

APPLE RECIPES JUST FOR YOU



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Complimentary Recipes
Apple Blossom Times



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Red Delicious Salad



This is a great salad to highlight the nice, sweet taste of the Red Delicious Apple. It's an easy salad to put together, is lovely to look at, and is particularly refreshing during the summer months.

Ingredients

5 medium red delicious apples

1 or 2 tablespoons lemon juice

½ cup celery, chopped

½ cup dried cranberries, like “Craisins”

½ cup of chopped nuts

½ to 1 cup of mayonnaise or lite mayonnaise

1 head of lettuce, cleaned and dried (to serve salad on if you wish)

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Method

- Core the apples and cut up into bite-size pieces.
- Sprinkle the apples with lemon juice.
- Add celery, dried cranberries, and nuts to the apples
- Toss ingredients with mayonnaise to coat.
- Chill for at least two hours before serving.
- If desired, serve on lettuce leaves. If serving “family-style,” you could line the bowl with lettuce leaves then add the salad.

Tip: The amount of each ingredient is flexible; if you particularly like celery or dried cranberries, you might want to increase the amount a bit.



Applesauce Tea Bread



This little Applesauce Tea Bread can be served in many ways. It sounds formal by its name, but believe me it will serve you well on many occasions...not necessarily formal either.

Ingredients

2-1/2 cups all-purpose white flour

1 tablespoon cinnamon

2 teaspoons baking powder

½ teaspoon salt

½ cup sugar

8 ounces applesauce

1 large egg

1 cup milk

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Method

- Preheat oven to 350 degrees and lightly spray a non-stick loaf pan.
- Mix the dry ingredients together.
- Add the applesauce, then the egg and milk.
- Place in the loaf pan, and bake for 55 to 65 minutes.

Note: All ovens vary, so make sure you test the bread when you think it's done by inserting a toothpick in the center of the bread...it will be done when the toothpick comes out clean, with no batter on it.

Tips: As I said, this tea bread can be served many ways...plain with butter, or you might like to make an easy spread of softened cream cheese and chopped maraschino cherries. Not the right spreading consistently? Just add a little of the cherry juice to thin it out.

How about drizzling a simple glaze of confectioner's sugar, milk, and a little vanilla extract on it?

No dessert on hand? You could even frost the loaf with cream cheese or buttercream frosting, and it will be a great dessert treat.



Apple Pudding Cake



This recipe is not a traditional “pudding” or even “pudding cake,” but it seems to be what is commonly referred to as an **apple pudding-type** cake. It comes from the oven with a slightly crusty top and the center is quite soft. I don’t try to decide when it’s done by the “toothpick method” but from the way it looks...just lightly browned on top and soft in the center.

Ingredients

1/2 cup shortening

2 cups sugar

2 eggs

2 cups flour

2 teaspoons baking soda

½ teaspoon salt

1 teaspoon nutmeg

1 teaspoon cinnamon

4 cups of apples (your choice), peeled and diced
(Diced is quite a small chop so they cook quickly and remain quite soft.)

1 cup nuts (chopped finely)

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Method

- Preheat oven to 350 degrees F and spray a 13 x 9 x 2 pan
- Cream the shortening and sugar together until light and fluffy.
- Beat in eggs, one at a time.
- Sift together the dry ingredients and add to shortening-sugar-eggs mixture.
- Fold in the apples and nuts. The mixture will be very thick , so I chose to use my hands for this step.
- I placed all the batter in the baking pan, and used my hands again to pat the batter around evenly.
- Bake in preheated oven for about 55 to 60 minutes.



Apple Breakfast Cookies



This recipe I adapted from a Specialty Recipe of the Castle on the Mountain B&B in Vernon, British Columbia. With the children out of school for the summer, these could be introduced as a nutritious part of their breakfast some mornings. They're good for adults, so go ahead and enjoy one or two yourself.

Ingredients

1 cup whole wheat flour

½ teaspoon baking soda

¼ teaspoon salt

½ teaspoon nutmeg

1 teaspoon cinnamon

¾ cup quick cooking oats

(The original recipe called for quick cooking, but I used the old fashioned kind.)

¼ cup canola oil

½ cup honey (more if you want a sweeter cookie)

1 egg

1 teaspoon vanilla

1 cup of apples (peeled, cored, and finely chopped)

¼ cup dates (pitted and chopped)

½ cup nuts (finely chopped)

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Method

- Preheat oven to 350 degrees F and spray a couple of cookie sheets with cooking spray.
 - Combine flour, baking soda, salt, nutmeg, cinnamon and oats in a bowl.
 - In a separate bowl, cream together oil and honey; add egg and vanilla; beat well.
 - Gradually add dry ingredients to egg mixture, beating well.
 - Fold in apples, dates, and nuts.
 - I used a small ice cream scoop to measure the amount for each cookie. When I released about a dozen cookies onto each cookie sheet, I'd go back and flatten the cookies and add to that flat surface a good amount of either cinnamon-sugar, or if you prefer, a sugar substitute and cinnamon.
 - The original recipe said to bake these 12 to 14 minutes, but I found they came out more moist and chewy if left in for a shorter time. You just want the bottoms to be a light brown.
- Tip: I also found that if you bake these a day ahead and cover them with plastic wrap, the flavors blend very well together, and the finished cookie is quite moist. It all depends on your own taste.

I wish you a good month, and I'll be back to visit again in July. In the meantime, please keep visiting our site www.apple-recipes-with-good-taste.com to keep up with the new recipes.

Warm Wishes,

Penny Finn

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