



# Hot Apple Flapjacks



*That's Fresh – Kids Cooking Teams*  
[www.acfchefs.org/ccfprograms](http://www.acfchefs.org/ccfprograms)

## **Kitchen Gear**

2 measuring cups  
1 set measuring spoons  
1 sifter  
1 rubber spatula  
1 box grater  
1 richaud with fuel  
1 large sauté pan (nonstick)  
1 large spoon  
1 metal spatula  
2 mixing bowls

## **Ingredients**

3 cups flour  
  
2 teaspoons baking powder  
  
2 tablespoons brown sugar  
  
2 teaspoons salt  
  
2 apples  
  
2 large eggs  
  
2½ cups milk  
  
4 tablespoons butter  
  
1 tablespoon oil  
  
Jam, syrup, molasses, honey, etc.

Wash hands with soap and water. Gather kitchen gear and ingredients and place on clean counter.

## **Method of Preparation**

1. Measure sifted flour, baking powder, brown sugar and salt into a bowl.
2. Beat eggs in another bowl. Then add milk, melted butter and diced apples.
3. Dump the dry ingredients into the bowl with the wet ingredients. Stir just until the flour is all wet.
4. Heat a little bit of oil in a frying pan over medium high heat.
5. Spoon some batter into the pan to make little cakes. When you see “holes” forming on top, turn the flapjacks over with a spatula. (They should be nicely browned.)
6. After flipping, cook the flapjacks about 2 minutes more.
7. Keep cooking until you use all the batter.



# Cranberry & Apple Chutney



*By: Delores Lennox, CEC, Lennox Catering*

## Ingredients

- 1 cup dried cranberries
- 1 orange, peeled (cut out the segments, zest the skin, set both aside)
- 1 apple, peeled, cut into small chunks
- 1 tablespoons granulated sugar
- 1 cup citrus juice
- 1 cinnamon stick
- ½ tablespoon butter

## Method of Preparation

1. Combine all ingredients except zest and butter.
2. Cook in saucepot on medium heat for about 10 minutes, until the cranberries have become hydrated.
3. Add zest and butter and mix until well blended.
4. Serve with pork, chicken, or even as a side dish. Yum!



# Baked apples with cinnamon-oat topping



*By: Jessica Cox, RD, [www.kidseatright.org](http://www.kidseatright.org)*

## Ingredients

2 medium sweet red apples (such as Gala or Braeburn)

3 tablespoons finely chopped pecans (or substitute walnuts)

2 tablespoons uncooked quick-cooking oats

2 tablespoons packed dark brown sugar

1 tablespoon chopped dried cranberries

1 tablespoon cold butter, finely chopped

1/4 teaspoon ground cinnamon

1/8 teaspoon salt

1/2 cup 100% apple juice

Leave the skin on the apples for a dose of fiber, and serve with a small scoop of vanilla ice cream or yogurt, if desired.

## Method of Preparation

1. Preheat oven to 350°F.
2. Cut each apple in half horizontally. Use a melon baller or spoon to remove the core from each half, creating a rounded hole.
3. Combine nuts, oats, brown sugar, cranberries, butter, cinnamon and salt. Use your fingers or a fork to mix until mixture resembles coarse meal. Fill each apple half with about 2 tablespoons of oat mixture.
4. Place apples in an 8-inch baking dish; pour apple juice around apples in dish. Cover dish with aluminum foil.
5. Bake 30 minutes. Remove foil, and bake an additional 10 to 15 minutes or until apples are tender and topping is golden brown. –

See more at:

<http://www.eatright.org/kids/recipe.aspx?id=6442479144&term=apple#sthash.04C4ylxB.dpuf>



# Apple Pie Smoothie

*This smoothie has protein-rich almonds and yogurt, to give you lots of energy.*



## CHOPCHOP

[www.chopchopmagazine.org](http://www.chopchopmagazine.org)

### Kitchen Gear

Measuring cup  
Measuring spoons  
Cutting board  
Sharp knife (adult needed)  
Blender (adult needed)

### Ingredients

3/4 cups plain low fat yogurt

1/2 cup low-fat milk

2 tablespoons raw almonds\* (\*If you're allergic to nuts, skip the almonds and substitute 2 tablespoons old-fashioned oats.)

1/2 tablespoon apple, cored and sliced

1 tablespoon overripe banana, sliced (frozen if possible)

1/4 teaspoon ground cinnamon

1/4 teaspoon vanilla extract

2 tablespoons ice cubes

Wash hands with soap and water. Gather kitchen gear and ingredients and place on clean counter.

### Method of Preparation

1. Put all ingredients in blender in order listed.
2. Put top on tightly. Blend on a medium setting until ice is chopped and mixture is smooth, about 1 minute.
3. Serve immediately or store covered in the refrigerator, up to 4 hours.

Note: To make smoothie colder and thicker, add slices of frozen banana.

# NEW WAVE DIPPERS

Chef Brad Everett, Kirkland, WA



## ingredients:

6 oz. nonfat yogurt  
2 oz. apple juice  
2 oz. peanut butter  
1 tbsp honey  
1 tsp vanilla

## dippers

Apples  
Celery  
Carrots

## process:

Using an electric mixer or food processor mix nonfat yogurt, apple juice, peanut butter, honey and vanilla until nicely blended

Peel and cut apples and carrots. Chop celery into sticks

Serve dip with dippers for fun, refreshing treat.

**chef's tip:** *Replace mayonnaise and salad dressings with yogurt.*

