



**Opal®**

**Healthy  
to the Core  
Cookbook**

**with Cynthia Sass**

**Freshly  
Picked  
Recipes  
Inside**

# Cynthia Sass, MPH, MA, RD, CSSD

Cynthia Sass is a three time New York Times best selling author and registered dietitian with master's degrees in both nutrition science and public health. A Board Certified Specialist in Sports Dietetics, Sass has consulted for five professional sports teams. She has privately counseled a wide range of clients, from Oscar, Grammy, and Emmy winners to CEOs, entrepreneurs, professional athletes, and health-focused people across the country. Cynthia has appeared on numerous national TV shows, including The Today Show, Good Morning America, The Rachael Ray Show, The Martha Stewart Show, Nightline, and many others. In addition to her science background, Sass is trained in plant-based culinary arts and mindfulness meditation. She specializes in high performance nutrition and plant based eating.





# Apple Spice Mini Muffins

## Ingredients

$\frac{1}{4}$  cup chickpea flour

$\frac{1}{4}$  cup almond flour

1.5 tsp. apple pie spice

$\frac{1}{4}$  tsp. baking soda

$\frac{1}{4}$  tsp. baking powder

$\frac{1}{8}$  tsp. sea salt

$\frac{1}{4}$  cup mild flavored extra virgin olive oil

$\frac{1}{4}$  cup pure maple syrup

1.5 tsp. pure vanilla extract

1 Opal® apple, minced

Serves

**4**

Prep time

**10  
mins**

Cook time

**6  
mins**

Preheat oven to 350 F. In a large bowl, combine chickpea and almond flours, apple pie spice, baking soda, baking powder, and sea salt, and set aside. In a mini food processor combine oil, maple syrup, vanilla, and half of the minced apple. Blend until smooth. Fold wet mixture into dry ingredients and stir to create a uniform batter. Mix in remaining minced apple. Evenly spoon batter into 12 paper cup lined mini muffin cups. Bake for 15 mins or until toothpick inserted into center of muffin comes out clean.



# Gluten Free Pancakes with Apples, Maple Syrup, and Walnuts

## Ingredients

- |  |   |
|--|---|
| $\frac{1}{3}$ cup unsweetened<br>vanilla almond milk | $\frac{1}{2}$ tsp. baking powder            |
| $\frac{1}{2}$ Tbsp. chia seeds                       | $\frac{1}{8}$ tsp. sea salt                 |
| 1.5 Tbsp. maple syrup, divided                       | $\frac{1}{2}$ tsp. ground cinnamon, divided |
| $\frac{1}{4}$ cup brown rice flour                   | 1 Opal® apple, minced, divided              |
| $\frac{1}{4}$ cup almond flour                       | $\frac{1}{2}$ Tbsp. virgin coconut oil      |
|  | 2 Tbsp. chopped walnuts                     |

In a small bowl combine almond milk, chia seeds, and 1 Tbsp. maple syrup. Soak for at least 10 mins. In a medium bowl combine brown rice and almond flours, baking powder, sea salt, and  $\frac{1}{4}$  tsp. cinnamon. Stir to combine. Fold wet ingredients into dry mixture to form batter. Over medium heat evenly spoon batter onto skillet to form two palm sized pancakes. Flip when they begin to bubble. While pancakes are cooking, whisk together the remaining maple syrup, coconut oil, and remaining cinnamon. Plate pancakes, top with apples and walnuts, and drizzle with syrup mixture.

Serves

**1**

Prep time

**15  
mins**

Cook time

**6  
mins**



# Lemon Basil Hummus with Sliced Opal Apple

## Ingredients

- |   |                                 |
|---|---------------------------------|
| $\frac{1}{2}$ cup chickpeas                 | $\frac{1}{4}$ tsp. sea salt     |
| 2 Tbsp. tahini                              | 3-4 fresh basil leaves, divided |
| 1 tsp. minced garlic                        | 2 Tbsp. water                   |
| 2 Tbsp. fresh squeezed lemon juice          | 1 Opal® apple, sliced           |
| $\frac{1}{4}$ tsp. fresh organic lemon zest |                                 |

In a mini food processor puree chickpeas with tahini, garlic, lemon juice, zest, sea salt, 3-4 fresh basil leaves, and 2 Tbsp. water until smooth. Serve with apple slices.

Serves

**1**

Prep time

**10  
mins**

Cook time

**35  
mins**



Serves  
**2**

Prep time

**15  
mins**

Cook time

**60  
mins**

# Red Cabbage with Apple

## Ingredients

- 1 small yellow onion, minced
- ¼ cup extra virgin olive oil
- 1 Opal® apple, minced
- 1 small head red cabbage, cored and sliced thin
- 1 cup 100% apple cider

- 2 Tbsp. apple cider vinegar
- 2 Tbsp. pure maple syrup
- 1 tsp. sea salt
- ½ tsp. black pepper
- 1 Tbsp. fresh parsley

In a medium saucepan sauté the onion in the olive oil over low heat until translucent. Add the apple, cabbage, apple cider, vinegar, maple syrup, salt, and pepper. Bring to a quick boil. Reduce to a simmer and cook, covered, for about one hour, stirring occasionally, until cabbage and apples are tender and liquid is reduced. Garnish with fresh parsley just before serving.



