

## Apple Squares

(Makes 12 servings: 100 calories per serving)

### Ingredients:

1 cup quick cooking oats  
1/2 cup all-purpose flour  
1 teaspoon baking soda  
2 teaspoons cinnamon  
1/2 teaspoon baking powder  
1/4 cup nonfat egg substitute  
1 cup unsweetened applesauce  
2 teaspoons vanilla extract  
1/3 cup brown sugar  
2 apples, diced (Granny Smith or Gala)

Directions on back



## White House Warm Baked Apples

Serves: 4

### Ingredients:

1-2 tsp. canola or safflower oil  
6 Golden Delicious, Granny Smith or Macintosh apples  
2 T. frozen orange juice concentrate  
6 T. dried fruit (cherries, raisins, cranberries and/or apricots)  
6 tsp. honey

Directions on back



## Apple Coleslaw

Makes 4 servings at 1/2 cup each

### Ingredients:

2 cups cabbage  
1 medium grated carrot  
1/2 chopped green pepper  
1 chopped apple  
5 Tablespoons yogurt, lowfat  
1 Tablespoon mayonnaise, lowfat  
1 teaspoon lemon juice  
1/4 teaspoon dill weed

Directions on back



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Directions on back



1. Preheat the oven to 375° and lightly coat a 6-cup muffin tin with oil.
2. Remove the apple cores using a melon baller or spoon.
3. Lightly prick around tops of apples with a fork.
4. Put the apples in the muffin tins. Fill each apple with 1 tsp. orange juice concentrate, 1 T. dried fruit and 1 tsp honey.
5. Bake until the apples are soft, about 30 minutes. Serve warm.

Source: ChopChop magazine, winter 2010

White House Warm Baked Apples  
[www.wellspan.org/marketbasket](http://www.wellspan.org/marketbasket)



1. Wash the cabbage. Cut it into fine shreds, until you have 2 cups of cabbage.
2. Peel the carrot. Grate it with a grater.
3. Chop half a green pepper into small pieces.
4. Remove the core, and chop the apple.
5. Put the cabbage, carrot, green pepper, and apple in a large mixing bowl. Stir together.
6. Put the yogurt, mayonnaise, lemon juice, and dill weed in a small bowl. Stir together to make a dressing.
7. Pour the dressing over the salad. Toss to mix.

**Note:** Add salt and pepper to taste

Adapted from: Pennsylvania Nutrition Education Network

Apple Coleslaw  
[www.wellspan.org/marketbasket](http://www.wellspan.org/marketbasket)



1. Preheat the oven to 350°F. Lightly spray an 8-inch square pan with vegetable oil cooking spray.
2. Combine dry ingredients in a large bowl.
3. In another bowl, combine egg substitute, applesauce, vanilla and brown sugar.
4. Add wet ingredients and apples to dry ingredients, and mix until moistened.
5. Spread batter in pan and bake until toothpick inserted in center comes out clean, about 30 minutes.
6. Cool and cut into 12 squares. Serve at room temperature. Refrigerate leftovers.

Adapted from: Iowa State University, University Extension

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