



**MARCH 2024**



Applesauce is a convenient, shelf-stable item to put on the grocery list this time of year.

When shopping for applesauce, look for the varieties that use ascorbic acid, also known as vitamin C, as a preservative. Vitamin C is an antioxidant that helps boost the immune system, our body's ability to fight off flu and cold. Vitamin C is also important for the absorption of iron. Additionally, vitamin C helps stimulate wound healing.

To store opened applesauce, place in a tightly covered container and refrigerate. Use within 7 days. Look at the "Best if used by" or "Best by" date on the package.

# APPLESAUCE

## HEALTHY SNACK

Simply choose applesauce as a nutritious snack. A 1/2-cup serving can help reach that daily recommended fruit goal (adults 1½-2 cups per day and children 1-2 cups per day). Refer to [MyPlate.gov](https://www.myplate.gov) for more information. Look for unsweetened options to reduce the sugar. Sprinkle a little cinnamon on top to add that punch of flavor!

## HEALTHY BAKING

Looking for a way to lower the fat in baked goods? Substitute applesauce for fat in cake, muffin, bread or other baked good recipes. The rule of thumb is to substitute half the amount of fat in a recipe with applesauce. So, if a recipe calls for ½ cup oil, use ¼ cup oil and ¼ cup of applesauce instead.

## A CREATIVE TIP

Revamp peanut butter with an apple flavor. Stir together until smooth equal parts peanut butter and applesauce. Use as a spread on toast, bagels or graham crackers.

**\*Source: The Pioneer Woman**

# ALMOND APPLESAUCE OATMEAL

Makes 5 servings.

## All you need:

- 3½ cups uncooked Hy-Vee old-fashioned oats, divided
- ½ cup Hy-Vee sliced almonds
- ½ tsp Hy-Vee cinnamon
- ⅓ cup Hy-Vee brown sugar
- 5¾ cups water
- 2½ cups Hy-Vee unsweetened applesauce



## All you do:

1. For topping, combine ½ cup oats, almonds, cinnamon and brown sugar in a medium bowl. Mix well and set aside.
2. For oatmeal, bring water to a boil in a medium saucepan. Stir in remaining 3 cups oats.
3. Return to a boil. Reduce heat to medium. Cook for 5 minutes, stirring occasionally.
4. Spoon oatmeal into 5 cereal bowls. Stir ½ cup applesauce into each bowl of oatmeal.
5. Sprinkle topping over oatmeal.

Recipe source: [hy-vee.com](http://hy-vee.com)

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Nutrition questions or concerns?

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