

# Harvest Market



## NO BAKE APPLE SLICE COOKIES

(SERVES TWO)

### **INGREDIENTS**

2 apples

4 Tbsp. peanut butter

*Topping Suggestions (substitute anything you have on hand):*

Nuts (almonds, pecans)

Shredded coconut

Chocolate chips

### **DIRECTIONS**

1. Remove core and slice apple into thin rings
2. Spread peanut butter over one side of the ring
3. Top with pecans, coconut shreds, and chocolate chips (and/or any other topping)



## APPLE PEANUT BUTTER SNACK BARS

### **INGREDIENTS**

- 2 c. old fashioned oats
- 1 c. shredded apple (one medium apple)
- ½ c. honey
- 2 eggs
- ½ t. cinnamon
- ½ t. vanilla

### **DIRECTIONS**

1. Preheat oven to 350 degrees. Grease and 9x9 baking dish and set aside.
2. Combine all ingredients into a medium bowl and mix well. Transfer the mixture to a baking dish and use the back of a spoon or spatula to press it down evenly.
3. Bake in preheated oven for 20 minutes, or until the edges are barely browned.
4. Allow to cool before cutting into squares/bars



## THREE INGREDIENT PANCAKES

(SERVES TWO)

### **INGREDIENTS**

2 eggs

1 banana

1/8 t. baking powder

### **DIRECTIONS**

1. Peel banana and place in bowl. Mash well with fork.
2. Add eggs and baking powder. Mix well.
3. Heat skillet and grease with non-stick cooking spray. Spoon the batter (2-3 T. per pancake) into the skillet and cook until the underside is golden brown.
4. Flip the pancakes and do the same on the other side. Transfer to serving plate.
5. Repeat with remaining batter