Smilow Cancer Hospital Nutrition Cookbook for Cancer Patients
Autumn Snacks
Recipe: Cinnamon 'Baked' Apples

Ingredients:

- 1 medium apple (Granny Smith, Jonathan, Braeburn, Gala, Cortland or Red Delicious)
- 1 tablespoon brown sugar
- 1 teaspoon cinnamon
- 1 tablespoon butter

Notes: Nutrition Information: 240 calories and 0.6 grams protein

Suitable for: constipation, sore mouth, difficulty swallowing (without skin), loss of appetite, taste changes
Directions:

1. Core apple from top, leaving some of the bottom intact.

2. Mix brown sugar and cinnamon. Place 1 tablespoon of butter in the apple and fill with brown sugar and cinnamon mixture.

3. Place the apples in a deep casserole dish and cover.

4. Microwave for 3 1/2 to 4 minutes or until tender. Let the apples sit for a couple minutes before serving.
Recipe: Maple Pumpkin Yogurt

Ingredients:

- 6 oz plain full fat or vanilla Greek yogurt
- \( \frac{1}{4} \) cup canned pureed pumpkin
- 1 teaspoon maple syrup
- \( \frac{1}{2} \) teaspoon cinnamon
- \( \frac{1}{4} \) cup granola (optional) to add on top

Notes: Nutrition Information: 240 calories and 11.5 grams protein (340 calories and 14 grams protein with granola)

Suitable for: diarrhea (if not lactose intolerant), sore mouth, difficulty swallowing, loss of appetite, taste changes
Directions:

1. Combine everything except the granola in a small bowl.

2. Stir until combined and enjoy!
Recipe: Harvest Mix

Ingredients:

- 1/2 cup raw almonds
- 1/2 cup dried cranberries
- 1/2 cup pumpkin seeds
- 1/2 cup dark chocolate chips
- 16 pretzels (lightly broken)

Notes: Nutrition Information: 292 calories and 9 grams protein

Suitable for: nausea, constipation, loss of appetite, taste changes
Directions:

1. Combine everything in a small bowl.

2. Separate in 4 baggies, ~3/4 cup per baggie for easy grab-n-go snacks.