



“Fall” in Love with Apples

Can you believe it's October already? Get ready for everything fall: cooler weather, fall flavors at your local coffee shop (**better-for you pumpkin spice latte**, anyone?), football season, Halloween and Thanksgiving, and of course, apples!

High in soluble fiber (the kind that feeds good bacteria in your gut) and antioxidants, apples are the perfect snack. And they aren't just for pie – check out these creative ways to use fresh fall apples.

Curried Butternut, Red Lentil, and Apple Soup:

You can vary this recipe to use up ingredients you have on hand. Red lentils cook up super fast and get soft (they lose their shape) and turn yellow-orange. Try it with chopped up, steamed baby kale and/or leftover cooked carrots. This is a particularly budget-friendly, hearty soup with just the right blend of savory and sweet.

Best-Ever Healthy Apple Crisp: If you're going to make a baked apple dessert, make it this one - it's a healthier version than traditional apple crisp but still decadent, with just a little maple syrup for the perfect level of sweetness, whole grain rolled oats for the hearty crunch, and almond flour for flavor that pops. Reduce the saturated fat content by replacing the coconut oil or butter with melted Earth Balance or very light extra-virgin olive oil

Vegan Waldorf Salad with Apples and

Raisins: This is a lighter, healthier version of the traditional mayo-laded salad you may be familiar with. This cashew dressing is fabulous and worth the effort, but if you're short on time you can just use plain Greek yogurt (dairy or plant-based) with a little lemon juice and a touch of sweetener of your choice.

Remember to keep checking in with Diet ID to stay on track and tackle those challenges. Each baby step is that much closer to your health goals, so keep up the good work!

This week's “better-for-you” muffin recipe is easy to make and versatile, freezes well, and perfect for kids or for anyone on the go. They're vegan, gluten-free, low in added sugar, and full of real apples and whole grains.

Cinnamon Apple Oat Muffins



Oat flour is a great substitute for all-purpose flour -- it is gluten free but has similar properties and mild flavor. And it's a whole grain!

You will need:

- 1¼ cups plant milk (I like unsweetened almond) + 1 tbsp vinegar (mix together and let sit for at least 5 minutes before using)
- 2 flax eggs (2 tbsp ground flax seeds + 6 tbsp warm water, well beaten)
- 1 tsp vanilla
- ½ cup unsweetened applesauce
- ¾ cup raw sugar or sweetener of your choice
- 2 tbsp canola or light olive oil
- 1½ cups oat flour
- 1 tbsp cinnamon
- 2 tsp baking powder
- 1 tsp baking soda
- ½ tsp salt
- 2 cups chopped apples
- ½ cup chopped walnuts (optional)

Preheat oven to 350. Prepare a muffin tin by spraying baking spray or lining with cupcake papers.

In a measuring cup, combine plant milk and vinegar; set aside. In a small bowl or cup, prepare the flax eggs.

In a medium mixing bowl, combine the flour, cinnamon, baking powder, baking soda, and salt.

In a large bowl, combine the flax eggs, milk mixture, vanilla, applesauce, sweetener, and oil.

Pour the wet ingredients into the dry and fold with a large rubber scraper until just combined -- lumps are totally ok!

Drop approximately ¼ cup portions of batter into muffin tins. Bake for about 20 minutes, until tops are golden brown and spring back when pressed.

Makes about 14 muffins.