

Baked Apple Pork Chops and Green Beans



TOTAL TIME: 40 minutes (Prep: 20 minutes, Cook: 20 minutes)

YIELD: 6 Servings

A quick and easy sheet pan dinner that can be assembled ahead of time and baked right before serving. Easy peasy!

INGREDIENTS

Meat and Protein:

- 3 tablespoons unsalted butter
- 6 8-ounce pork chops, bone-in, 3/4-inch to 1-inch thick
- 1.5 tablespoon chopped fresh sage
- Kosher salt and freshly ground black pepper, to taste
- 24 ounces green beans, trimmed
- 3 tablespoons olive oil
- 4.5 cloves garlic, minced
- 3 tablespoons chopped fresh parsley leaves

For the Apples:

- 3 tablespoons unsalted butter
- 3 apples, peeled, cored and sliced
- 3 tablespoons brown sugar
- 0.38 teaspoon ground cinnamon
- Pinch of nutmeg
- 4.5 tablespoons maple syrup

DIRECTIONS

- 1.** Preheat oven to 400 degrees F. Lightly oil a baking sheet or coat with nonstick spray.
- 2.** Melt butter in a large skillet over medium high heat.
- 3.** Rub both sides of the pork chops with sage; season with salt and pepper, to taste. Add to the skillet and sear both sides until golden brown, about 2-3 minutes.
- 4.** Place pork chops and green beans in a single layer onto the prepared baking sheet. Drizzle green beans with olive oil and sprinkle with garlic; season with salt and pepper, to taste.
- 5.** Place into oven and roast until the pork is completely cooked through, reaching an internal temperature of 140 degrees F, about 12-15 minutes.
- 6.** Return skillet to medium high heat and melt butter. Add apples, brown sugar, cinnamon and nutmeg. Cook, stirring occasionally, until apples just begin to soften, about 3-4 minutes. Stir in maple syrup, stirring occasionally, until the sauce thickens, about 5 minutes.
- 7.** Serve pork chops immediately, topped with apple mixture, garnished with parsley, if desired.

Recipe source: www.damndelicious.net



Maple Glazed Donuts



TOTAL TIME: 45 minutes (Prep: 20 minutes, Cook: 10 minutes)

YIELD: 8 Donuts

These baked maple glazed donuts are spiced cakey-style donuts with a thick and rich maple glaze on top. Baked, not fried– and you don't need a mixer!

INGREDIENTS

Spice Donuts:

- 1 cup (125g) all-purpose flour (spooned & leveled)
- 1 teaspoon baking powder
- 1/4 teaspoon baking soda
- 1 teaspoon ground cinnamon
- 1/4 teaspoon ground nutmeg
- 1/8 teaspoon ground cloves
- 1/4 teaspoon salt
- 2 Tablespoons (28g) unsalted butter, melted and slightly cooled
- 1 large egg, at room temperature
- 1/3 cup (65g) packed light brown sugar
- 1/4 cup (60ml) milk, at room temperature
- 1/4 cup (60g) yogurt or sour cream, at room temperature
- 1 teaspoon pure vanilla extract

Maple Icing:

- 2 Tablespoons (28g) unsalted butter
- 1/3 cup (80ml) pure maple syrup
- 1 cup (112g) sifted confectioners' sugar
- 1/4 teaspoon maple extract (optional, but recommended)
- pinch of salt, to taste

DIRECTIONS

- 1.** Preheat oven to 350°F (177°C). Spray donut pan with non-stick spray. Set aside.
- 2.** Make the donuts: Whisk the flour, baking powder, baking soda, cinnamon, nutmeg, cloves, and salt together in a large bowl. Set aside. Whisk the melted butter, egg, brown sugar, milk, yogurt, and vanilla together until completely combined. Pour the wet ingredients into the dry ingredients and whisk until just combined. Do not overmix. The batter will be thick.
- 3.** Spoon the batter into the donut cavities—I highly recommend using a large zipped-top bag for ease. Cut a corner off the bottom of the bag and pipe the batter into each donut cup, filling about halfway. (If you only have 1 donut pan that bakes less than 8 donuts, keep the remaining batter in the bowl at room temperature until you can bake the next batch.)
- 4.** Bake for 10-11 minutes or until the edges and tops are lightly browned. Gently poke a donut with your finger. If it bounces back, the donuts are done. Allow donuts to cool for a few minutes in the pan, then transfer to a wire rack set on a large piece of parchment paper. Bake the remaining donut batter and once baked, transfer to the wire rack.
- 5.** Make the icing: In a small saucepan over low heat, melt the butter and maple syrup together, whisking occasionally. Once the butter has melted, remove from heat and whisk in the sifted confectioners' sugar and maple extract. Taste. Add a pinch of salt if desired. Cool for 2-3 minutes, then dip each donut into the icing. The icing quickly thickens, so feel free to place it back over heat as you dip. Place dipped donuts back onto cooling rack as excess icing drips down. Feel free to double dip them (I usually do!).
- 6.** Donuts are best served immediately. Leftovers keep well covered tightly at room temperature or in the refrigerator for 2 days.

