APPLE RECIPES

CIDERSoda
4 cups apple juice  2 cups lemon-lime soda
1 quart vanilla ice cream or frozen yogurt

For each serving, pour 1/2 cup apple juice into glass. Add about 1/2 cup ice cream to cider. Pour 1/4 cup lemon-lime soda over ice cream. Serve immediately.

Source: http://MichiganApples.com

CRISPY APPLE COLESLAW
2 cups cabbage shredded (timesaver tip: use bagged coleslaw mix)
2 medium unpeeled apples, cored and diced

Mix cabbage, apples and crushed pineapple with mayonnaise in a large bowl. Refrigerate for at least one hour. Makes 6 servings.

Source: www.usapple.org

BAKED APPLES
Cut apples in half and remove core. Place in baking dish. Sprinkle with cinnamon and dash of sugar. Cover and bake in a 350° oven for 20 minutes.

APPLE BRAN MUFFINS
1 1/4 cups bran flakes cereal
1 1/4 cups all-purpose flour
1/3 cup brown sugar
1 teaspoon ground cinnamon
1 tablespoon baking powder

Preheat oven to 375°. Grease muffin tins. In a mixing bowl, combine bran flakes, flour, brown sugar, cinnamon and baking powder. Stir in apple juice, margarine, vanilla, and apple. Spoon the mixture into the greased muffin tins. Bake for 25 to 30 minutes.

Source: Printed from Allrecipes

This material was funded by the USDA’s Food Stamp Program. The Food Stamp Program can help you buy nutritious foods for a better diet.
**Apple Pancakes**

1 1/2 cups all-purpose flour  
3 teaspoons baking powder  
1/2 teaspoon salt  
3 tablespoons granulated sugar  
1/4 teaspoon nutmeg  
1/3 teaspoon baking soda  
1 egg  
3 tablespoons oil  
1/4 teaspoon vanilla  
1 cup milk  
1 cup apples, peeled and grated

Combine flour, baking powder, salt, sugar, and nutmeg in mixing bowl. In a separate bowl, mix baking soda, egg, butter, vanilla, and milk. Combine both mixtures stirring only until blended. Fold in grated apple. Bake on hot, lightly greased griddle. When batter is full of holes, turn to brown on other side. Turn pancakes only once while cooking.

Makes 7 eight-inch pancakes.

Source: www.usapple.org

**French Apple Yogurt**

3 cups diced or sliced apples  
1/2 teaspoon cinnamon  
2 cups plain, low-fat yogurt  
2 teaspoons brown sugar if apples are tart  
1 teaspoon vanilla

Cook the apples in 1/2 cup water 5 to 10 minutes, or until soft. Reserve one cup and put rest into blender with one cup yogurt, vanilla, cinnamon, and brown sugar. Blend very briefly. Mix all ingredients together. Makes 1 quart.

From: www.usapple.org

**Apple Salad**

Use apples with bright red peel for a sparkle of color!

1 large apples, cored and cut into cubes  
1/2 cup red grapes, cut in half  
1/2 cup green grapes, cut in half  
1/2 cup celery, finely chopped  
8 ounces lemon yogurt  
1/4 cup low-fat mayonnaise

Combine grapes, apples and celery in a medium bowl. Mix lemon yogurt and mayonnaise together. Pour yogurt mixture over fruit and toss gently.

**Apple Crunch**

5 medium apples, cored and sliced thin  
1 1/2 cup brown sugar  
3/4 teaspoon cinnamon  
1 cup rolled oats  
1/4 cup margarine or butter, softened

Preheat oven to 350°. Put apples in ungreased 9x9 inch baking dish or cake pan. In medium bowl, combine oats, flour, brown sugar and cinnamon. Mix soft (not melted) margarine or butter into flour mixture. Sprinkle mixture over apples and press down slightly. Bake 40 to 45 minutes. Refrigerate leftovers.

Serve with frozen yogurt or ice cream. Substitute nutmeg or allspice if you don’t have cinnamon. Leave apples unpeeled for more fiber.

Source: Simply Good Eating, Vol 1, University of Minnesota Extension.