

How to use up leftover ingredients

Here are some ideas about how to use up fresh ingredients leftover from the **5-Day Apple Meal Plan**.

Make a homemade soup broth

- Turkey Carcass
- Onion
- Carrots
- Celery
- Parsley
- Sage

Create breakfast bowls

- Diced Apples
- Yogurt
- Walnuts
- Pecans
- Maple Syrup

Make smoothies

- Coconut Milk
- Apples (cored unpeeled apples in smoothies are amazing!)
- Frozen Cranberries
- Blueberries
- Fresh Ginger
- Avocado

Make applesauce

- Apples
- Frozen Cranberries

Add to drinking water

- Lemons
- Limes

Add to deli meat sandwiches

- Sliced Apples
- Sauerkraut

Layer in a bagel

- Sliced Apples
- Cream Cheese
- Chives

Make omlettes or frittata

- Eggs
- Onion

- Spinach
- Rosemary
- Chives
- Cheddar
- Parm Cheese

Make a roasted side dish

- Butternut Squash
- Apples Wedges with skins on
- Breadcrumbs
- Parm Cheese
- Sage
- Parsley

Make a Cream of Cauliflower Soup

- Cauliflower
- Vegetable Broth
- Onion
- Chives
- Sage
- Cheddar
- Parm Cheese

Make a salad

- Spinach
- Apple Cider Vinegar
- Red Onion
- Sliced Apples
- Chives
- Parm Cheese
- Pumpkin Seeds

Make more muffins

- Apples
- Buttermilk
- Ground Flaxseed Meal

Serve tortilla chips with toppings

- Cheddar
- Cilantro
- Chives
- Avocado

For snacking on

- Apples
- Blueberries
- Carrots
- Celery
- Crackers
- Cream Cheese

- Cheddar Cheese
- Fennel