

APPLE RECIPES JUST FOR YOU



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Complimentary Recipes
Apple Blossom Times



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Caramel-Apple Trifle



This Caramel Apple Trifle was born when I was looking for an apple recipe to make for my Easter dinner. Whether you use it for Easter or any other time, I hope you and your family and/or guests like it as much as my taste-testers did.

Ingredients

1 Trifle Dish or any dish large enough to layer the dessert, preferably clear.

1 13x9x2 yellow cake made from a yellow cake mix and cooled

¼ cup butter

6 cups Granny Smith or cooking apple of your choice, pared

Cut down the outside of the core in four equal parts, and thinly slice each piece.

1 cup sugar

1 tablespoon of lemon juice

1 tablespoon flour

1 teaspoon cinnamon

1 teaspoon nutmeg

1 container of caramel ice cream topping

1 12-ounce container of frozen whipped topping, thawed

1 teaspoon vanilla extract

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Method

- Melt the ¼ cup of butter in a large saucepan or fry pan.
- Pare and slice the apples and toss them with the lemon juice in a large bowl.
- Mix together the sugar, flour, cinnamon and nutmeg in a bowl, and add to the apples. Toss mixture with apples until coated.
- Add apple mixture to the melted butter. Cook and stir over low to medium heat until the apples have softened. You'll also have some lovely syrup from the sugar, butter, apples, and spices.
- Reserve a bit of the apple mixture to garnish the top.
- Mix the whipped topping with the vanilla extract, for a more homemade taste.
- Cut up your yellow cake into about 1-1/2 inch cubes...no need to be exact. Put a nice layer of cake into the dish.
- Top that with a layer of your apples and their syrup, and drizzle as much or as little of the caramel sauce as you like.
- Next, add a nice layer of whipped topping.
- Continue layering, ending with a layer of the whipped topping.
- Garnish with the reserved apple mixture.

NOTES:

- You could use the 99% fat free caramel sauce if desired. It would work just fine.
- The same would hold true for the fat free whipped topping.



Applesauce Biscuits



The name implies that these biscuits might be sweet, but they really aren't. They're everything you want a biscuit to be. If you make sure that the dough is rolled to ½-inch thickness, you'll have a dozen plump, 2-1/2-inch biscuits. Just add some butter and they're "set to go."

Ingredients

2 cups flour

3 teaspoons baking powder

¼ teaspoon baking soda

1 teaspoon salt

3 tablespoons shortening

1 egg, beaten

½ cup applesauce

¼ cup sour cream

½ cup grated cheese, cheddar or cheese of your choice

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Method

- Preheat oven to 400 degrees F.
- Whisk together in a large bowl, the flour, baking powder, soda and salt and cut in the shortening.
- In another bowl mix together beaten egg, applesauce and sour cream.
- Add these ingredients to the flour mixture.
- Mix quickly, gather dough and place on a floured surface. Knead just for a few seconds.
- With a floured rolling pin, roll out the dough to ½ inch thickness. Try to keep to this thickness for a nice, plump biscuit.
- Cut with a 2 to 2 ½ inch biscuit cutter. If you don't have one, just use a little drinking glass that has a mouth about that size. I used the "glass method" and it worked just fine.
- Place biscuits on an ungreased baking sheet and sprinkle with cheese. You'll have about a dozen.
- Bake in preheated oven for about 15 minutes.



APPLE-PECAN DIP



This Apple-Pecan Dip is ideal for before meals because a modest amount is light, crunchy, and goes well with any type of cracker. I included this as a possible appetizer for Easter, but it will fit in as an appetizer or snack any time. It's quickly put together and can be made the day before and refrigerated until needed.

Ingredients

1 8-ounce package of cream cheese, softened

3 tablespoons honey

2 tablespoons lemon juice

1/8 teaspoon cinnamon

1 large red apple, finely chopped (I used Red Delicious)

1/4 cup finely chopped pecans

crackers of your choice

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Method

- Beat together in a medium-sized bowl the cream cheese, honey, lemon juice, and cinnamon until nicely blended.
- Carefully stir in apples and pecans.

Now you can just put the dip in a covered container, refrigerate it and your appetizer or snack will be waiting for you when you need it.

Have a good month, and I'll be back to visit again in May. 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

