WestVirginiaUniversity
EXTENSION SERVICE

Apple Recipes

(For CEOS Lesson, An Apple a Day)

Applesauce Cake

½ cup cream shortening

1 cup sugar

1 cup unsweetened applesauce

1 teaspoon baking soda

2 cup flour

1 teaspoon cinnamon

Cream shortening, adding sugar gradually. Blend in applesauce. Add baking soda, flour, and cinnamon. Pour batter into a greased 8-by-8-inch cake pan. Bake at 350 degrees Fahrenheit for 45 minutes.

Recipe shared from the kitchen of Betty Riggs

Slow Cooker Apple Butter

6 ½ pounds apples, peeled, cored, and sliced

1 cup granulated sugar

1 cup light brown sugar, lightly packed

1 Tablespoon ground cinnamon

½ teaspoon freshly grated nutmeg

¼ teaspoon ground cloves

¼ teaspoon salt

1 Tablespoon pure vanilla extract

Place the apples in a slow cooker. In a medium bowl, combine granulated sugar, brown sugar, cinnamon, nutmeg, cloves, and salt. Pour the mixture over the apples and mix well. Cook in slow cooker on low for about 10 hours, stirring occasionally, until the mixture is thickened and dark brown. Use an immersion blender to puree the apple butter until smooth. Spoon the mixture into sterile containers and freeze, or cover and refrigerate for up to two weeks. Serve on breads, muffins, pork chops, or just eat it with a spoon.

Recipe shared from the kitchen of Margaret Cowger

Caramel Apples

6 apples

1 package (14 ounces) caramels, unwrapped

3 Tablespoons milk

Remove the stems from the apples. Wash and dry apples. Press popsicle or craft sticks into the top of each apple. Make sure the sticks are in securely. Butter or lay out wax paper on a baking sheet. Place unwrapped caramels and milk in a microwave-safe bowl. Microwave on high for 2 minutes, stirring a couple times. Heat the caramel until it is smooth in texture. Allow to cool 1 to 2 minutes. Roll each apple in caramel sauce until well coated. Place on prepared cookie sheet. If desired, drizzle chocolate sauce on top or sprinkle with nuts, sprinkles, or other toppings.

Recipe shared from the kitchen of Margaret Cowger

Mediterranean Apple Slaw

2 tart apples, cored and sliced thin

1 pound carrots, peeled and processed

⅓ cup plain, nonfat Greek yogurt

2 Tablespoons low-fat mayonnaise

1 Tablespoon lemon juice

1 Tablespoon cider or red wine vinegar

1 teaspoon honey or brown sugar

2 Tablespoons sweet basil or fresh mint, diced

Drizzle of extra virgin olive oil

Finely ground kosher or sea salt to taste

Use a food processor, julienne knife, or grater to process apples and carrots until shredded. Place all wet ingredients, except olive oil, into a medium-sized bowl and blend together. Combine with shredded apples and carrots.

Toss with fresh herbs and salt. Drizzle with extra virgin olive oil when serving. Garnish with fresh herb sprigs and apple slices.

Recipe shared from the kitchen of Denis Scott

A+ Apple Chips

3 to 4 flavorful apples (such as Honey crisp)

Sprinkle of cinnamon

Touch of nutmeg

Drizzle of real maple syrup or 2 teaspoons sugar

Preheat oven to 200 degrees Fahrenheit.
Use a sharp knife or mandolin to slice apples. Discard seeds. Arrange on baking sheets lined with baking parchment or mats, without overlapping slices. Sprinkle each slice with cinnamon and/or nutmeg and drizzle with a tiny amount of maple syrup or sugar. Bake for 1 hour, then flip slices and sprinkle and drizzle the other side. Bake for 1½ hours or until firm and crisp. Eat with Greek yogurt, honey, cereal, granola, or in salads and sandwiches.

Recipe shared from the kitchen of Denis Scott

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