

Kids Corner: Fun with Apples



Apples: The Smile Fruit Makes a Smiley Apple Sandwich

Core a Virginia apple all the way through to the blossom end. Slice apple crosswise into 1/4 inch rings. Spread apple ring with peanut butter and top with another ring. Cut apple sandwich in half into two smiley

apple sandwiches.



Blushing Apple Milkshake

1 cup apple cider
1 cup milk
1/2 cup frozen yogurt or nonfat vanilla yogurt
1 heaping tablespoon cinnamon red hot candies
5-10 ice cubes

Combine apple juice, milk, yogurt, candies and about 5 ice cubes in blender container. Blend on high about 15

seconds. Stop blender and add more ice and continue blending on high until all candies and ice are combined. Pour into two tall milkshake glasses and garnish with red apple slice.



Applesauce Cake in a Cone - A Magical Microwave Creation

Prepare a one or two layer spice cake mix according to package directions, except substitute applesauce for the water. Pour batter into flat-bottomed ice cream cones, no more than half full. Arrange 6 cones in a circle in microwave and cook on full power 2 1/2 to 2 3/4 minutes. Continue baking 6 cones at a time until all batter is used. When

ready to serve, top each cupcake with a big scoop of ice cream.



Apple Giggles

1 package (3 oz.) gelatin, any flavor
1 cup boiling water
1/2 cup cold water
Virginia Apples

Dissolve gelatin in boiling water; stir in cold water and set aside. Core apples leaving bottom of apple intact. Hollow out some of the apple flesh to make

room for gelatin. Pour gelatin in apple and place apples in individual bowls to keep them upright. Chill until gelatin is firm. Cut in wedges to serve. Fun for kids, but also makes an attractive garnish for a meat platter. Vary the flavors of gelatin and use both red and yellow apples for a variety of color combinations.



Surprise Lunch for the Lunch Box Bunch

Slice top off of a Virginia apple. Core apple, leaving bottom of apple intact. Fill with a mixture of cream

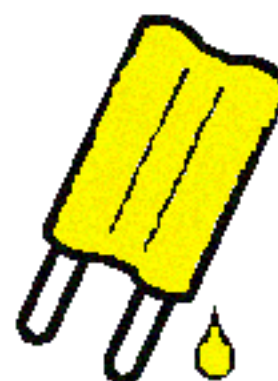
cheese or peanut butter combined with raisins and nuts. Replace top of apple and pack in plastic sandwich bag.



Chewy Apple Roll-Ups

Peel and slice a sweet variety of apple such as a Virginia Red or Golden Delicious. Place in blender container with 1 tablespoon lemon juice for each 4 cups of fruit. Puree until smooth. Sugar or honey to taste may also be added. Cover an inverted baking sheet with heat resistant plastic wrap. (Saran Wrap is good for high heat.) Tape plastic to baking sheet with masking tape. Pour

apple puree over baking sheet in a very thin layer, leaving one inch free of puree around edges. Dry in food dryer or in oven at 140 degrees F with door open about 2 inches. Dry until leathery and pliable but not sticky. Takes several hours. Roll apple leather up and store in moisture proof, airtight container. For longer storage, refrigerate or freeze.



Cidersicles - Cool Pops for Cool Kids

Fill small paper cups with apple cider and freeze partially. Insert a popsicle stick in each and freeze until firm. Peel away paper cup and enjoy a cool, natural snack.



No Cholesterol



High in Potassium



Fat Free



Low in Sodium



Dietary Fiber

More Good Apple Cooking
Courtesy of the US American Apple Growers

Applesauce Frozen Yogurt Pie

Ingredients

Crust:

3 sheets graham crackers, crushed
3/4 cup quick oats, uncooked
1 tsp. cinnamon
3 Tbsp. brown sugar
3 Tbsp. sliced almonds
1/4 cup butter, melted
1 tsp. Vanilla

Filling:

1 quart vanilla frozen yogurt, nonfat or low fat
1 cup unsweetened applesauce
1 Tbsp. frozen orange juice concentrate, undiluted
1/2 tsp. coriander
1 Tbsp. sliced almonds

Preheat oven to 350 degrees Fahrenheit.

Melt butter directly in 9-inch pie pan. Add remaining crust ingredients to melted butter in pie pan. Combine and press evenly in bottom and up the sides of pan.

Bake until golden brown, about 10 minutes. Cool completely.

Combine applesauce, orange juice concentrate and coriander, and mix thoroughly.

Spread 1/3 of frozen yogurt evenly in prepared crust.

Combine applesauce mixture and next third of yogurt and spread evenly over first layer of frozen yogurt.

Top with remaining third of frozen yogurt and spread evenly.

Top with 1 tablespoon sliced almonds.

Freeze until firm; best served the day it is prepared.

Makes 8 servings.

This delicious dessert is high in calcium, protein and fiber.

Nutrient analysis per serving (using low fat frozen yogurt): Calories, 253; protein, 8 g; carbohydrates, 35 g; fat, 10 g; fiber, 2 g; cholesterol, 21 mg; sodium, 159 mg; calcium, 220 mg.

