DTN 340 Nutrition Education Students Present:

Gobblefest



Thanksgiving/Fall Festival Inspired Bites

Fall 2026

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These cooking demonstrations were made possible through a collaboration between Employee Wellness and the Nutrition and Dietetics Program at Missouri State University. Together, nutrition and dietetic students provided cooking demonstrations for faculty and staff to inspire trying new foods, teach food and nutrition knowledge, and foster a sense of community.

We hope you enjoy these recipes! Go BEARS!

Fall Apple Salad

Maple Balsamic Dressing

3 tablespoons	extra-virgin olive oil
2 tablespoons	balsamic vinegar
1 tablespoon	pure maple syrup
1 teaspoon	Dijon mustard
To taste	salt & pepper

Salad Portion

6 cups	Mixed Greens
2 total	thinly sliced apples (Honeycrisp or Fuji)
1 cup	Pecans (toasted)
½ cup	Goat cheese (or feta)
¼	small red onion (thinly sliced)
½ cup	chopped dried figs (optional)

1. Dressing: In a small bowl or jar, whisk together olive oil, balsamic vinegar, maple syrup, Dijon mustard, salt and pepper.
2. In a dry skillet over medium heat, toast pecans for 3-5 minutes, stirring often, until fragrant. Let cool.
3. In a large bowl, add mixed greens, apple slices, red onion, dried figs (if using), and toasted pecans.
4. Sprinkle goat cheese over the top of the salad.
5. Drizzle with the maple balsamic dressing and toss gently. Serve immediately.

Recipe Tips (Optional):

- Add chicken, grilled salmon, or turkey to make the salad higher protein and turn it into a main dish instead of a snack or side.
- Exchange the goat cheese for cottage cheese for a higher protein option.
- Swap the goat cheese for feta or shaved Parmesan for a lighter option.
- Add extra topping like dried cranberries, walnuts, or pumpkin seeds.
- Make the dressing separately and store in the fridge for up to 7 days.

Serving Size: 1.5 cups of tossed salad
Total Servings: 4

Nutritional Facts

Kcal	310
Protein	10g
Carbs	24g
Fat	22g
Fiber	4g

Recipe modified from: Fall Apple Arugula Salad on *Pinterest*. Available at: https://www.pinterest.com/pin/509469776622834526/visual-search/?cropSource=5&entrypoint=closeup_cta. Accessed November 2, 2026. **Presented by: Maci Wrench**

Pumpkin Greek Yogurt Dip

2 cups	Vanilla Greek Yogurt Non-Fat
1 cup	Pumpkin Purée
1 tsp	Vanilla extract
1 tsp	Cinnamon
¼ tsp	Nutmeg
¼ tsp	Ground Cloves

1. Place all ingredients in a food processor or blender and pulse until smooth.
2. Pour into a bowl and serve with sliced apple, graham crackers, or anything else you wish to use for dipping.

Serving Size: 1/3 cup
Total Servings: 10

Nutritional Facts	
Kcal	95 kcal
Fat	0 g
Carbohydrates	8 g
Protein	3.6 g

Recipe from: The Lemon Bowl https://thelemonbowl.com/pumpkin-spice-greek-yogurt-dip/
Accessed November 2, 2026.

Ella Wiley

Roasted Sweet Potato Cranberry Cups

3 cups fresh sweet potatoes peeled and cubed
1 Tbsp Olive Oil
1 tsp Ground Cinnamon
¼ tsp Ground nutmeg
¼ Dried Cranberries
2 Tbsp Chopped Pecans
1 Tbsp Pure Maple Syrup
1 Tbsp Fresh Parsley Chopped

1. Preheat oven to 400°F.
2. In a large mixing bowl, combine sweet potatoes, olive oil, cinnamon, and nutmeg.
3. Toss until sweet potatoes are evenly coated.
4. Spread sweet potatoes in a single layer on a 9 × 13 inch baking pan.
5. Roast for 25–30 minutes, stirring halfway through cooking time.
6. Remove from oven and allow to cool for 2–3 minutes.
7. Transfer roasted sweet potatoes to serving cups or a serving dish.
8. Top evenly with dried cranberries and chopped pecans.
9. Drizzle maple syrup over the top.
10. Garnish with fresh parsley if desired and serve warm.

