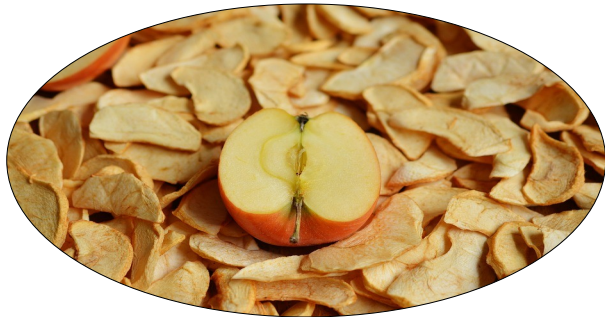


## Dehydration

Peel and core apples, cut into slices or rings about 1/8- inch thick. Dip apple rings into ascorbic acid mixture. Soak 3 to 5 minutes, drain and place on sprayed trays. Dehydrate 6-12 hours until soft and pliable with no moisture in center when cut. Store in plastic bags or canning jars and keep in dark place.



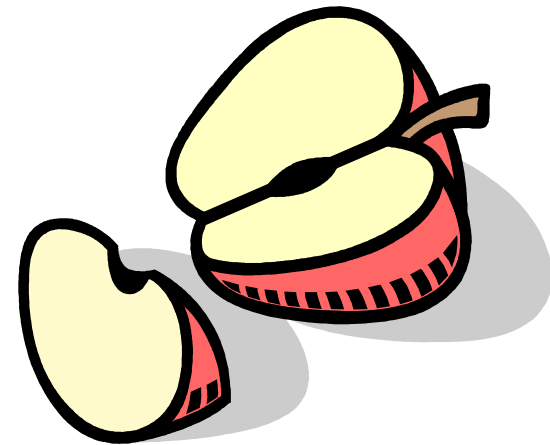
## Juice and Cider

- If buying from a farmers market or orchard, ask if the cider is pasteurized. Pasteurized juices are generally safe for everyone.
- Purchase unpasteurized juices only if refrigerated and keep refrigerated after purchase.
- Heat unpasteurized juices to boiling to make them safe for all to enjoy.



# APPLES

*Good To The Last Bite*



**FOOD  
WISE**  
Healthy choices, healthy lives.



Extension  
UNIVERSITY OF WISCONSIN-MADISON

## Nutrition Education Program

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FoodWise education is funded by the USDA Supplemental Nutrition Assistance Program - SNAP and Expanded Food and Nutrition Education Program – EFNEP.

An EEO/AA employer, the University of Wisconsin-Madison Division of Extension provides equal opportunities in employment and programming, including Title VI, Title IX, the Americans with Disabilities Act (ADA) and Section 504 of the Rehabilitation Act requirements.

## Selection

- Select firm apples, free of bruises, blemishes and surface cuts.
- Wash your hands and apples before eating, cutting or cooking.
- Use only clean utensils and clean surfaces.

## Handling

- Apples can absorb odors from other foods stored in the same area, keep apples in plastic bags.
- Plastic helps apples retain their moisture.
- Apples ripen six to ten times faster at room temperature than if refrigerated. If left on the counter for one or two days, they will lose their crunch.

## Apple Facts

- Apples are one of the best sources of pectin, a type of fiber. Pectin limits the cholesterol the body absorbs.
- Apples are sweet and bulky yet have only 80 calories per medium apple.
- Apples are a natural toothbrush. Their crisp, fibrous texture cleans and freshens breath, teeth and gums.
- Apple seeds are poisonous so don't eat them.
- You can find fresh apples any time of the year, all over the country.

## Serving Size

### Adults

- 1 medium whole apple
- 1/2 cup cooked or canned
- 3/4 cup juice

### Preschoolers

- 1 small whole apple
- 1/3 cup cooked or canned
- 1/2 cup juice

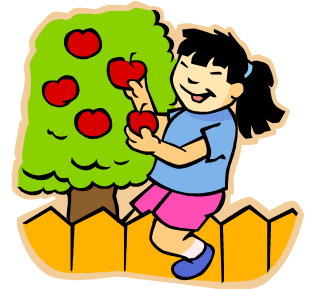


## Preserving Apples

### Freezing Apple Slices

- Select full-flavored apples that are crisp and firm. Wash, peel, core and slice into uniformly-sized pieces.
- Put sliced apples in a solution of ascorbic acid and water (1/2 teaspoon ascorbic acid per quart of water), or use a commercial antioxidant such as Fruit-Fresh. Let stand in solution for a few minutes until ready to pack. Drain thoroughly before freezing.

