

Cooking With Apples

Low-fat and Healthy Apple Cake

Ingredients:

4 large apples peeled, cored and sliced
1/2 cup raisins
1 tsp cinnamon
1/2 cup crushed walnuts
1 tbsp honey
juice from 1 lemon

Batter:

2 cups whole-wheat flour
2 tsp baking powder
1 tsp salt
3 tbsp brown sugar
2 large eggs
3 tbsp sunflower oil
1/2 cup sweetened apple sauce
1 cup milk 1% fat



Directions:

1. Preheat oven to 175°C
2. Dilute honey in lemon juice
3. Put apples/raisins/walnuts cinnamon and honey/lemon juice in baking dish

For Batter:

1. Mix all wet ingredients together
2. Add sugar and mix and then rest of dry ingredients
3. Pour over apples and bake for 60min or until toothpick comes out clean

Fibre One Apple Cinnamon Muffins (healthy version)

Ingredients:

1 package Betty Crocker Fibre One Premium Muffin Mix, Apple Cinnamon
2/3 cup Organic Fat Free Milk
1/4 cup Grapeseed Oil
1/2 cup Egg Beaters egg substitute

Directions:

1. Heat oven to 425 degrees (400 degrees for dark or nonstick pan).
2. Place baking cups in 12 regular-size muffin cups.
3. Stir muffin mix, milk, oil, and eggs in medium bowl just until blended (batter will be lumpy).
4. Divide batter evenly among muffin cups (about 2/3 full).
5. Bake 16-19 minutes or until golden brown and tops spring back when touched.
6. Cool 5 minutes; carefully remove from pan. Cool completely before storing.

Healthy & Hearty Apple Cinnamon Cranberry Oatmeal

Ingredients:

1/2 cup old fashioned oats
1/2 cup milk
1/3 cup water
dash salt
1/2 apple, peeled and finely chopped
1 tbsp dried cranberries, finely chopped
1/8-1/4 teaspoon cinnamon
1/4 teaspoon vanilla
2 tsp packed brown sugar

Directions:

1. Place milk, water and salt in saucepan.
2. Add apples and dried cranberries to the milk mixture.
3. Heat the mixture on medium until boiling or near boiling.
4. Add oats, brown sugar and cinnamon and cook for 3-5 minutes stirring occasionally.
5. When oatmeal is cooked, stir in vanilla.