Serving Size
½ Cup

Total Servings
6

Nutrition Facts (per serving)
- Calories (Kcal): 130
- Fat: 4 g
- Carbohydrates: 22 g
- Protein: 2 g
- Fiber: 4 g
- Vitamin A: Approximately 180% Daily Value

Deion Banks

Taste of Home. (2025). *Sweet potato cranberry casserole*.
https://www.tasteofhome.com/recipes/sweet-potato-cranberry-bake/

Roasted Butternut Squash Soup

1	Large butternut squash (3 lbs.), halved vertically and seeds removed
1 Tbsp.	Olive oil
½ cup	Chopped Shallot
1 tsp	Salt
4	Garlic cloves, minced
1 tsp	Maple Syrup
1/8 tsp	Nutmeg
1/8 tsp	Freshly ground black pepper (to taste)
4 cups	(32oz) Vegetable broth
2 tsp	Butter

1. Preheat oven to 425°F. Line a rimmed baking sheet with parchment paper.
2. Cut butternut squash in half lengthwise and remove seeds. Brush cut surfaces with approximately 1 teaspoon olive oil. Place squash cut-side down on the baking sheet.
3. Roast for 40–50 minutes or until squash is fork-tender. Remove from the oven and cool for approximately 10 minutes.
4. Heat 1 tablespoon olive oil in a large pot over medium heat. Add chopped shallot and 1 teaspoon salt. Cook for 3–4 minutes until softened. Add minced garlic and cook for 1 additional minute.
5. Scoop roasted squash flesh from the skin. Place squash, sautéed shallot, garlic, maple syrup, nutmeg, black pepper, and 3 cups vegetable broth into a blender.
6. Blend until completely smooth and creamy. If using a countertop blender, blend hot ingredients in small batches according to manufacturer instructions to prevent steam buildup.
7. Add up to 1 additional cup of vegetable broth if needed. Add 2 tablespoons butter and blend until incorporated.
8. Transfer soup to a large pot and heat over medium heat, stirring frequently, until the soup reaches 165°F for 15 seconds.
9. Ladle approximately 1 cup of soup into each serving bowl. Serve immediately.

Serving Size: 1 cup
Total Servings: 6

Nutritional Facts			
Calories (Kcal)	160 kcal	Dietary Fiber	4 g
Total Fat	7 g	Vitamin A	88%
Carbohydrates	24 g	Vitamin C	36%
Protein	3 g	Potassium	13%
		Saturated Fat	2.5 g

Recipe by: Kathryne Taylor. Available at: https://cookieandkate.com/roasted-butternut-squash-soup/ Accessed October 24 2026.

Johnathan Nicholas

Roasted Pumpkin Sandwich

Roasted Pumpkin

2 lb/1kg	Mini Pumpkin Squash (see notes)
2 Tbsp	Olive oil
2 tsp	Honey
¼ tsp	Garlic Powder
¼ tsp	Salt
1/8 tsp	Cayenne Pepper
1/8 tsp	Black Pepper

Pumpkin Sandwich

8 thin-medium slices	Bread of Choice optionally toasted
1 cup	Rocket/Arugula (see notes)
1/3 cup	Feta crumbled
4 Tbsp	Hummus
2 Tbsp	Pine Nuts optionally toasted
1 Small	Red Onion finely sliced

1. **Prep Pumpkin:** Quarter the pumpkin with a sharp knife then gut out the seeds with a spoon. Peel the skins, then slice each quarter into wedges. Depending on size you should get 4 wedges per quarte.
2. **Roast:** On a large baking tray combine pumpkin with olive oil, honey, garlic powder, cayenne pepper and salt & pepper. Roast in the oven at 200C/390F for 25-30mins, or until very lightly charred and soft through the center. Timing depends on size and thickness of pumpkin wedges so just be vigilant.
3. **Sandwich**: Spread 1 heaped tbsp hummus over one slice of bread. Top with 1/2 tbsp pine nuts and a few pinches of crumbled feta. Top with rocket/arugula then add onion slices. Lay over pumpkin wedges (approx. 4 per sandwich) then finish with a second slice of bread. Enjoy!

