



Fit & Flavorful
 Apple Cinnamon Fruit Rollups
Recipe from Executive Chef Tim Cockram



Calories: 26 Protein: 0.2g Carbohydrates: 7.0g Total Fat: 0.1g
 Saturated Fat: 0.0g Trans Fat: 0.0g
 Cholesterol: 0.0mg Sodium: 0.6mg Fiber: 1.9g

Yield: Approx. 8 servings
 MC Healthy Weight Pyramid serving: ½ fruit

Ingredients

3 cups ripe chopped apples
 (ex., Cortland, Cameo,
 Honey Crisp)

2 T. Cinnamon

**Optional ingredients for maximum
 excitement**

¼ c. Figs

Preparation

Preheat oven to 150 degrees or the lowest temperature your oven will go. Line an 11x17 baking sheet with Parchment paper and set aside. Puree the apples and other fruit of your choice in a blender or food processor until smooth. Pour fruit mixture onto prepared baking sheet and spread to about 1/8" thick

Place in the oven and bake for 6-8 hours, until pan is set and the center is not tacky. Remove from oven and let cool to room temperature. Gently peel off the fruit leather from the paper. Cut into squares or strips using a pizza cutter, knife or scissors. If you want to make fruit roll-ups, roll the strips in parchment paper. Store in an air-tight container (up to one month).

Note – if you don't have a Silpat baking mat, you can line the baking sheet with plastic wrap or parchment paper. The plastic wrap will not melt in the oven because the temperature is so low.

Technique: this is essentially drying the fruit, great snack w/no added sugar!

Taste: Try different fruits, you can even mix fruits (ex., orange basil)

Try: This is a great base; make it your own by adding spices, etc.

Tip: Apples are a good source of fiber; a part of an overall health diet.



Fit & Flavorful
Chia Nut Bars

Recipe from Executive Chef Tim Cockram



Calories: 120 Protein: 2.7g Carbohydrates: 17.2g Total Fat: 5.5g
Saturated Fat: 0.4g Trans Fat:
Cholesterol: 0.0mg Sodium: 1.9mg Fiber: 2.7g

Yield: Approx. 16 bars

Mayo Clinic Healthy Weight Pyramid serving:
1/3 fruit, 1/2 sweet, 1/4 carbohydrate and 1 fat

Ingredients

3 cups puffed wheat cereal
1/4 cup chopped walnuts
1/4 cup whole Chia seeds
1/2 cup chopped dates
3 tablespoons ground flaxseed
1/3 cup creamy unsalted nut butter (i.e. almond, soy , peanut)
1/2 cup honey

Preparation

Preheat oven to 350 F. Line a 9x9 inch square metal baking pan with foil; spray with nonstick cooking spray.

In a large bowl mix the cereal, nuts, Chia seeds, dates and flaxseed; set aside.

Place the nut butter and honey in small heavy saucepan. Bring to boil over medium-high heat, whisking constantly for about 1 minute until bubbly and smooth.

Pour hot mixture over cereal mixture in bowl, stirring to blend (mix well to coat all of the cereal).

Transfer mixture to prepared pan. Using a large square of wax paper or foil, firmly press mixture down into pan to firmly compact.

Bake until just golden around edges, about 10 minutes.

Cut into 16 pieces and let cool. Enjoy!



Dehydrating Basics

- Heat - high enough to force out moisture; Dry air-to absorb the released moisture
- Air movement - to carry the moisture away
- Natural drying, outdoors, requires warm days of 90 degrees F (32 degrees C) or more, low humidity, and control of insects.
- Oven drying or using a food dehydrator are alternatives for small quantities of food. The energy cost of operating an oven is high, however, compared to the cost of operating an electric food dehydrator.

Food Preparation

1. Wash and scrub the fruit thoroughly. A drop of detergent in the wash water helps loosen dirt. For an even higher margin of safety, use dilute chlorine bleach solution. (Use 1 Tbs. household bleach in a gal. of cool water.) Rinse the fruit well with clean water.
2. Wash your hands thoroughly using soap and warm water for at least 20 seconds before starting the cutting and juicing, and frequently during these steps as well.
3. Wash your knives, boards, utensils, and juice making equipment thoroughly using soap and warm water. Use the dilute chlorine bleach solution for another disinfecting step. Rinse well with clean water. Make sure the containers you are putting the fresh juice into are really clean. Best is to sterilize them like you were making jams or jellies.
4. After peeling /coring/slicing dip apple slices in salted water (2% NaCl) before further treatment to prevent browning due to contact of tissues with oxygen from air.
5. Dipping is an alternative to blanching used to prevent apples from turning brown. Lemon juice, ascorbic acid, or commercial products containing ascorbic or citric acid may be used for dipping. For instance, dipping sliced fruit pieces in 1 teaspoon of ascorbic acid crystals per cup of water or directly in lemon juice for three to five minutes will prevent browning.

