. Place in a square baking dish. Tightly pack filling into each apple core.
4. Pour one cup of water into the bottom of the dish. Loosely cover dish with foil and bake at 375°F for 20 minutes.
5. Remove foil. Add ½ Tbsp. coconut oil to the top of each apple. Bake for another 25 minutes until apples are soft, and filling is bubbling. Serve while warm with coconut cream if desired. Enjoy!

**Nutrition Info** (based on 8 servings): Calories: 100 | Carbohydrates: 18g | Protein: 1g | Fat: 4g | Saturated Fat: 3g | Cholesterol: 0mg | Sodium: 40mg | Potassium: 121mg | Fiber: 2g | Sugar: 12g | Added sugar: 3g | Vitamin D: 0mcg | Calcium: 10mg | Iron: 0mg