Notes

a) **Pumpkin** - You can use pre-sliced pumpkin if you want, it works out to be approx. 1lb/500g once the pumpkin is peeled/gutted. You can simply roast the pumpkin in olive oil and s&p, but I do recommend the extra goodies for some bonus flavor!

b) **Rocket**/Arugula - If you want to spruce up this sandwich further consider tossing the rocket/arugula in a squeeze of lemon juice and a drizzle of extra virgin olive oil. This will not only add flavor but will also add a bit of moisture.

c) **Toasted Pine Nuts** - Just add them to a dry pan over low heat and gently fry until they become very lightly charred and fragrant. Careful, they burn very quickly!

Serving Size: One Sandwich
Total servings: 4

Nutritional Facts	
Kcals	330
Fat	12.44 g
Carbohydrates	49.53 g
Protein	8.75 g
Vitamin A	72%
Vitamin C	41%
Calcium	21%
Iron	19%

Chris. (2021, December 30). Pumpkin sandwich. Something About Sandwiches. https://somethingaboutsandwiches.com/pumpkin-sandwich/

Adam Farrell

Sausage and Kale Mini Quiches with Sweet Potato Crust

1	sweet potato (peeled and thinly sliced with a mandolin)
2	cloves garlic (minced and sautéed)
1	yellow onion (thinly sliced and sautéed)
8 oz or 1cup	Breakfast sausage (cooked) or leftover Thanksgiving turkey
½ cup	kale (chopped)
4	eggs
½ cup	Greek yogurt
½ tsp	red pepper flakes
¼ tsp	salt
½ tsp	pepper
4 oz	Crumbled Goat Cheese

1. Preheat oven to 450°F.
2. Rinse and peel the sweet potato. Cut a small edge off the sweet potato. Using a mandolin, thinly slice sweet potato, beginning on the cut side.
3. Dip a paper towel in olive oil and rub the inside of a twelve-count muffin tin.
4. Line each muffin cup with the sliced sweet potatoes. Begin by laying one slice on the bottom of the cup and then lining the walls with overlapping slices.
5. Bake potato crusts for 15 minutes. Remove from the oven and allow to cool. Reduce oven to 325° F.
6. While the crusts are baking, mince garlic and thinly slice onion (quarter the onion first), and chop kale (tear the leaves off the stem first and discard the stems).
7. Sauté garlic and onions in a large skillet; once the onions begin turning translucent, add in breakfast sausage and kale. Allow to cool.
8. In a large liquid measuring cup (a mixing bowl can also be used), mix eggs, yogurt, red pepper flakes, salt, and pepper.
9. Once well mixed, add in sautéed vegetables, sausage, and crumbled goat cheese, and incorporate well.
10. Pour egg mixture into potato crusts, filling each about two-thirds of the way full.
11. Return the muffin tin to the oven and bake for 17-20 minutes.
12. Remove from the oven and serve immediately or store in the fridge.

Thanksgiving Leftover Variation: Use 1 cup of finely chopped Thanksgiving turkey in place of sausage.

Serving Size: 1 mini quiche
Total Servings: 12 mini quiches

Nutritional Facts	
Kcals	207.3
Fat	15.3g
Carbohydrates	5.9g
Protein	10.5g
Dietary Fiber	0.8g
Vitamin D	0.7mcg
Calcium	53.9mg
Iron	0.5mg
Potassium	172.8mg

Recipe from Ainsley Rankin

Honey Roasted Carrots with Whipped Feta

Roasted Carrots

- 2 pounds whole carrots
- 2 tablespoons extra virgin olive oil
- 1 tablespoon honey
- ½ teaspoon kosher salt
- 1 medium lemon juiced and zested
- freshly ground black pepper to taste

Whipped Feta and Toppings

- 6 ounces feta I use sheep's milk feta
- 5.3 ounces plain Greek yogurt single serving contains size
- 1 tablespoon honey plus more for drizzling
- dill sprigs for garnishing (optional)

