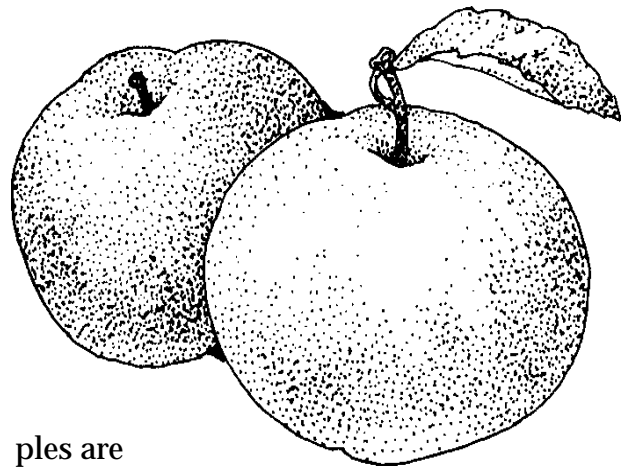


Apples



Apples have been around a long time—at least 5,000 years. With literally thousands of varieties to choose from, it's certainly not hard to keep the doctor away, as the saying goes.

Before the days of refrigeration and supermarkets, Vermonters would store their homegrown

apples in root cellars to keep them cold and fresh. To preserve them for winter use, they would dry the apples. A big social event in the mid-1800s was the "Apple Bee," where women and children would gather to prepare apples for drying.

Although ap-

ples are good to eat raw and whole, they have many other uses. So head to a local orchard this apple season. It's a great family activity. And when you get home, the kids can help you make these delicious apple recipes.

Cranberry-apple Crunch

Makes 6 servings

Mary Carlson, Jericho

Ingredients:

- 1 cup whole cranberry sauce
- 1 cup apples, cored and chopped
- 1/2 cup rolled oats
- 1/3 cup brown sugar, packed
- 3 Tablespoons flour (try whole-wheat flour!)
- 3 Tablespoons butter or margarine, melted



Directions:

1. Preheat oven to 350 degrees F.
2. Oil or spray an 8-inch square baking pan (or whatever size is available).
3. In a mixing bowl, combine cranberry sauce and apples.
4. Spread mixture in baking pan.
5. In a mixing bowl, combine rolled oats, brown sugar, and flour.
6. Add melted butter or margarine to oat mixture and mix until crumbly.
7. Sprinkle over fruit.
8. Bake for 1 hour.

Nutrition Facts

Serving Size 1 Serving (95g)
Servings Per Container 6

Amount Per Serving

Calories 220 **Calories from Fat** 60

% Daily Value*

Total Fat 7g **11 %**

Saturated Fat 4g **20 %**

Cholesterol 15mg **5 %**

Sodium 75mg **3 %**

Total Carbohydrate 39g **13 %**

Dietary Fiber 2g **8 %**

Sugars 25g

Protein 2g

Vitamin A 6% • Vitamin C 0%

Calcium 0% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet.

Tips

- Apples can be safely kept at room temperature, but they will keep for weeks in the refrigerator.
- At the market, choose firm apples with no soft spots or wrinkled skin.

Three-grain Apple Muffins

Makes 12 servings (one muffin each) *Sara Burczy,
Waterbury*

Ingredients:

- 1 cup bran flake cereal
- 1 cup rolled oats (uncooked oatmeal)
- 1 cup whole wheat flour
- 1 Tablespoon baking powder
- 3/4 teaspoon cinnamon
- 1/2 teaspoon nutmeg
- 1 cup skim milk
- 2 eggs
- 3 Tablespoons maple syrup
- 1/4 cup sugar
- 1 Tablespoon oil
- 1 cup unsweetened applesauce
- 1 1/2 cups chopped apple



Nutrition Facts

Serving Size 1 Serving (94g)
Servings Per Container 12

Amount Per Serving

Calories 150 **Calories from Fat** 25

% Daily Value*

Total Fat 3g **5%**

Saturated Fat 0.5g **3%**

Cholesterol 35mg **12%**

Sodium 170mg **7%**

Total Carbohydrate 28g **9%**

Dietary Fiber 3g **12%**

Sugars 11g

Protein 4g

Vitamin A 6% • Vitamin C 4%

Calcium 10% • Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet.

Directions:

1. Preheat oven to 400 degrees F.
2. Oil muffin tins or line them with paper.
3. Combine cereal, oatmeal, flour, baking powder, and spices in a large bowl.
4. Mix remaining ingredients in separate bowl and add to cereal mixture; stir just until moist.
5. Divide batter evenly among muffin tins.
6. Bake 20 to 25 minutes (until lightly browned).