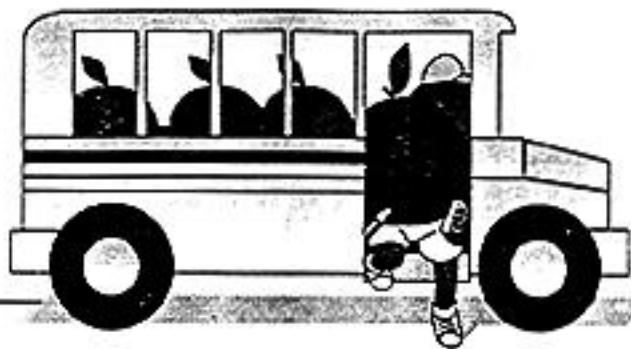


## AFTER SCHOOL SNACKS WITH APPLES...



# KIDS in the KITCHEN

Apples are good for you; they provide many nutrients, fill you up, not out, provide quick energy, contain only a few calories, and are easy to prepare in many different ways. Apple products are also nutritious and offer variety; i.e. apple juice, apple sauce, dried apples, etc.

Think of nutritious, easy to prepare snacks you can make using apples and apple products as an alternative to junk food. Here are a few to get you started.

To begin your kitchen capers learn the basics of cooking in a microwave oven, toaster oven and a blender. These appliances are easy to use but do use safety precautions. When you're through in the kitchen, clean up! Your effort will be appreciated.



*Turn page for your delicious, nutritious apple snacks!*

## AFTER SCHOOL SNACKS WITH APPLES...

Use pre-sliced pita bread and english muffins as the basis from which you can build.

🍏 Try an "apple pizza" by spreading applesauce on an english muffin and topping with shredded cheese. Heat in toaster oven until the cheese melts.

🍏 Pitas can be "stuffed" with anything — stretch your imagination. Try a few slices of lean turkey or ham, spread with apple butter and toss in grated carrot or sliced apples and raisins.

🍏 Don't forget dried fruits, such as dried apple slices. They're a sweet, chewy snack all by themselves. Or make your own "trail mix" by combining sunflower seeds, peanuts or almonds, granola and chopped dried apples.

🍏 Add sliced apples and bananas to a toasted english muffin spread with cream cheese and sprinkle with cinnamon.

🍏 Stir together peanut butter and applesauce. If you like, mix in raisins or toasted wheat germ. Keep this smooth, easy-to-spread mixture in a sealed container in the fridge. Spread it on bread or toasted frozen waffles. Or use it as a dip for apple slices.

🍏 Bake your own apple in a microwave (an apple corer will be easier to use than a knife). Put the cored apple into a microwave-safe dish with about  $\frac{1}{4}$  cup apple juice or water, cover and bake on high for five minutes.

🍏 Prepare a low-fat variation of Waldorf salad. Cut apple and celery chunks, mix in raisins and your favorite nuts (not necessarily walnuts). Toss the whole mixture with flavored yogurt. The mixture will keep several days in an air-tight plastic container, so kids can munch as desired.

🍏 Thick milkshake-like drinks can also take the edge off after-school hunger — and boost calcium intake. Whip this frosty choice up in a blender: Mix 1 cup sweetened scalloped apples (thawed frozen or canned), 1 cup low-fat plain or vanilla yogurt,  $\frac{3}{4}$  cup ice cubes,  $\frac{1}{2}$  tsp cinnamon. Blend in blender. Sprinkle with nutmeg.

### TIPS:

- Freeze individual serving boxes of apple juice and put in a lunch bag to keep other food cool. The apple juice will thaw by lunch time.
- Freeze apple juice for a naturally sweet juice pop.



*The Apples Made For Kids.™*