1. Preheat the oven to 375F. Line a half sheet pan with parchment paper or foil.
2. Add the whole carrots to the sheet pan. In a small bowl, whisk together the 2 tablespoons of olive oil and 1 tablespoon honey. Drizzle onto the carrots, using clean hands to coat. Sprinkle with ½ teaspoon salt.
3. Roast carrots at 375F for 30 minutes total, stirring halfway through. After 30 minutes, decrease heat to 350F and cook carrots for another 15 minutes. They are ready when tender and lightly charred. Squeeze juice from one lemon over the carrots and top with freshly ground black pepper to taste.
4. While the carrots roast, make the whipped feta. In a food processor with a standard blade attachment, add the feta, Greek yogurt, 1 tablespoon honey, and zest from one lemon. Process on low until smooth and creamy, like sour cream consistency.
5. Spread whipped feta onto a serving platter. Top with roasted carrots, drizzle of honey. Garnish with dill sprigs. Serve individual whole carrots or slice before serving. Enjoy!

Serving Size: ½ cup
Total Servings: 6 servings

Nutrition Facts:
Calories: 254kcal
Carbohydrates: 27g
Protein: 9g
Fat: 14g
Vitamin A: 847%
Vitamin C: 21%
Calcium: 18%

Recipe from: Reeser, C. (2022, April 6). *Honey roasted carrots with whipped feta*. Cozy Peach Kitchen. https://cozypeachkitchen.com/honey-roasted-carrots/#recipe

Avery Fronick

Pumpkin Whipped Feta Dip

8 oz	Block of Feta
¼ c	Plain Greek Yogurt
1 c	Canned Pumpkin Puree
1-2 T	Honey
2 tsp	Fresh Thyme
To taste	Fresh Cracked Black Pepper
¼ c	Chopped Walnuts

Crusty, Toasted Bread

1. For the whipped feta: add the feta cheese and Greek yogurt to a food processor. Blend until smooth, scraping the sides as needed.
2. Add pumpkin puree, 1 T honey, thyme, and black pepper to the food processor and blend until smooth.
3. Transfer whipped feta to the fridge and chill for 30-60 minutes.
4. Transfer whipped feta to a serving dish and garnish with fresh thyme, a drizzle of honey, and black pepper. Serve with crusty, toasted bread for dipping. Enjoy!

Serving Size: ¼ cup
Total Servings: 6

Nutrition Facts
Kcals: 178 kcal
Fat: 8.2 g
Carbohydrates: 4.6 g
Protein: 9.8 g
Vitamin A: 35.3%

Recipe modified from: Walder, C. Walder Wellness. Available at: https://www.walderwellness.com/pumpkin-whipped-feta-dip/?utm_source=Pinterest&utm_medium=organic#recipe. Accessed November 2, 2026.

Lilly Tolbert

Cornbread Souffle – my sister's recipe taken from a Louisiana Cookbook

½ cup	butter
2	eggs
½ cup	water
2 package	Jiffy cornbread mix
2 cans (14oz each)	cream style corn

1. Melt butter in a 9x12 baking dish in a 350 degree F oven.
2. Beat eggs and water in a mixing bowl.
3. Add cornbread mix and corn and mix well.
4. Pour into the melted batter. Spread the butter that collects in the corner of the dish over the top.
5. Bake at 350 degrees F for 1 hour.
6. Let cool, then cut into 10 or 15 equal squares.

Serves 10-15.

Per serving (1/10 square)	Per serving (1/15 square)
218 cals	145 cals
4g PRO	3g PRO
31g CHO	20g CHO
9g FAT	6g FAT

Monica James

Leftover Turkey Salad with Apples and Cranberries

3-4cups	Chopped leftover turkey meat or rotisserie chicken (dark, white, or combination)
¾ cup	Mayonnaise
½ cup	Diced celery
⅓ cup	Chopped green onion
1medium	Green apple (cored, diced)
½ cup	Chopped pecans
½ cup	Dried cranberries
1tablespoon	Dijon mustard
1tablespoon	Lemon juice
½ teaspoon	Salt (more or less to taste)
½ teaspoon	Freshly cracked black pepper (more or less to taste)

1. Wash and cut all the ingredients
2. Add all ingredients to large mixing bowl.
3. Stir until ingredients are fully- incorporateed and well-coated
4. Serve salad immediately
5. Optional: cover bowl and refrigerate at least one hour before seving

Meat variation: This recipe can fit varies of meat types depend on fat and protein needs.
Alternative protein source: rotisserie chicken, boiled chicken breasts, tofu, pull pork.
Notice: salts and nutrient facts will change along with meat choices.