Serves

**1**

Prep time

**10  
mins**

# Lemony Spinach Apple Chickpea Salad

## Ingredients

½ Tbsp. extra virgin olive oil  
1 Tbsp. apple cider vinegar  
1 tsp. fresh squeezed lemon juice  
1 tsp. Dijon mustard  
½ tsp. minced garlic  
⅛ tsp. black pepper  
⅛ tsp. sea salt

2 cups baby spinach  
1 sliced Opal® apple  
½ cup chickpeas (canned,  
drained and well rinsed)  
¼ cup minced red onion  
¼ cup minced red bell pepper  
2 Tbsp. shelled pistachios  
1 slice fresh lemon

In a small bowl whisk together olive oil, vinegar, lemon juice, Dijon, garlic, pepper, and salt. Refrigerate dressing. Place spinach in salad bowl. Top with apple, chickpeas, onion, and bell pepper. Garnish with pistachios and lemon slice. Pour on dressing just before serving.



Serves

**1**

Prep time

**15  
mins**

Cook time

**5  
mins**

# Apple Butternut Squash Soup

## Ingredients

- |  |   |
|--|---|
| 1/3 cup minced yellow onion                          | 1/4 tsp. ground cinnamon                    |
| 1 Tbsp. extra virgin olive oil                       | 1/4 tsp. black pepper                       |
| 1 Opal® apple, cored and minced<br>(skin on)         | 1/4 tsp. sea salt                           |
| 1 cup cubed, peeled oven<br>roasted butternut squash | 1 tsp. sprouted pumpkin seeds<br>(optional) |
| 1 cup low sodium organic<br>vegetable broth          | 1/4 cup pure maple syrup                    |
| 1/2 tsp. minced garlic                               | 1.5 tsp. pure vanilla extract               |
|  | 1 Opal® apple, minced                       |

In a small saucepan over low heat, sauté onion in olive oil until translucent. Transfer to mini food processor and add minced apple, roasted butternut squash, broth, garlic, cinnamon, pepper, and sea salt. Blend until smooth. Transfer blended soup back to the saucepan. Heat on low to warm through, stirring occasionally, about five mins. Garnish with pumpkin seeds (optional).



# Baked Ginger Spice Opal Apples

## Ingredients

4 whole Opal® apples, cored  
2 Tbsp. pure maple syrup  
2 Tbsp. virgin coconut oil

$\frac{1}{2}$  tsp. ground cinnamon  
1 tsp. fresh grated ginger  
2 Tbsp. dried cherries

Core apples and set aside. In a small bowl stir together maple syrup, coconut oil, cinnamon, and ginger. Place apples in a square baking pan and add a quarter inch of water. Fill each apple evenly with the dried cherries. Evenly spoon some of the maple syrup mixture into each core, and drizzle over each apple. Cover apples with foil and bake in a preheated 375 F oven for 15 mins. Remove foil and bake for an additional 20 mins. Plate baked apples and spoon some of the liquid over each before serving.

Serves  
**4**

Prep time  
**10  
mins**

Cook time  
**35  
mins**



Serves  
**1**

Prep time  
**10 mins**  
Cook time  
**5 mins**

# Gingery Mock Apple Cobbler

## Ingredients

- |   |  |
|---|--|
| 2 Tbsp. almond butter                       | 2 tsp. pure maple syrup, divided       |
| $\frac{1}{4}$ cup old fashioned rolled oats | 2 Tbsp. water                          |
| $\frac{1}{8}$ tsp. ground cinnamon          | $\frac{1}{4}$ tsp. fresh grated ginger |
| 1 Opal® apple, diced                        |  |

In a small bowl combine almond butter, oats, and cinnamon. Mix until thoroughly (using fingers if needed) to form a uniform crumble. Set aside. Place apple in a small sauté pan, along with one tsp. maple syrup, water, and ginger. Sauté over medium heat until apple is soft, about 5 mins. Transfer apple mixture to a small bowl, and top with the crumble mixture. Drizzle with remaining maple syrup and enjoy.



# Appletini

## Ingredients

- |  |  |
|--|--|
| 2 Tbsp. maple syrup, divided                           | 4 shots vodka                                |
| $\frac{1}{2}$ cup + $\frac{1}{2}$ Tbsp. water, divided | 1 cup 100% apple juice                       |
| 1 Opal® apple, sliced lengthwise                       | $\frac{1}{4}$ cup fresh squeezed lemon juice |
| $\frac{1}{16}$ tsp. apple pie spice                    | $\frac{1}{2}$ tsp. fresh grated ginger       |
| Handful of ice   | 4 cinnamon sticks                            |

Whisk together one half Tbsp. of maple syrup and one half Tbsp. of water. Place apple slices on a baking sheet. Drizzle with maple syrup mixture, and sprinkle each slice with apple pie spice. Bake in preheated 350 F oven for 30 mins. Remove apple slices from oven and set aside. In a cocktail shaker combine ice, vodka, apple and lemon juices, remaining one and a half Tbsp. of maple syrup, ginger, and remaining half cup of water. Shake. Pour evenly into martini glasses and garnish each with a roasted apple slice and a cinnamon stick. Be sure to eat the martini soaked apple once you finish your cocktail!

Serves  
**4**

Prep time  
**10 mins**  
Cook time  
**30 mins**



# Hot Apple Pie Smoothie

## Ingredients

1 Opal® apple (cored, but with skin on), chopped

1 cup unsweetened almond milk

$\frac{1}{2}$  cup chopped fresh, raw zucchini

$\frac{1}{4}$  cup almond flour

1 Tbsp. almond butter

$\frac{1}{2}$  Tbsp. pure maple syrup

2 tsp. pure vanilla extract

1 inch cube fresh ginger root

1 tsp. apple pie spice

Serves  
**1**

Prep time  
**10 mins**

Cook time  
**3 mins**

Combine all ingredients in a blender and whip until smooth. Transfer blended smoothie to a small saucepan and warm over medium heat for about three mins, or until warmed through. Do not bring to a boil. Pour into serving glass and enjoy.



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