Containers : Pack sliced apples into freezer bags or rigid freezer containers. Measure into recipe-sized batches before freezing.



### Making Applesauce

Select full-flavored apples. Wash, core and quarter or slice. Put apples in heavy saucepan or kettle. Add 1/3 cup water for each quart of apple slices. Cover and cook over low heat until soft. Stir frequently. To make chunky applesauce, add sugar at this point. For pureed applesauce, put cooked apples through food mill or sieve. Add sugar if desired.

### To freeze applesauce:

Cook applesauce and pack in rigid plastic freezer containers, allowing 1/2 to 1-inch headspace. Freeze immediately. Thaw applesauce in refrigerator. Freeze applesauce for babies, put in an ice cube tray until frozen, then pack cubes in a freezer bag for storage.

### To can applesauce:

Pour hot applesauce into clean, hot pint or quart jars, leaving 1/2 inch headspace. Adjust lids. Process in boiling water canner 15 minutes for pints and 20 minutes for quarts. (Alternative: Process at 5 pounds pressure in a weighted gauge canner for 10 minutes for pints or 6 pounds pressure in a dial gauge canner.)

## Apple Cinnamon Bars

4 medium apples  
1 cup flour  
¼ teaspoon salt  
½ teaspoon baking soda  
½ teaspoon cinnamon  
1 cup brown sugar  
1 cup oats (uncooked)  
1 cup shortening

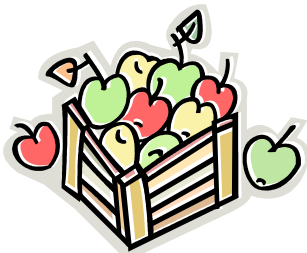
1. Preheat oven to 350°.
2. Put the flour, salt, baking soda, cinnamon, brown sugar, and oats in the mixing bowl. Stir together.
3. Add the shortening to the bowl. Use 2 table knives to mix the ingredients and cut them into crumbs.
4. Lightly grease the bottom and sides of the baking dish with a little bit of shortening.
5. Spread half of the crumb mixture in the greased baking dish.
6. Remove the core from the apples and slice them. Put the apple slices into the baking dish.
7. Top the apples with the rest of the crumb mixture.
8. Bake in the oven for 40-45 minutes.
9. Cut into squares. It will fall apart easily.

### Tips:

- You can use peeled or unpeeled apples.
- Use applesauce (16 ounces) or canned apples in place of fresh.

## Baked Apples Microwave Style

4 large, firm baking apples  
½ cup brown sugar  
1 teaspoon cinnamon



1. Wash and core apples
2. Cut a thin slice off bottom of apple to form a flat surface.
3. Place in microwave safe baking dish.
4. Mix brown sugar and cinnamon in a small dish. Spoon mixture into center of apples.
5. Cover with wax paper and microwave on high power 6 to 10 minutes or until apples are soft.

## Apple Recipes For Kids Of All Ages

### Applesauce

*114 calories, 0 fat per serving*

- 1 medium apple  
4 Tablespoons pineapple juice
1. Peel, quarter and core apple.
  2. Cook with pineapple juice until soft.
  3. Blend until smooth with a fork.

### Apple Warm-ups

*Makes 1 serving  
(for children over 1 year)  
114 calories, 0 fat per serving*

1 apple  
Dash of ground cinnamon  
1-2 teaspoons honey

1. Cut apple into 8 pieces, unpeeled. Remove core.
2. Place the 8 pieces in a microwave-safe bowl. Drizzle with honey and sprinkle with cinnamon.
3. Microwave on High for 2 minutes. If apple is still firm, microwave for 30-45 seconds more. Serve warm or cold.

### Apple Boats

*For children over age 4*

1. Cut an apple in quarters; remove core.
2. Insert a toothpick, pretzel, or plastic straw for a mast.
3. Use a small slice of cheese (cut into a triangle) for the sail.

### Apple Pinwheel

1. Core an apple.
2. Stuff the opening with peanut butter, cream cheese or cheese spread.
3. Chill. When ready to serve, slice the apple crosswise.

### Turtle Apple

1 small or medium apple  
1 can mandarin oranges, drained (11 ounces)

1. Cut apple in half, remove core.
2. Place apple half in center of small plate.
3. Put mandarin oranges next to apple for arms, legs, and head.