Serving Size: about 1 cup
Total Servings: 8

Nutritional Facts	
Kcals	328 kcal
Fat	25g
Carbohydrates	11g
Protein	16g
Vitamin A	123 IU
Calcium	24 mg

Recipe modified from: 40 aprons. Available at: https://40aprons.com/turkey-salad/. Accessed November 2, 2026.

Trinh Vu

Jack-o'-Lantern Stuffed Bell Peppers

2 tbsp	Extra Virgin Olive Oil
1	Medium white Onion, diced
2-3	Garlic cloves, minced
1lb	Lean Ground Beef
1 1/2 cup	Cooked Brown Rice
14.5 oz	Diced Tomatoes
1 tbsp	Tomato Paste
1 tsp	Dried Oregano
2 tsp	Paprika
To taste	Salt, Pepper
7	Large bell peppers
1 cup	Shredded Cheddar Cheese
Optional	Freshly chopped Parsley, for garnish

6. Preheat oven to 375 F
7. Remove core and top of bell peppers and cut eyes, nose, and mouth to mimic a Jack-o-lantern. Stand them up onto a baking dish or a rimmed tray.
8. Heat Olive Oil in a large pan over medium heat. Sauté onion until softened, then stir in minced garlic and cook for about 1 minute more.
9. Add ground beef until no longer pink, breaking up meat with a wooden spoon for 5-6 minutes. Stir in cooked brown rice, diced tomatoes, tomato paste, Dried Oregano, and paprika.
10. Cook until sauce is slightly reduced, about 4-5 minutes. Taste and season with salt and pepper as needed.
11. Stuff each pepper with beef mixture and bake until the peppers are mostly tender. About 10-12 minutes.
12. Sprinkle shredded cheddar cheese evenly over each pepper and bake for 5-7 minutes more. Garnish with freshly chopped parsley before serving and enjoy!

Serving Size: 1 Stuffed Pepper
Total Servings: 7

Nutritional Facts	
Kcals	262Kcal
Fat	9g
Carbohydrates	23g
Protein	21g
Vitamin A	114%
Calcium	17%

Recipe modified from: Rena Awada, Healthy Fitness Meals. Available at: https://healthyfitnessmeals.com/stuffed-bell-peppers/. Accessed November 4, 2026.

Claire Allen

Blueberry Lemon Mini Pies

2 Cups	Blueberries (fresh or frozen)
2 teaspoons of juice and zest	1 Lemon
1 Tablespoon	Chia Seeds
to taste	Salt
2 teaspoons	Honey
1 Roll	Pillsbury Pie Crust
For topping	Whipped cream

1. Preheat the oven to 450 F.
2. In a skillet, cook the blueberries on the stovetop until the juices start to seep out.
3. Mash the blueberries to the desired consistency and add the lemon juice, about ¾ of the lemon zest, chia seeds, and salt to taste.
4. Add the honey, cook for 10 more seconds, then take off the heat and let cool.
5. While the filling is cooling on the side, set out a 12-cup muffin pan and spray with cooking spray until each divot is well coated.
6. Lay out the pie crust into each cupcake divot until the bottom and sides of each one are covered.
7. With the leftover dough, cut circles big enough to fit the top of the pies (optionally designed).
8. Put the desired amount of filling into each cupcake divot and put the dough lids on the top.
9. Place the mini pies into the preheated oven and bake for 10-12 minutes.
10. Finally, let the pies rest until warm and garnish with whipped cream and lemon zest.

