apples

select
Choose firm, shiny, smooth apples that smell fresh.

store
Refrigerate apples in a plastic bag. Use within 3 weeks.

prepare
Rinse apples under running tap water before eating. Cut into slices and remove the core.
1 large apple = 1 cup sliced or chopped

apple spice oatmeal

1 cup of quick cooking oatmeal
2 cups of milk or water
one apple

¼ teaspoon ground cinnamon
⅛ teaspoon ground nutmeg
1 tablespoon brown sugar
dash of salt

step 1 Rinse the apple, remove the core and cut into small chunks.

step 2 Bring the water or milk to a boil in a saucepan.

step 3 Add the oatmeal, salt, apple chunks to the boiling water or milk.
Cook for 1 minute over medium heat. Stir a couple times while cooking.

step 4 Remove from heat. Stir in the cinnamon, nutmeg and brown sugar.

Makes 3 servings - One serving (1 cup made with water) has 215 calories, 3 g protein, 11 g fat, 1 mg sodium and 9 g carbs.

baked apple chips

Apple chips smell delicious when baking and kids love them!

2 large apples

step 1 Rinse apples and cut into thin slices.
Cut out the core with a cookie cutter.
"The thinner you cut, the crunchier they will be"

step 2 Arrange apple slices in a single layer on parchment lined baking sheets. Sprinkle lightly with cinnamon sugar.

step 3 Bake in a 200° oven for about 2 hours, or until apple slices are dry and crisp.
Flip apple slices over after the first hour.

step 4 Remove from oven and cool. Store in air tight container for up to 3 days.

Makes 2 servings - One serving (12 chips) has 72 calories, 0 g protein, 5 g fat, 9 mg sodium and 3 g carbs.