

# Meals with Teal

## Savory Bonus with Nick

### **Menu:**

Banana bread

Apple-cranberry crumble pie

### **Meals with Teal Video:**

<https://www.youtube.com/watch?v=-Z6PJBbLZ28>

### **Recipes:**

#### Banana Bread:

1 ½ c flour

1 tsp baking soda

½ tsp salt

½ c white sugar

½ c brown sugar

2 eggs

3 ripe bananas

¼ c applesauce or plain Greek yogurt

Mix dry ingredients. Mix sugar, eggs, bananas and applesauce or yogurt and add dry ingredients.

Optional: add 1 cup chocolate chips or favorite nuts (or both).

Prepare bread pan and add mixture to it.

Bake 350 for 45 min

## **Apple crumble pie:**

### Pie Crust:

2 c flour  
2 TBSP sugar  
1 tsp salt  
6 TBSP melted butter  
2-3 TBSP water  
1 tsp apple cider vinegar (optional)

Mix and pat into pie dish.

### Filling:

6-8 c apples (I prefer granny smith)  
1/2 c sugar  
1/4 c flour  
1/4 tsp cinnamon  
1 TBSP lemon juice  
Optional: 1 12 oz bag cranberries

### Topping:

1/2 c unsalted melted butter  
1 c flour  
2/3 c brown sugar

Make crust and place filling. Spread topping over top and if desired sprinkle with 1 TBSP granulated sugar. Bake at 400 45-55 min until brown.