Portion yield: 12
Serving size: 1 mini pie

Nutrition facts:

Kcals:	93
Fat:	4.5g
Carbohydrates:	13.8
Protein:	1.1g
Dietary fiber:	4%
Vitamin C:	3%

Joey Cusi

Spinach and Cranberry-Pear Pinwheels

2 Whole	Pears
2 Tbsp	Butter
½ Cup	Dried Cranberries
4 oz	Fresh Spinach Leaves
8 oz	Low-Fat Cream Cheese
6 Whole	Spinach Tortillas

1. On a cutting board, finely chop the pears into small cubes with the skin on.
2. Melt butter in a large skillet.
3. Add the pears and gently cook until softened. Set aside.
4. Using a blender or food processor, add the dried cranberries and pulse in short bursts until finely chopped. The cranberries should remain in small, identifiable pieces rather than becoming a powder or paste.
5. Transfer the chopped cranberries into a large bowl and set aside.
6. Add the spinach and cream cheese to the blender or food processor. Pulse until the mixture is smooth and bright green.
7. Transfer the spinach and cream cheese mixture into the bowl containing the chopped cranberries. Stir until evenly combined.
8. Add the cooked pears into the bowl and gently fold until evenly distributed.
9. Flatten a tortilla on a cutting board and scoop approximately 2-3 tbsp of your mixture onto the tortilla.
10. Using a spatula or a flat knife, evenly spread the mixture across the tortilla.
11. Tightly roll the tortilla to keep the filling in place.
12. Wrap each roll tightly in plastic wrap and refrigerate until firm.
13. Once chilled, remove the plastic wrap and slice the rolls into approximately 1-inch pieces.
14. Arrange the pinwheels on a serving plate and serve chilled.

Serving Size: 3 Pinwheels
Yields: 12 Servings

Nutrition Facts (Per Serving):

Kcals:	180
CHO:	28g
Fiber:	3g (10% DV)
FAT:	6g
PRO:	5g

Recipe Modified From: A Veggie Venture

Esvin Gonzalez-Garza

Quick Pumpkin Kimchi

½ head	Cabbage
1 medium	Carrot (julienned or grated)
1 Tbsp	Salt

Kimchi Paste

1 ½ tsp	Fresh ginger (minced)
2-3 cloves	Garlic (minced)
1 cup	Pureed pumpkin
3 Tbsp	Apple sauce
3 Tbsp	Toasted sesame oil
6 Tbsp	Apple cider vinegar
1 tsp	Miso paste

Optional: Add a sprinkle of toasted pumpkin seeds before eating.

1. Tear or chop cabbage into 1" or bite sized pieces. Wash thoroughly.
2. Sprinkle salt over cabbage, mix to evenly coat. Allow cabbage to marinate for 30 minutes, mixing once or twice. Cabbage should soften and be bendable.
3. While waiting for the cabbage to soften, the pickle paste can be prepared. Peel and finely mince your garlic and ginger. Add the rest of the kimchi paste ingredients and mix well.
4. When your cabbage is soft, rinse under cold water and thoroughly drain it.
5. Julienne or grate your carrot, adding it to the cabbage.
6. Add in your paste, a little at a time until coated or desired coverage.
7. Extra paste can be stored and pulled out for future baches for 2 months.
8. Store in the fridge for up to a week. Top with toasted pumpkin seeds as desired.

Serving Size: ½ cup
Total Servings: 10

Nutritional Facts

Kcals	62.9
Fat	4.3 g
Carbohydrates	6 g
Protein	1 g
Fiber	1.5 g
Vitamin K	24.7%
Vitamin A	21%
Vitamin C	20%

Recipe modified from: Choochoo-Ca-Chew's recipe,https://www.choochoocachew.com/goldenkimchi/

Micayla Bostian

Apple Pie Cheesecake Dip

1 tsp	Butter
2 medium	Fresh apples, diced
1 tsp	Ground cinnamon
2 Tbsp	Maple syrup, divided
1 cup	Plain Greek yogurt
4 oz	Cream cheese, softened
½ tsp	Vanilla extract
As needed	Graham crackers or fresh apple slices for dipping

13. Heat butter in a small skillet over medium heat.
14. Add diced apples, cinnamon, and 1 Tbsp maple syrup.
15. Cook for 5–7 minutes until apples soften. Allow to cool.
16. In a mixing bowl, combine Greek yogurt, softened cream cheese, vanilla, and remaining 1 Tbsp maple syrup until smooth.
17. Spoon cheesecake mixture into a serving bowl.
18. Top with cooled cinnamon apples.
19. Serve with graham crackers or fresh apple slices.