Recipe source: <https://sallysbakingaddiction.com>



NOTE

1. Freezing Instructions: Freeze the baked donuts for up to 3 months, with or without icing. Thaw overnight in the refrigerator, then warm up to your liking in the microwave. Dip into icing after thawing if you froze them plain.

2. Special Tools: Donut Pan | Glass Mixing Bowls | Whisk | Large Zipped-Top Bag | Cooling Rack | Saucepan

3. No Donut Pan? Make 8-10 donut muffins in your standard 12-cup muffin pan. Line with cupcake liners or grease with nonstick spray. Fill each 2/3 full with donut batter. Bake at 350°F (177°C) for 18-20 minutes or until a toothpick inserted in the center comes out clean.

4. Milk & Yogurt: Whole milk is best, but you can use lower fat or even nondairy milk in a pinch—the donuts won't taste as moist or rich. I recommend Greek yogurt or full-fat sour cream. I usually use low fat Greek yogurt, which is pretty thick. Regular low fat (or full fat) yogurt works too. If you'd like to use buttermilk, substitute it for both the milk and sour cream (1/2 cup/120ml total). All cold ingredients should be brought to room temperature before using, otherwise the butter will solidify.

5. Maple Syrup: For the richest flavor, pure maple syrup is best.



Pumpkin Bars



TOTAL TIME: 3 hours (Prep: 15 minutes, Cook: 30 minutes)

YIELD: 24 Bars

These are the best pumpkin bars I've ever had. They have incredible spiced pumpkin flavor and aren't quite as light and cakey as most other recipes I've tried. Instead, they're soft and sturdy which pairs perfectly with the spiced cream cheese frosting on top!

INGREDIENTS

Spice Donuts:

- 2 cups (250g) all-purpose flour (spooned & leveled)
- 1 and 1/2 teaspoons baking powder
- 1 teaspoon baking soda
- 1 teaspoon salt
- 1 and 1/2 teaspoons ground cinnamon
- 2 teaspoons store-bought or homemade pumpkin pie spice*
- 1 cup (240ml) vegetable oil*
- 3 large eggs
- 1 cup (200g) packed light or dark brown sugar
- 1/3 cup (65g) granulated sugar
- 2 Tablespoons (30ml) pure maple syrup
- 1 (15 ounce) can pumpkin puree*
- 1 and 1/2 teaspoons pure vanilla extract

Cream Cheese Frosting:

- 8 ounces (226g) full-fat brick cream cheese, softened to room temperature
- 1/4 cup (4 Tbsp; 56g) unsalted butter, softened to room temperature
- 3 cups (360g) confectioners' sugar
- 1 teaspoon pure vanilla extract
- 1/4 teaspoon store-bought or homemade pumpkin pie spice*
- 1/8 teaspoon salt
- **optional:** sprinkles for decorating