## Baked Apples and Sweet Potatoes

Makes 6 servings

301 calories, 8 grams fat per serving

- 5 sweet potatoes
- 4 apples
- ½ cup brown sugar
- ½ teaspoon salt
- ¼ cup margarine
- 1 teaspoon nutmeg
- ¼ cup hot water
- 2 tablespoons honey

1. Boil 5 sweet potatoes in water until they are almost tender.
2. After the sweet potatoes cool, peel and slice them.
3. Peel the apples. Remove the cores and slice the apples.
4. Preheat the oven to 400°
5. Grease the casserole dish with butter or margarine.
6. Put a layer of sweet potatoes on the bottom of the dish.
7. Add a layer of apples slices.
8. Add some sugar, salt, and tiny pieces of margarine to the apple layer.
9. Repeat steps 6, 7, and 8 to make more layers of sweet potatoes, apples, and sugar/salt.
10. On the top layer of apples, sprinkle the rest of the brown sugar and margarine pieces.
11. Sprinkle the top layer with nutmeg.
12. Mix the hot water and honey together. Pour the mix over the top layer.
13. Bake for about 30 minutes, until the apples are tender.

## Chicken Apple Salad Sandwich

Makes 4 sandwiches

278 calories, 9g fat per serving

- ¼ pound cooked, shredded chicken
- 1 cup chopped celery (one stalk)
- ½ cup chopped apple (one apple)
- ⅓ cup light mayonnaise
- 1 lemon, juiced or 3 T lemon juice
- 1 small box of raisins (1.5 ounces)
- 8 slices whole wheat bread
- Optional: 1 cup chopped walnuts

1. Combine all ingredients except for bread together in a bowl.
2. Create 4 sandwiches on whole wheat bread.

## Spinach Salad with Apples and Raisins

Makes 6 servings

212 calories, 9g fat per serving

- 1½ package baby spinach (10 ounces, washed)
- 1-2 apples (chopped)
- ¼ cup raisins
- ¼ cup canola oil
- 1 cup sugar
- Pinch of garlic powder

1. Combine spinaches, apples, and raisins.
2. Mix all dressing ingredients and pour over salad just prior to serving.

### Tips:

Granny Smith apples are recommended for salad, but any apple on hand will work.

## Apple Slice Pancakes

Makes 6 servings of 2 pancakes  
174 calories, 4 grams fat per serving

- 1 apple, Granny Smith
  - 1¼ cup pancake mix (any type)
  - ½ teaspoon cinnamon
  - 1 large egg
  - 2 teaspoon canola oil
  - 1 cup milk, low-fat
1. Lightly coat a griddle or skillet with cooking spray and heat over medium heat.
  2. Peel, core and thinly slice apple into rings.
  3. In a large mixing bowl, combine ingredients for pancake batter. Stir until ingredients are evenly moist. (Small lumps are ok! Over-mixing makes pancakes tough)
  4. For each pancake, place apple ring on griddle and pour about ¼ cup batter over apple ring, starting in the center and covering the apple.
  5. Cook until bubbles appear. Turn and cook other side until lightly brown.

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## Apple Crisp | Makes 8 servings

165 calories, 6g fat per serving

- 4 apples, medium
  - ¼ cup oatmeal (quick cooking)
  - ¼ cup flour
  - ½ cup brown sugar
  - 1 tablespoon cinnamon
  - ¼ cup margarine
1. Preheat the oven to 350°
  2. Grease the bottom and sides of a square pan.
  3. Remove the cores from the apples. Slice the apples.

## Apple Chunk Cake

Makes 12 servings  
240 calories, 6g fat per serving

- 1¼ cup sugar
  - ¼ cup vegetable oil
  - 2 eggs
  - 2 cup flour
  - 1 teaspoon salt
  - 1 teaspoon cinnamon
  - 1 teaspoon baking soda
  - 2 cups apple (diced, chunks)
  - ¼ cup applesauce (unsweetened)
  - 2 cups apple (sliced to top cake)
1. Preheat oven to 350°
  2. In a large bowl, mix sugar, oil, and eggs together. Beat well.
  3. In a separate bowl, combine flour, salt, cinnamon, and baking soda. Add to egg batter and mix well.
  4. Add apple chunks and applesauce to the batter. Stir to combine.
  5. Coat a baking pan with vegetable oil spray, and pour in batter. Bake until done, about 1 hour.
  6. Place apple slices on top of apple cake and serve.

4. Spread the sliced apples on the bottom of the pan.
5. Cut the margarine into small pieces and put in a medium-sized bowl.
6. Add the oatmeal, flour, brown sugar, and cinnamon.
7. Using two knives, cut the margarine into the mixture until it looks like small crumbs.
8. Sprinkle the mixture over the top of the apples.
9. Bake in the oven for about 20 minutes.