



Apple Activities



Kitchen Hints and Recipes

Baked Apples: To prevent apples shrinking when baking, remove a horizontal slice of peel from around the middle. Wrinkled skin can be avoided by cutting slits in a few places before baking.

Microwave Baked Apples: Bake your own apple in a microwave! Take out the core (an apple corer will be easier to use than a knife). Put the cored apple into a microwave safe dish with 1/4 cup apple juice or water and bake on high for 5 minutes.

Spread: Stir peanut butter and applesauce together. If you like, mix in raisins. Keep this easy to spread mixture in a sealed container in the fridge. Spread on apple slices, bread or toast, or use it as a dip.

Apple Pizza: Spread applesauce on an English muffin and top with shredded cheese. Heat in toaster oven until cheese melts.

Storing Apples at Home: To keep the crunch in your apples, store in perforated plastic bags in the refrigerator crisper. Cold, humid storage ensures that apples maintain their crisp, juicy texture and full flavour.

Using the Recipes: The teacher, or class, may select a simple recipe which can be made in the classroom. Have lemon juice on hand to sprinkle on the apples after slicing. This will help prevent them from turning brown. Cortland apples stay white the longest after being cut.



< [Back to Table of Contents!](#)

