

## ACTIVITY #5

# HEALTHY SNACKS WITH WASHINGTON STATE APPLES

Kids often get into food ruts. Try these easy recipes to add some variety to your child's diet and to have some fun in the kitchen. All the recipes included here start with a great healthy snack: fresh, juicy apples from Washington state.

If you're not able to make the recipes, another fun exercise is to have your child read each recipe and name which food group each ingredient comes from.

(Some helpful cooking definitions: cored means to remove the central part of the fruit; pared means to remove the fruit or vegetable's skin or peel.)

### APPLES & CHEESE, PLEASE

1/2 cup cottage cheese  
2 tablespoons chopped green pepper  
2 tablespoons chopped Golden Delicious apples  
*Combine all ingredients and add salt and pepper to taste. Serve with wedges of juicy Golden Delicious apples.*

**MAKES:** 1 serving

### FESTIVE APPLE DELIGHT

2 Red or Golden Delicious apples, cored and thinly sliced  
2 fresh pears, cored and thinly sliced  
1 cup seedless grapes, halved  
1 cup cranberry juice cocktail  
1 cup ginger ale

*Toss together the apples, pears and grapes. Combine the cranberry juice cocktail and the ginger ale and pour over fruit. Chill thoroughly. Sprinkle with coconut before serving. **MAKES:** 6 to 8 servings*

### GOLDEN APPLESAUCE

8 large (3 pounds) Golden Delicious apples, cored and cut in four pieces  
3/4 cup water  
1/3 cup sugar  
1/4 teaspoon ground nutmeg  
1/8 teaspoon ground cinnamon  
1 teaspoon lemon juice

*Put apples in a large pot. Add water and simmer 15 to 20 minutes or until apples are tender. Puree in a food mill or blender. Add sugar, spices and lemon juice. **MAKES:** about 5-1/2 cups*



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### APPLES WITH SPREADS

*Try any of these great tasting spreads with apple slices. Just combine the ingredients listed and enjoy!*

#### TRAIL MIX SPREAD

2 tablespoons peanut butter  
1 teaspoon honey  
1 tablespoon raisins

#### MEXICAN PEANUT SPREAD

2 tablespoons peanut butter  
1 teaspoon chopped green chiles  
1 teaspoon minced cilantro

#### SWEET PICKLE SPREAD

2 tablespoons peanut butter  
1 teaspoon minced sweet pickles

#### ORIENTAL EXPRESS SPREAD

2 tablespoons peanut butter  
1/2 teaspoon minced green onion  
1/4 teaspoon soy sauce  
1/8 teaspoon sesame oil  
dash of hot pepper sauce

### TROPICAL APPLE SALAD PLATTER

1 Golden Delicious apple, cored and sliced  
1 Red Delicious apple, cored and sliced  
1 fresh pineapple, pared, cored and cut into spears  
1 honeydew melon, pared, cored and cut into chunks  
1 papaya, pared and sliced  
1 banana, peeled and sliced

#### Lime Cream Dressing:

2 cartons (6-8 ounces each) low-fat lemon yogurt  
2 tablespoons honey  
2 tablespoons lime juice

Arrange fruits on a large platter. Serve with Lime Cream Dressing. **MAKES:** 8 servings. Lime Cream Dressing: In small bowl, combine yogurt, honey, and lime juice; stir to blend. Makes about 2 cups.

### MICROWAVE AFTERNOON APPLE SNACKS

2 Red Delicious apples  
Lemon juice  
1/2 cup chunky peanut butter  
2 tablespoons honey  
1/2 teaspoon ground cinnamon  
6 whole graham crackers

1. Core apples and cut each in half; cut each half into 3 wedges to make a total of 12 wedges. Dip wedges in lemon juice to keep apples from turning brown and place in a single layer on high (100 percent) for 3-1/2 to 4 minutes or until apples are tender but hold their shape. (If microwave does not have a carousel, rotate dish halfway after 2 minutes of cooking.) Drain on paper towels.

2. In a small bowl, combine peanut butter, honey and cinnamon. Snap graham crackers in half to make 12 square crackers. Place two apple wedges on six square crackers. Spread a layer of peanut butter mixture on apples; top with remaining graham cracker squares to make sandwiched snacks.