Apple Juice Jigglers

Ingredients

Nonstick cooking spray
1-1/2 tsp. unflavored gelatin
3/4 cup water
1 6-ounce can of frozen apple juice concentrate

Very lightly coat 9"x5" loaf pan with nonstick cooking spray.
Soften gelatin in water in saucepan for 5 minutes.
Heat over low heat, stirring constantly until gelatin dissolves.
Remove from heat. Add frozen apple juice concentrate; mix well.
Pour into prepared pan. Cover and refrigerate until firm and set, about 2-3 hours.
Cut into one-inch cubes (or cut out shapes with cookie cutters) and serve as a snack.

Apple Blossom Ice-Cream Soda

Ingredients

2 cups apple juice or cider
1 pint peach ice cream
Dry ginger ale, chilled
Apple slices, to garnish (decorate)

Pour 1/2 cup apple juice or cider in each of 4 tall glasses.
Divide ice cream equally among glasses.
Fill glasses with chilled ginger ale.
Stir gently to mix.
Garnish glasses with apple slices, and serve immediately.
Makes 4 servings.
Nutrient analysis per serving: Calories, 239; fat, 7 g; cholesterol, 43 g; fiber, 0 g; sodium, 70 mg.
(To reduce fat content, use low-fat peach ice cream.)

Apple-tizer

For an easy apple appetizer, serve slices of different apple varieties with low-fat vanilla yogurt for dipping.

APPLES, APPLES AND MORE APPLES

COURTESY of the WASHINGTON APPLE COMMISSION

Apple Bread Pudding

Bread Pudding can be made with many different ingredients. You can be creative with this recipe.

Try using assorted breads, if available, and other flavorings such as grated lemon zest or orange zest

Ingredients

8 slices bread
4 Jonagold or Golden Delicious apples
1/2 cup golden raisins
1 1/3 cup milk
5 large eggs
3/4 cup brown sugar
1/4 cup (1/2 stick) butter, melted
1/2 teaspoon cinnamon
1/2 teaspoon nutmeg
1/4 teaspoon salt

Method

Heat oven to 350 degrees F
Lightly grease an 11 3/4- by 7 1/2-inch baking dish.
Toast bread slices lightly and cut diagonally into quarters.
Arrange a single layer of bread pieces in bottom of dish.

Core and slice 1 apple; reserve. Core and dice remaining apples
. Spread diced apples evenly over bread in dish;
Sprinkle raisins on top.
Arrange remaining bread in two lengthwise rows over diced apples and raisins.
Place reserved apple sliced between rows of bread.

In large bowl, combine milk, eggs, 1/2 cup brown sugar, the butter, cinnamon, nutmeg, and salt;
Beat until well combined.
Pour over bread and fruit; sprinkle top with remaining brown sugar and bake 40 to 45 minutes or until firm.
Serve warm or cold.

Serves 10

Nutrition Information: Protein: 6g; Fat: 9g; Carbohydrate: 48g; Fiber: 3g; Sodium: 266mg; Cholesterol: 121mg; Calories: 294.

Candied Apples

Like you get at the fair! Perfect for fall treats.

Ingredients

2 cups light corn syrup
1 cup sugar
1/2 cup cinnamon red-hot candies
8 medium Red Delicious apples on skewers
Chopped nuts (optional)

Method

Combine corn syrup, sugar and red-hot candies in saucepan;
Bring to boil over medium high heat, stirring constantly.
Cook, covered, about 3 minutes to allow steam to dissolve crystals that may have formed on sides of pan.
Uncover and cook without stirring to soft crack stage, 290° F on candy thermometer or until syrup dropped in very cold water separates into threads that are hard but not brittle.
Cool 2 minutes.
Dip apples into mixture to coat surface then roll in nuts if desired.
Place on foil squares to cool.

Serves 8

APPLE ICE

**In Italy, this refreshing naturally flavored ice is called granita.
It is often served after a rich meal or in the midst of a hot day.**

Ingredients

5 cups peeled and sliced Granny Smith apples
1 cup water
3/4 cup sugar
1/2 teaspoon finely grated lemon zest

Method

1.) In large saucepot, simmer apples, water, and sugar until apples are tender -- about 20 minutes. In food processor or blender, puree mixture until smooth; stir in lemon zest.
2.) Transfer mixture to 8- or 9-inch metal pan and freeze until almost solid. Return to food processor or blender and puree until chunks break up and mixture is fluffy. Refreeze until firm.

EASY BAKED APPLES

Ingredients

2 Jonagold or Golden Delicious apples, cored
4 tablespoons favorite fruit preserves
2 tablespoons apple juice or water

Method

- 1.) Peel top 1/3 of apples; arrange, peeled end up, in microwave-safe baking dish; fill centers with preserves.
- 2.) Pour juice in bottom of baking dish; cover with vented plastic wrap. Microwave on high (100 percent) 5 to 6 minutes or until apples are tender.