

APPLE RECIPES JUST FOR YOU



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Complimentary Recipes
Apple Blossom Times



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**HAPPY HOLIDAYS
FROM
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Christmas Cinnamon-Apple Bread



This bread is a tasty Christmas creation or makes a nice gift when wrapped in see-through wrapping, and tied with a nice, wide, seasonal bow. Maybe you could tie an inexpensive, little ornament to the bow if you choose.

Ingredients

2-1/2 cups flour

1 teaspoon baking soda

1/4 teaspoon salt

1 cup sugar

1 teaspoon cinnamon

1/2 cup of melted butter

1 beaten egg

1/2 cup milk

1 teaspoon vanilla extract

Please see next page for more ingredients.

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½ cup raisins, soaked in hot water for 5 minutes, drained, and dusted with flour
(The hot water “plumps” the raisins and the flour will keep them from falling to the bottom of the bread.)

1 cup peeled and chopped apple (I used Granny Smith)

½ cup chopped pecans (optional)

A sprinkling of cinnamon-sugar for the top (optional)

Method

- Preheat oven to 350°F, and spray a loaf pan with cooking spray.
- In a medium-sized bowl, whisk together the flour, baking soda, salt, sugar and cinnamon.
- Stir in the melted butter, egg, milk and vanilla extract.
- Fold in the raisins, chopped apples, and 2/3 of the pecans, if desired.
- Transfer the mixture to the prepared loaf pan.
- If desired, sprinkle the top with the rest of the chopped pecans and a mixture of cinnamon and sugar. (Please see note below.)

Note: If you use the cinnamon-sugar, it will be a bit messy getting the bread out of the pan, so I suggest you put down some paper towels or the equivalent to catch the extra as you turn the bread out onto a cooking rack. I took my chances and went for it...the toppings were worth the little extra effort to me. They were wonderful additions to the overall taste and texture of the loaf.

- I used an 8x4 aluminum loaf pan and mine took about 75 minutes to bake, using the toothpick test in the center. Maybe you could check yours in about 50 or 55 minutes and decide if your oven will also need more time to bake the bread until it is completely done in the center. Do use the trusty “toothpick test” by inserting one into the center of the loaf until it comes out clean or very nearly clean.
- When you remove it from the oven, let it stay in the pan for about 10 minutes before transferring to a wire rack to cool.

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Caramel Apple Gingerbread



Here's a little treasure of a recipe. We just spoke about utilizing some less-complicated recipes to make our lives easier and allow us to “participate in the holidays;” well here we go. This takes very minimal work and shows up as pretty as a picture to your guests. Tastes great, too...no-one will ever guess.

Ingredients

1 can (21 oz.) apple pie filling

1 package (14.5 oz.) gingerbread mix

¼ cup caramel or butterscotch sauce

Whipped cream or whipped topping



Method

- Preheat oven to 350 degrees F, and spray a 9x9x2-inch baking pan with cooking spray.
- In a large mixing bowl, prepared the gingerbread mix according to the directions on the package.
- Fold the apple pie filling into your gingerbread mixture, and spread the resulting batter into your prepared pan.
- My oven took 50 to 55 minutes to bake in order to have the toothpick come out clean. Again, check a little earlier than that and decide if your oven may take more or less time.
- Cool for a minimum of 30 minutes and then you may serve the cake.
- Top with homemade or store-bought caramel or butterscotch sauce, and add a dollop or so of whipped cream or whipped topping. Delicious!



Low-Fat Apple and Cheese Strata



If you enjoy the taste of cheddar cheese, you'll love this light and airy, good tasting, all-in-one-pan breakfast. Somewhat like a soufflé but not so “fussy.”

Ingredients

6 slices of day-old bread (raisin, oatmeal, wheat, white, etc.), cubed 1/2-inch

1 tablespoon canola oil

2 apples, cored and diced

1/2 cup shredded cheddar cheese (low-fat – optional)

2 tablespoons brown sugar

2 cups skim or 1% milk

4 egg whites

2 whole eggs

½ teaspoon baking powder

ground cinnamon

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Method

- Preheat oven to 375 degrees F and spray a 9x9x2 baking dish with cooking spray.
- Place the bread cubes in the dish.
- In a non-stick skillet, heat oil. Sauté the diced apples until they're tender.
- Place the apples and cheese in layers on top of the bread cubes, and sprinkle all with brown sugar.
- In a medium-sized bowl, whisk together the milk, egg whites, eggs, and baking powder. Pour this mixture over ingredients in the baking dish.
- Sprinkle a little ground cinnamon on top and bake for 40 to 50 minutes, or until puffed and golden.
- When you remove the dish from the oven, let it sit for about 5 minutes before slicing.

This recipe makes 4 generous servings

Again, very best wishes for a wonderful Holiday Season. I'll be back in March with another edition of *Apple Blossom Times*. In the meantime, please continue to visit our <http://www.apple-recipes-with-good-taste.com> website.

Penny Finn

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