Drying Methods

Drying Natural Sun Drying

Dry in the sun by placing slices of food on a clean tray with sides and covering with cheesecloth or fine netting. If possible, place a small fan near the drying tray. Turn food once a day. Dry until the food has lost most of its moisture (apple fruits will be chewy). This method takes 36-48 hours. This is not recommended in cloudy or humid weather. The temp. should reach 90°F by noon and the humidity should be less than 60%.

Oven Drying

Dry food in an oven that can be maintained at 140°F or lowest setting. Leave door ajar 2-3 in. Place a fan in front of the oven to blow air across the open door. Spread the food in a single layer on racks or cookie sheet. Check fruit often. Turn slices over. This method will take 6-12 hours.

Dried Apple Fruit Care Tips

- All sun-dried fruits and vegetables must be pasteurized to destroy insects. Place dried food evenly in shallow trays no more than 1 inch in depth. Fruits should be heated at 160F for 15 minutes.
- Dried fruits must be conditioned prior to storage. Conditioning is the process of evenly distributing moisture present in the dried fruit to prevent mold growth.
- Condition dried fruit by placing in a plastic or glass container, sealing and storing for 7 to 10 days. The dried fruit in the containers should be shaken daily to distribute moisture. If condensation occurs, place the fruit in the oven or dehydrator for more drying and repeat the conditioning process.
- Cool dried food should be placed in a closed container that has been washed and dried before storing. Home canning jars are good containers for storing dried foods.
- Store in a cool, dry, dark place.

Dried foods should be used within 3 to 6 months as they will lose their flavor and color to some extent during storage.



Fit & Flavorful
Granola



Recipe by Executive Chef Mark Beland

Calories: 230 Protein: 6g Carbohydrates: 43g Total Fat: 5g
Saturated Fat: 0.5g Unsaturated Fat: 4.5g Trans Fat: 0g
Cholesterol: 0mg Sodium: 3mg Fiber: 5g

Yield: 8 (1/2 cup = 1 serving)

Mayo Clinic Exchange: 2.5 carbohydrate, 1 fat

Ingredients

3 c. old fashioned oats
1/4 c. slivered almonds
1 c. raisins
2 Tbsp. maple syrup
1/4 c. flax meal
1/4 c. millet seed
2 Tbsp. brown sugar
1/4 c. apple sauce

Preparation

Combine oats, flax, almonds, millet and sugar. In separate bowl, combine syrup and apple sauce. Mix the two contents together, spread evenly over baking sheet. Bake at 250 degrees for 1 hour 15 minutes, stirring occasionally



Fit & Flavorful
Fruit and Nut Bar
Recipe from Chef Mark Beland



Calories: 66 Protein: 2 gm Carbohydrates: 12gm Total Fat: 1gm
Saturated Fat: 0gm Unsaturated Fat: 1gm Trans Fat: 0gm
Cholesterol: 0mg Sodium: 3mg Fiber: 1.5gm
(Exchange: 1/2 carbohydrate, 1/2 fruit)
Yield: 10 servings

Ingredients

1/2 c. quinoa flour	1/2 c. oats
1/4 c. flax meal	1/4 c. wheat germ
1/4 c. chopped almonds	1/4 c. dried apricots
1/4 c. chopped dried figs	1/4 c. chopped dried pineapple
1/4 c. buckwheat honey	2 TBS. corn starch

Preparation

Combine all ingredients, mix well. Spread evenly .5 inch thick over parchment lined sheet pan. Bake @ 300 for 20 min. Cool completely and cut.



Fit & Flavorful
Fruit Cake



Recipe from Executive Chef Nick Weimer

Calories: 203 Protein: 4.3g Carbohydrates: 37.3g Total Fat: 5.0g
Saturated Fat: 0.6g Unsaturated Fat: 4.4 Trans Fat: 0g
Cholesterol: 15.5mg Sodium: 98.7mg Fiber: 4.6g

Yield: 12 slices

Mayo Clinic Exchange: 2 fruits, ½ carbohydrate, 1 fat

Ingredients

2 cups assorted dried fruit	¼ cup milled flax
¼ cup sugar	1 cup whole wheat pastry flour
½ cup unsweetened applesauce	1 egg
½ cup crushed pineapple	½ cup crushed/chopped walnuts
Zest and juice of 1 medium orange	½ tsp. baking soda
Zest and juice of 1 lemon	½ tsp. baking powder
½ cup apple juice	2 T. real vanilla
½ cup oat flour	

Preparation

In a medium bowl, mix dried fruit, applesauce, pineapple, vanilla, zest and juice of orange and lemon, and apple juice (all liquid ingredients). Let soak for 15-20 minutes. In a large bowl, mix sugar, oat flour, milled flax, pastry flour, baking soda and baking powder. Pour liquid ingredients into dry ingredient bowl and stir to combine. Add egg and walnuts and stir to combine. Pour into a parchment lined loaf pan and bake for 1 hour or until toothpick inserted in center comes out clean. Let rest 30 minutes before removing from pan.



