

# Eating with the Season: FALL!

There's a reason why we crave everything pumpkin and apple in the fall: it's when these produce items are in season in New Jersey! Fruits and vegetables that are "in season" are ready for harvest during a particular time of year. If you've ever been apple picking, you know that **taste** is one of the main reasons why eating fruits and vegetables in season is so appealing; freshly picked fall apples are crispy, juicy, and fragrant. When you eat according to the season, you can also **save money** on your grocery bill because those fruits and vegetables are more abundant, and grown without added expenses for a green house and shipping across the country (which also is typically **better for the planet!**). Furthermore, when we consume produce that has been allowed to fully mature in nature, and then eat it shortly after it was picked, we also get more **nutrients** from that fruit or vegetable.

## Apple Pie Parfaits

Recipe by: **Brittany Peterson, MS, RDN**

1 **apple**, diced into small pieces  
1 tablespoon **water**  
1 teaspoon **butter**  
1 teaspoon **maple syrup**  
Pinch of **cinnamon**  
Pinch of **salt**  
1/8 teaspoon **pure vanilla extract**  
5-6 oz **Greek yogurt** of choice  
1/4 cup **granola** of choice

1. Put apples into a small skillet with water. Cover and cook over medium heat for about 5 minutes, stirring occasionally, until the apples are slightly softened and water is absorbed.
2. Add butter to the skillet and stir until apple is coated. Cook for another 5 minutes.
3. Add maple syrup, cinnamon, salt, and vanilla. Mix well. Continue to cook until apples reach desired softness.
4. Remove apples from skillet and allow to cool slightly.
5. Create your parfait with the apples, yogurt, and granola!

**MAKE IT QUICK!** Grate an apple and toss with a pinch of cinnamon. Make into a parfait with yogurt and granola!

## Pumpkin Energy Bites

Recipe by: [www.wellplated.com](http://www.wellplated.com)

1 cup pitted **Mejool dates** (about 8 ounces or 10-12 large dates)  
1 cup **old fashioned rolled oats**  
1/4 cup **toasted pecan halves** (or pumpkin seeds)  
1/4 cup **pumpkin puree**  
2 tablespoons **pure maple syrup**  
1 tablespoon **chia seeds** (or ground flaxseed meal)  
2 1/4 teaspoons **pumpkin pie spice**  
1 teaspoon **pure vanilla extract**  
1/4 teaspoon **maple flavor or maple extract**  
1/8 teaspoon **salt**

1. If the dates are dry or hard, let soak in hot water for 10 minutes, then drain and pat dry. Transfer the dates to a food processor fitted with a steel blade. Pulse until the dates are in small pieces and form a sticky ball.
2. Add the oats, pecans, pumpkin, maple syrup, chia seeds, pumpkin pie spice, vanilla extract, maple extract, and salt. Pulse to combine. The oats and nuts should be in small pieces of roughly the same size, but not completely smooth.
3. Transfer the mixture to a bowl, then cover and refrigerate for at least 30 minutes. With a spoon or cookie scoop, scoop the mixture then roll it into balls.
4. Transfer to an airtight container and store in the refrigerator for up to 2 weeks or freeze for up to 2 months.

**MAKE IT QUICK!** Cook a packet of unsweetened instant oats according to package directions. Mix in 1-2 tablespoons of pumpkin puree, 1 teaspoon chia seeds, and 1/4 teaspoon pumpkin pie spice. Sweeten with a drizzle of maple syrup and enjoy!