DIRECTIONS

- 1.** Preheat the oven to 350°F (177°C) and grease a 10×15-inch baking pan. Or line the pan with parchment paper with enough overhang on the sides to easily lift the bars (as a whole) out.
- 2.** Whisk the flour, baking powder, baking soda, salt, cinnamon, and pumpkin pie spice together in a large bowl. Set aside. Whisk the oil, eggs, brown sugar, granulated sugar, maple syrup, pumpkin, and vanilla extract together until combined. Pour the wet ingredients into the dry ingredients and use a mixer or whisk until completely combined. Batter will be thick.
- 3.** Spread batter into the prepared pan. Bake for 28-35 minutes. Baking times vary, so keep an eye on yours. The bars are done when a toothpick inserted in the center comes out clean. If you find the top or edges of the bars browning too quickly, loosely tent with aluminum foil.
- 4.** Remove the bars from the oven and set the pan on a wire rack. Cool bars completely. (After about 45 minutes of cooling, you can place the bars in the refrigerator to speed things up!)
- 5.** Make the frosting: In a large bowl using a handheld or stand mixer fitted with a paddle or whisk attachment, beat the cream cheese and butter together on high speed until smooth and creamy. Add confectioners' sugar, vanilla, pumpkin pie spice, and salt. Beat on low speed for 30 seconds, then switch to high speed and beat for 2 minutes. If you want the frosting a little thicker, add an extra 1/4 cup of confectioners sugar. Spread the frosting on the cooled bars. To help "set" the frosting, refrigerate for 30 minutes before slicing and serving. This makes cutting easier and less messy.
- 6.** Enjoy with or without a fork, but definitely grab a napkin!
- 7.** Cover leftover bars tightly and store in the refrigerator for up to 5 days. If you skipped the frosting, cover and store plain pumpkin bars at room temperature for up to 3 days or in the refrigerator for up to 1 week.

Recipe source: <https://sallysbakingaddiction.com>





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Be sure to check out Ready, Set, Explore!
Another family fun program from the
University of Wyoming Extension!



How it works!

1. Register once to participate at: https://bit.ly/readysetexplore_registration
2. Upon registering, you'll receive a link to the full Ready, Set, Explore! packet that includes activities and extras for all months (Oct-May).
3. Choose to do 4 or more of the activities listed for each month.
4. Submit monthly completion form and share pictures from your adventures! https://bit.ly/readysetexplore_completion

READY, SET, EXPLORE!

NOVEMBER 2025 - General Activities List

1. Create a Gratitude Box. This can be any kind of box and can be decorated for a fun and exciting family activity or just a plain box from around the house.
 - Get Index cards and pencils.
 - For 6 days during November, each family member writes one thing that they are grateful for on a card.
 - Put each completed card in the Gratitude box.
 - At the end of November one family member reads what the family is grateful for.
2. Find a family recipe that has not been made by you before, and work to make it for the November festivities. Note: the recipe can come from a grandparent, aunt, cousin, close friend, etc.
3. Consider your community: Many shelters or food pantries need help at any time but especially during November. A few ideas could be:
 - Providing socks to a shelter
 - Making and providing a tie blanket to a shelter.
 - Help serve at a food kitchen or distribute (give out) food at a food pantry.
 - Research your own idea. There are so many ways to help.
4. Get crafty! Create a fall wreath with items you find outside. (ex. Leaves, sticks, pinecones, berries, flowers, etc.)
5. Make a poster made of natural items (leaves, sticks, flowers, etc.) and take it to your local senior center, assisted living, library, or soup kitchen to share a few words of encouragement to the staff or residents.
6. Read a Nature Book! Grab a nature focused book from your local library and read your book outside.
7. Gratitude Walk: A gratitude walk can be in any location. Find a great day to walk outside in November. Plan four stops on the walk.
 - First Stop: name a smell that you are grateful for.
 - Second stop: name an item that you see that you are grateful for.
 - Third stop: name something that you can touch that you are grateful for.
 - Fourth Stop: Name a sound that you hear and are grateful for.
8. Hop on your bikes and hit up your favorite trail for an adventure together! Pack some hot chocolate and healthy snacks to enjoy a cozy break along the way while soaking in the gorgeous day.
9. Search for an apple cobbler recipe and bake it together as a family. Enjoy your delicious creation while gathering around the fireplace or firepit outside.
10. Set up an obstacle course in your backyard and time each participant to see who completes it the fastest. Track both individual and team times for comparison.
11. Skip some stones on a lake or pond. Look for flat, smooth rocks to skip on the surface.
12. Hunt for frost covered leaves.
13. Friday, November 28th is National Take a Hike Day: Brush up on hiking skills and Leave No Trace practices, then take off for the trailhead.
14. Tuesday, November 11 is Veterans Day: Honor America's heroic veterans with an educational visit to one of our nation's battlefields, military parks, and historic sites.
15. November 4th is National Day of Community Service: Get outside and involved in your local communities.
16. Write a letter to a veteran/draw pictures.
17. Volunteer at local food pantry or collect/donate to local food pantry
18. Enjoy family campfire ~ roasting marshmallows
19. Make a pressed flower/grasses coaster on tree cookies
20. Visit the USFS learn about aging trees/types of trees