



Crockpot Applesauce

INGREDIENTS:

Apples: peeled, cored, and chopped

Apple cider

Red Hots (candy)

Add as much of each ingredient in order to achieve the desired consistency

INSTRUCTIONS:

1. Add all ingredients to a crockpot (a pan on a low flame will also work) and set temperature to low.
2. The apples will cook down (a lot) so plan accordingly.
3. Start with a small amount of cider and add as necessary.
4. The red-hot candies add a nice pink color and some sweetness. Sugar with cinnamon have a similar taste without the pink color.
5. This can be started the morning of your celebration or in advance. Your house will smell wonderful.



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Pudding Pumpkin Treat

Courtesy of Carol Rees Parrish, M.S., R.D.

INGREDIENTS:

1 cup prepared vanilla pudding (may use 2, 4-ounce pudding packs) Whipped cream
¼ cup canned or cooked fresh pumpkin
¼ tsp. pumpkin pie spice
¼ tsp. vanilla

INSTRUCTIONS:

1. Add ingredients to a dish and blend with a wire whisk.
2. Chill (a few hours is best)
3. Add some whipped cream and mix it into the pudding.
4. Once in a serving dish, top with more whipped cream
5. Sprinkle with a dash of pumpkin pie spice if desired.



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Carrot Souffle´

Courtesy Giant Eagle

INGREDIENTS:

5 lbs. peeled and chopped carrots

9 eggs

½ cup melted butter

1 tsp. vanilla

2 cups sugar

¾ cup flour

½ tsp. baking powder

½ tsp. cinnamon

INSTRUCTIONS:

1. Boil carrots until soft, drain and puree while warm.
2. Wisk eggs, butter, and vanilla together.
3. Mix all dry ingredients in a separate bowl.
4. Add dry ingredients to the wet ingredients.
5. Mix in carrots.

Spray large baking pan with non-stick spray, bake at 325° for @60 minutes or until a toothpick comes out clean when inserted in the middle. Let rest 15-30 minutes before cutting.



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