

# Fresh Squeezed Recipes for June!

Recipes for Nutrition Educators: June 2025

## Children



**Creamy Corn and Carrot Skillet**

Sub canned carrots for fresh.



**No-Bake California Prune Power Balls**

Try sunflower butter for a nut-free experience!



**3-Ingredient No-Bake Apple Cookies**

No flour, butter or oil needed!

## Adults



**BBQ Applesauce Sauce**

Top sandwich with your favorite slaw or veggie!



**Beef Stew Pot Pie**

Use canned veggies to cut down on prep time.



**2-Ingredient Apple Jam**

Swap out regular sugar for low calorie substitute!

## Seniors



**Overnight Oats w/ Bananas and Dried Plums**

Sub out pecans for your nut of choice.



**Applesauce Brownies**

Add salt and vanilla to build up flavor profile!



**Brown Sugar Glazed Carrots**

Canned or fresh carrots can be used.