

PROJECT: GET IT DONE TOGETHER

Week 4: Apples, Apples, Apples with Chef Amy Kayne

Adult supervision recommended. Do you know why they say an apple a day keeps the doctor away? There are so many nutrients in an apple. Not only are they delicious, they also have vitamin C, fiber and antioxidants. So let's get crunching. Here's what you'll need for all the ingredients so you can prepare in advance. The full recipes are also copied below in case you'd like to review for potential food allergies.

Ingredients:

- 10 apples (2 Macoun, Empire or Fuji apples and 8 McIntosh, Honeycrisp or Jonagold apples suggested however other apple varieties may also be used)
- 2 TBS peanut butter
- 1 TBS dried cranberries
- 1 slice of sharp cheddar cheese
- 1 tsp walnuts
- Drizzle of honey
- ½ small lemon with peel
- ½ cup brown sugar
- 1 cinnamon stick
- Dash of ground cinnamon
- 2 TBS maple syrup
- ¼ cup and 2 TBS water
- 1 scoop of vanilla frozen yogurt or frozen coconut yogurt (or another dairy free alternative)

Tools Needed:

- Cutting Board
- Knife
- Peeler
- Apple corer
- Spoons
- Potato masher
- Ice cream scoop
- Crockpot
- Microwave
- Microwave safe dish
- Strainer

Recipes:

Apple Nachos | Contains optional nuts and dairy.

Ingredients:

- 2 apples (Macoun, Empire or Fuji apples suggested but other varieties may be used)
- 2 TBS peanut butter (optional)
- 1 TBS dried cranberries
- 1 slice of sharp cheddar cheese (optional)
- 1 tsp walnuts (optional)
- Drizzle of honey

Instructions: Slice apples really thin. Top some apples with peanut butter and some apples with cheddar cheese (wouldn't recommend peanut butter and cheese on the same apples). Then sprinkle all the apples with dried cranberries, walnuts and honey. Makes 1-2 servings.

Crockpot Apple Sauce

Ingredients:

- 6 apples (McIntosh, Honeycrisp or Jonagold apples suggested however other varieties may also be used)
- ½ lemon with peel
- ½ cup of brown sugar
- 1 cinnamon stick
- ¼ cup of water (a little less water, 2 TBS, is okay if a thicker consistency is preferred)

Instructions: Peel and cut the apples up around the core and then discard the core. Add the apples to a crockpot. Put a strainer over the crockpot and then squeeze the lemon into the strainer over the apples so the lemon juice goes through the strainer to the apples and then remove the strainer. Peel 3 pieces of the lemon rind and add those to the crockpot. Add the brown sugar and cinnamon stick to the crockpot. Pour the water in the crockpot. Cook on high in the crockpot for 3-4 hours. Once cooked, mash the apple sauce with a potato masher and then serve warm as a snack or with dinner (goes well with butternut squash, pork or chicken). Makes 2-3 servings.

Baked Apples and Frozen Yogurt | Contains optional dairy.

Ingredients:

- 2 apples (McIntosh, Honeycrisp or Jonagold apples suggested however other varieties may also be used)
- 2 TBS maple syrup
- Dash of cinnamon
- 1 scoop of vanilla frozen yogurt or frozen coconut yogurt (or another dairy free alternative)
- 2 TBS water

Instructions: Core the apples with an apple corer. In a small microwave safe dish, add the apples. Pour the water over the apples. Top apples with maple syrup and a dash of cinnamon. Microwave for 4 minutes. Use potholders to remove the baked apples dish. Top with a scoop of frozen vanilla yogurt or frozen coconut yogurt. Optional to add a sprinkle of walnuts and dried cranberries. Makes 1-2 servings.