Serving Size: 1 cup
Total Servings: 3

Nutritional Facts	
Kcals	160
Fat	2.5g
Carbohydrates	16g
Protein	17g
Fiber	3g
Saturated Fat	2g
Cholesterol	20mg
Sodium	590mg
Total Sugars	13g
Vitamin A	200 IU
Vitamin C	12.4mg
Calcium	150mg

Recipe modified from: Desserts with Benefits. Healthy Apple Pie Cheesecake Dip.
https://dessertswithbenefits.com/healthy-apple-pie-cheesecake-dip

Cassie Fishel

Apple Nachos

- 2 large fresh apples, washed, chilled, and sliced approximately ¼-inch thick
- ¼ cup peanut butter or almond butter
- ¼ cup mini semi-sweet chocolate chips
- 2 Tbsp pumpkin seeds
- 2 Tbsp dried sweetened cranberries

1. Wash and chill the apples before preparing the recipe.
2. Slice the apples into approximately ¼-inch thick pieces.
3. Arrange the apple slices in a single layer on a large serving plate.
4. Continue layering the remaining apple slices in a circular pattern toward the center of the plate.
5. Place the peanut butter or almond butter in a small microwave-safe bowl.
6. Microwave the nut butter for approximately 10–15 seconds until it is slightly warm and easy to drizzle.
7. Transfer the warmed nut butter into a small plastic bag and cut a small opening in one corner.
8. Drizzle the nut butter evenly over the apple slices.
9. Sprinkle the mini chocolate chips, pumpkin seeds, and dried cranberries evenly over the apples.
10. Serve immediately and enjoy!

Serving Size: ½ of the prepared recipe

Total Servings: 2

Nutrition Facts (per serving):

- Calories: 248 kcal
- Fat: 16 g
- Carbohydrates: 25 g
- Protein: 5 g
- Fiber: 5 g

Recipe Source: Chelsea Lords, “Apple Nachos,” Chelsea’s Messy Apron. https://www.chelseasmessyapron.com/apple-nachos/

Prepared by: Autumn Farris

Pumpkin Oatmeal Chocolate Chip Cookies

2 cups	Whole wheat flour
1 cup	Whole grain rolled oats
1 tsp	Baking soda
1 tsp	Cinnamon
½ tsp	Salt
1 cup	Unsalted butter
1 cup	Brown sugar
1 cup	Honey
1	Large egg
1 tsp	Vanilla extract
1 cup	Canned pumpkin puree
1 cup	Semi-sweet chocolate chips

1. Preheat the oven to 350 degrees F
2. Grease the baking sheets with shortening, cooking spray, etc.
3. Combine flour, oats, baking soda, cinnamon, and salt. Set this aside when completed
4. Beat together butter, brown sugar, and honey until light and fluffy using a hand mixer or a stand mixer
5. Add egg and vanilla to the butter and sugar mixture, and mix them together
6. Alternate additions of dry ingredients and pumpkin, mixing well after each addition
7. Stir in chocolate pieces
8. Drop about ¼ cup cookie dough onto prepared baking sheet
9. Bake 20-25 minutes until firm and lightly browned

Serving Size: 157g (5.5 oz) = about 4 cookies
Total Servings: 6 servings = about 25 cookies

Nutrition Facts (per serving)

Kcals	552 kcals
Total Fat	34 g
Cholesterol	117 mg
Sodium	521 mg
Carbohydrates	18 g
Dietary Fiber	5 g
Protein	21 g

Recipe modified from: Recipeland Pumpkin Oatmeal Chocolate Chip Cookies Recipe. Accessed November 2, 2026.

Miranda Payne