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.

Recipe by: Brittany Peterson, MS, RDN

Apple Pie Parfaits

1 apple, diced into small pieces
1 tablespoon water
1 teaspoon butter
1 teaspoon maple syrup
Pinch of cinnamon
Pinch of salt
1/4 teaspoon pure vanilla extract
5-6 oz Greek yogurt of choice
3/4 cup granola of choice

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

Recipe by: www.wellplated.com

Pumpkin Energy Bites

1 cup pitted Mejoil 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

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!

Provided by your ShopRite of Chester in-store Registered Dietitian.
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