

APPLES

NO-PREP OR LOW-PREP:

- Invest in an apple slicer. Sliced apples are always a hit with kids, especially when served with a yogurt and Soy nut butter dip. Yum! Get inspired with [this recipe](#)*! (You can replace Greek yogurt with flavoured yogurt, and omit honey and cinnamon).



GET INSPIRED:

- Use your sliced apple to make a fruit salad.
- Prepare the perfect parfait: layer yogurt and granola, and top with cubed apples.
- Apple crumble cups are always a hit for breakfast! Sauté apple wedges with a little margarine and apple sauce, and then divide into individual serving cups. Sprinkle with apple granola or toasted oats for a satisfying crunch. Serve with a protein food, such as a carton of milk, and voilà: a nutritionally complete and palate-pleasing way to start the day!
- If you have extra apples and bread lying around the kitchen, be sure to check out our breakfast bread pudding recipe on the next page.
- Use apples to make breakfast cookies, apple muffins or apple quick bread. And don't forget the oats!
- Make a tortilla breakfast wrap with grated or sliced apple, sliced or melted cheese, and Soy nut butter.

*www.paperturn-view.com/fr/breakfastclub/livre-de-recette-du-club-des-petits-djeuner?pid=MTQ142880&p=65&v=5.1



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Breakfast bread pudding with apples

INGREDIENTS

- 2 tbsp. (30 ml) margarine
- 2 medium apples, peeled, cored and diced
- 3 c. (750 ml) cubed pieces of whole-wheat bread
- 4 eggs
- 2 c. (500 ml) milk
- 1 single-serve applesauce cup (104 ml)
- Optional:
 - ¼ c. (60 ml) raisins or dried cranberries
 - 1 tsp. (5 ml) vanilla extract
 - ½ tsp. (2.5 ml) ground cinnamon

PREPARATION

Melt the margarine over medium heat in a small saucepan or a non-stick skillet. Stir in the diced apple. Cover and cook on medium heat, stirring frequently, until the apples soften up a little, about 5 minutes.

Spray cooking spray on a shallow baking dish (1½ quart or 1.5 litre). Add the cooked apples, bread cubes and raisins (if using) to the dish and toss.

Beat the eggs, milk and applesauce together in a bowl. Pour over the apple mixture. Cover and refrigerate for 2 hours or overnight.

When chilled, pour into a 4" (10 cm) deep sheet pan and cook at 350°F (180°C) for 45 to 55 minutes, until a knife inserted into the centre comes out clean. Divide into approximately 16 servings. Can be served warm or cooled.

