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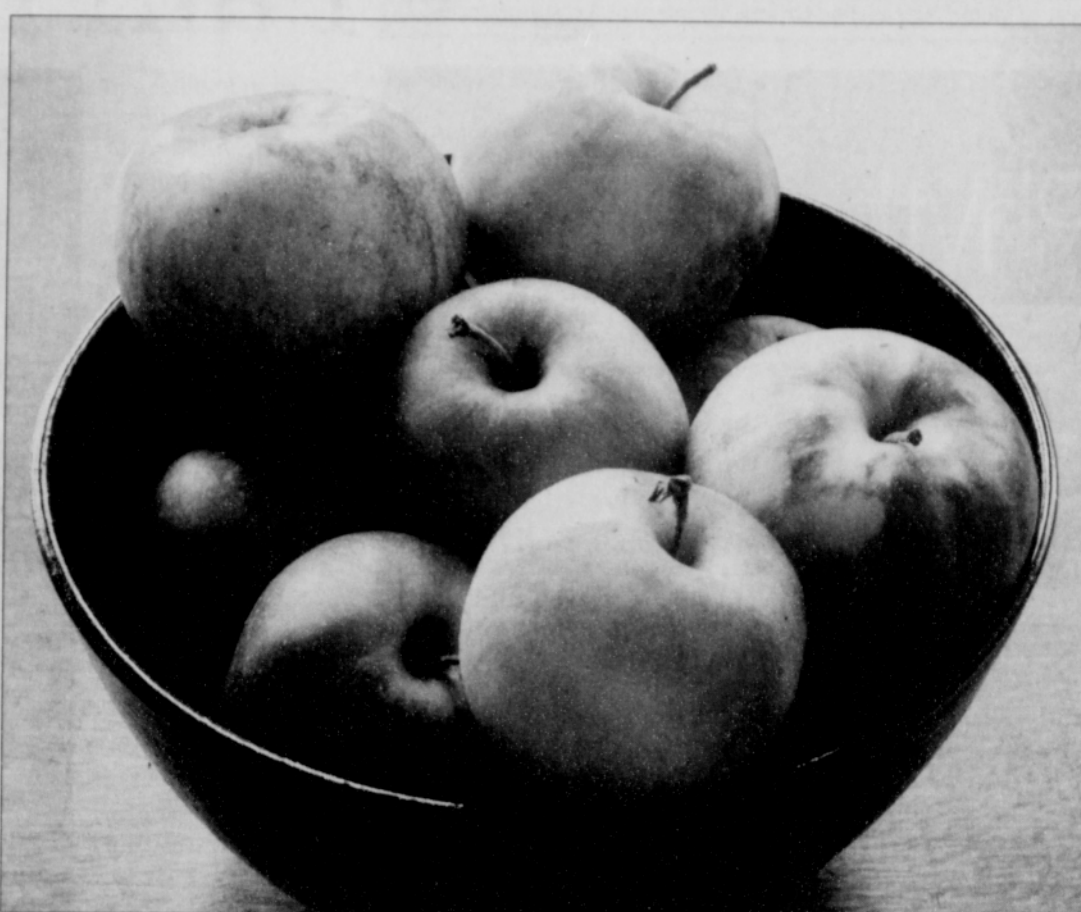
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Rewards of the Fall Harvest



Apple recipes your kids will love

Apples are the quintessence of the autumn. This fall, try some new apple-based recipes that were designed with kids in mind. These favorites are wholesome and unique, and can usually be made with common ingredients you're likely to have around the house. Vicki Lansky, author of "Feed Me! I'm Yours!" recommends these three apple recipes for kid-friendly fall treats:

Apples in Hand DIRECTIONS: Peel (optional) and core a whole apple. Mix peanut butter with one of the following: raisins, wheat germ or granola. Stuff this mixture into the hole of the cored apple. Slice in half to serve. Or stick the apple half on a Popsicle stick. It's both novel and neat that way.

Easy Applesauce

Ingredients:

- Several apples
- Honey or light corn syrup
- ¼ cup water or apple juice
- Lemon or Fruit Fresh
- Cinnamon

Directions:

Take advantage of the fall harvest by making fresh applesauce. Peel, core and slice several apples. In blender, place ¼ cup water or apple juice and add apples one at a time. Blend until smooth. Pour into saucepan and cook on low heat for 5 to 10 minutes. Add cinnamon and sweetener to taste. A dash of lemon or Fruit Fresh will retard its "darkening" action.

Apple Fruit Rolls

You can use apples, peaches, pears, nectarines or canned pumpkin to make this yummy dried "candy." The fruit can be the "too-hard-to-eat" variety or the "too-ripe-and-the-last-piece" variety. It may even be well-drained canned fruit. If you're using apples, core and peel them, then slice them into rings. If using another fruit, mash or puree it. Two methods will work:

Blender method: Peel and core the fruit, blend until smooth and then cook five minutes in a saucepan over moderate heat.

Freeze-defrost method: In advance, peel and core fruit, wrap and freeze. Remove from freezer an hour before using so fruit can begin to defrost. Cook in a saucepan, mashing with a fork as you go, for 5 to 10 minutes. If the fruit is very watery, drain it.

While cooking, add 1 teaspoon honey for each piece of fruit you are using. (Cook different fruits separately, though you can cook one piece or a dozen of the same type at once.)

Lay out clear plastic wrap (or cut open small plastic bags) on a cookie sheet or broiling tray. Use one piece of plastic for each piece of fruit you're cooking. Spoon the mixture onto the wrap, staying away from its edge. Spread as thin as possible. Spread another piece of plastic wrap over the mixture and press down with a wide spatula to make evenly thin. Remove this top sheet of plastic before drying.

Turn oven to its lowest possible heat or just use the pilot light. Place tray in the oven and leave overnight (6 to 8 hours). The plastic wrap will not melt! If the fruit is dry by breakfast, remove from the oven. (If not, wait a while longer.) Roll up the plastic wrap (with the dried fruit) as if it were a jelly roll. Then peel and eat!

Bite-of-Apple Cookies

Ingredients:

- ½ cup margarine
- 1 cup brown sugar
- 2 eggs
- 1-1/2 cups flour
- ½ cup oatmeal, uncooked
- 2 teaspoons baking soda
- ½ teaspoon cinnamon
- ¾ cup wheat germ
- 1 cup apples, peeled, cored and finely chopped

Directions:

Cream margarine, sugar and eggs. Mix dry ingredients and combine with creamed mixture. Add apples. Drop spoonfuls onto a greased cookie sheet. Bake at 350 degrees for 10 to 15 minutes.



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