Fit & Flavorful
Fruit Kabob
Recipe by Executive Chef Mark Beland



Calories: 75 Protein: 1g Carbohydrates: 20g Total Fat: 0g
Saturated Fat: 0g Unsaturated Fat: 0g Trans Fat: 0g
Cholesterol: 0mg Sodium: 2mg Fiber: 2g

Yield: 6 servings

Mayo Clinic Pyramid Servings: 1 fruit

Ingredients

2 c. green grapes
2 c. strawberries, capped
2 c. pineapple, diced
Bamboo skewers

Preparation

Skewer fruit chunks alternating varieties. Serve as is or can be presented stuck in melon.

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Fit & Flavorful
Multigrain Muffin
Recipe by Executive Chef Mark Beland



Calories: 192 Protein: 7g Carbohydrates: 38g Total Fat: 2g
Saturated Fat: 0g Unsaturated Fat: 2g Trans Fat: 0g
Cholesterol: 0mg Sodium: 124mg Fiber: 5g

Yield: 12 servings (1 muffin)

Mayo Clinic Exchange: 1 ½ carbohydrate, 1 sweet

Ingredients

1 c. cooked and processed squash	½ c. egg beaters
¼ c. unsweetened applesauce	½ c. brown sugar
1 ½ c. skim milk	½ c. water
½ c. shredded carrot	¼ c. raisins
2 c. whole wheat flour	2 c. old fashioned oats
2 Tbsp. milled flax seed	2 Tbsp. millet seed
2 tsp. baking powder	2 tsp. ginger, ground
½ tsp. nutmeg, ground	1 tsp. cinnamon, ground

Preparation

Mix wet ingredients and dry ingredients separate, and then add together. Fill 12 muffin tins, either paper line or oil first. Bake at 375 degrees for 15-18 minutes, until a toothpick comes out clean.



Fit & Flavorful
Trail Mix



Recipe from Executive Chef Nick Weimer

Calories: 218 Protein: 4.4g Carbohydrates: 35.8g Total Fat: 8.5g
Saturated Fat: 1.7 g Unsaturated Fat: 6.8g Trans Fat: 0g
Cholesterol: 0.0mg Sodium: 29.8mg Fiber: 4.2g

Yield: 4 servings – ½ cup servings

Mayo Clinic Exchange: 2 fruit, 1 sweet, 1 fat

Ingredients

½ cup Cheerios or other cereal
2 Tbsp. dark chocolate chips
2 Tbsp. peanut or other nut
2 Tbsp. almonds whole
2 Tbsp. sunflower seeds
¼ cup diced dates
¼ cup dried apricot
¼ cup raisins
¼ cup craisins

Preparation

Mix all together. Yields 4 – ½ cup servings



Fit & Flavorful
Whole Grain Banana Bread
Recipe by Executive Chef Mark Beland



Calories: 150 Protein: 4g Carbohydrates: 30g Total Fat: 3g
Saturated Fat: 0.5g Unsaturated Fat: 2.5g Trans Fat: 0g
Cholesterol: 0mg Sodium: 150mg Fiber: 2g

Yield: 1 loaf (14 slices)

Mayo Clinic Pyramid Servings: 2 sweets

Ingredients

½ c. brown rice flour	½ c. raw sugar
½ c. amaranth flour	¾ c. Egg beaters (egg whites)
½ c. tapioca flour	2 c. mashed banana
½ c. millet flour	
½ c. quinoa flour	
1 tsp. baking soda	
½ tsp. baking powder	
1/8 tsp. salt	
2 Tbsp. Grapeseed oil	

Preparation

Mix all dry ingredients except sugar. Mix egg, oil, sugar and mashed banana. Add to dry ingredients and mix thoroughly. Bake at 350 degrees for 50-60 minutes, check for doneness with toothpick.



Fit & Flavorful
Whole Wheat Pretzel
Recipe from Executive Chef Mark Beland



Calories: 267 Protein: 14.7g Carbohydrates: 47.1g Total Fat: 3.3g
Saturated Fat: 0.5g Unsaturated Fat: 2.8g Trans Fat: 0g
Cholesterol: 0.0mg Sodium: 127.4mg Fiber: 5.5g

Yield: 8 servings – 1 pretzel per serving

Mayo Clinic Exchange: 3 ½ carbohydrates, ½ fat

Ingredients

1 ½ cups warm water
½ tsp. kosher salt
1 cup bread flour
½ cup wheat gluten
2 tsp. brown sugar
1 pkg. active dry yeast
3 cups whole wheat flour
1 T. olive oil

Preparation

Dissolve yeast, sugar and salt, warm water in bowl of mixer – let sit five minutes. Add flours, olive oil and gluten. Mix with dough hook for 5-10 minutes, until forms smooth dough that pulls away from bowl. Spray inside of bowl with pan spray, so dough does not stick. Cover with plastic and place in warm place for approximately one hour, until doubled in size. Punch dough down, and divide into eight pieces, roll into long ropes. One at a time, make u-shape with a single rope, then cross ends over and pinch in the bottom of the u-shape, making the traditional pretzel shape. Bring 8-10 cups of water to rolling boil with ¼ cup baking soda, add pretzels one by one – cook for 30 seconds in water, remove with spatula to parchment lined baking pan. Brush with egg substitute and bake in a 450 degree oven for 10-15 minutes, until dark brown.