

5 Ways With Apples!

Name: Ayesha Khan

Title: MSND Graduate Student

Apple Benefits & Varieties

Apples are nutrient-dense fruits that have many benefits, including the following,

- Apple peels are rich in antioxidants, reducing damage caused by oxidation
- Made up of 85% water, making them a good hydrating snack
- Reduces blood sugar, cholesterol levels, and eases inflammation

Thousands of apple varieties exist, each having different cooking applications. For example, Granny Smith are great for apple pies, Gala and honeycrisp are great for applesauce and other sweet apple desserts, and Pink Lady are great for cheeseboards due to their balance of acidity & sweetness etc.

Here are 5 ways to use Apples at home:

- Cinnamon Apples
- Homemade Applesauce
- Feel-Good Apple Muffins
- Apple Cinnamon Waffles
- Apple Pie Cookies

The following 5 recipes will use different varieties of apples



For more recipes, tips and information contact Ayesha at ayeshakhan@kings.edu



Cinnamon Apples (using Pink Lady)

Name: Ayesha Khan

Title: MSND Graduate Student

Ingredients

6 Pink Lady apples (3 cups, chopped)

4 Tablespoons water

2 Tablespoon salted butter (OR coconut oil)

2 Tablespoon maple syrup

1 teaspoon ground cinnamon

0.3 teaspoon fine sea salt OR lemon juice

0.5 teaspoon pure vanilla extract

This recipe serves 6

Prep time: 5 minutes

Picture & Recipe credit Laura



1. Cut apples into same-sized pieces (about ½-1” cubes)
2. Place the apple pieces in a skillet with 2 tablespoons of water.
3. Cover the pan. Stir occasionally while cooking over medium heat for approximately five minutes, or until the apples are slightly softened and the water has been absorbed.
4. Add 1 tablespoon of butter to the skillet. Stir the apples and oil until they are evenly coated. Cook apples for five minutes, stirring them approximately every minute, until they soften.
5. Add Maple syrup, cinnamon, salt and vanilla. Stir until well mixed.
6. Cook for about 5 more minutes, stirring every minute until the apples reach your desired softness
7. Remove from heat and serve

Equipment:

Saute pan/skillet, tablespoon, teaspoon, spatula, knife, stove

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Homemade Applesauce (using Gala)

Name: Ayesha Khan

Title: MSND Graduate Student

Ingredients

6 large Gala apples (about 3 lbs.)

1/4 tsp ground cinnamon

3/4 cup water

2 tsp lemon juice OR lime juice

This recipe serves 6

Prep time: 10 minutes

Picture & Recipe credit Marsha



1. Wash the apples, peel them, and remove their cores. Cut the apples into small, 3/4-inch chunks.
2. Place the chopped apples, ground cinnamon, and water in a medium pot with a lid on top. Cook the apples over medium heat until they come to a simmer. Continue to cook the apples for 15-20 minutes, stirring regularly, until tender. *If the applesauce is too thick you can add a little more water, or if it's too runny it can be simmered a little longer, without a lid, to thicken.*
3. Remove the pot from the heat. To achieve a chunky texture, crush the apples with a potato masher in the pot. Or allow the apples to cool somewhat before blending with an immersion blender or carefully inside a blender to achieve a smoother texture.
4. Add the lemon juice to the applesauce and mix well. Serve homemade applesauce either warm or chilled in the fridge.

Equipment:

Measuring cup, teaspoon, peeler, knife, cooking pot, spatula, potato masher or blender, stove



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Feel-Good Apple Muffins (using honey crisp)

Name: Ayesha Khan

Title: MSND Graduate Student

Ingredients

1 cup rolled oats

4 medjool dates OR raisins/prunes (1/3 cup)

1/4 cup olive oil

1/8 cup real maple syrup

1/2–1 apples, grated (about 1/2–1 cups)

1 eggs

1/2 teaspoon baking soda

Pinch of salt OR cinnamon

Coconut/nuts/chips (optional)

This recipe serves 6

Prep time: 10 minutes

Picture & recipe credit Lindsay



1. Preheat the oven to 350 degrees
2. Mix all ingredients in a blender until a chunky batter comes together.
3. Pour batter into a greased or lined muffin tin. Sprinkle with butterscotch chips (optional). Bake for 15-18 minutes, until the tops gently spring back when you press into them.
4. Sprinkle warm muffins with sea salt if that's your preference. Serve warm or cold all day long!

Equipment:

Measuring cup, grater, teaspoon, blender, muffin tin, oven

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Apple Cinnamon Waffles (using Granny Smith)

Name: Ayesha Khan

Title: MSND Graduate Student

Ingredients

1.5 cup milk (Whole OR low-fat)

0.38 cup butter, melted

1.5 egg, 1.5 tsp vanilla extract

1.88 cup flour

3 tsp baking powder

1.5 Tbsp sugar

1.5 cup Granny Smith apples, chopped

2.25 tsp ground cinnamon

0.75 tsp salt

This recipe serves 6

Prep time: 5 minutes

Picture & recipe credit Pamela



1. Preheat the waffle iron
2. Mix milk, butter, egg and vanilla in a large bowl. Add flour, baking powder, sugar, cinnamon and salt and continue mixing until smooth.
3. Add apples in the bowl and stir to mix
4. At boiling point, reduce heat to low and cover
5. Add batter into preheated waffle iron. Cook each portion for approximately 4-5 minutes until it is crisp. Continue until the batter is completely used.
6. Serve warm. Add maple syrup, butter or powdered sugar on top to your choosing!

Equipment:

Measuring cup, tablespoon, teaspoon, knife, waffle iron, bowl, spatula/stirring spoon



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Apple Pie Cookies (using Fuji)

Name: Ayesha Khan

Title: MSND Graduate Student

Ingredients

0.5 cup brown sugar

0.25 cup butter, softened

0.5 egg

0.5 tsp vanilla extract

0.75 cups all-purpose flour

0.5 tsp ground nutmeg OR cinnamon

0.25 tsp salt

0.25 tsp baking soda

0.5 cup Fuji apple, finely chopped

0.5 cup chocolate chips

This recipe serves 6

Prep time: 10 minutes

Picture & recipe credit Pamela



1. Heat oven to 350 degrees F. Spray cookie sheets with nonstick spray, or place silicone baking mats down.
2. In a large bowl mix brown sugar, butter, egg and vanilla with electric hand mixer until combined and fluffy. Add in flour, nutmeg, salt and baking soda and continue mixing.
3. Add chopped apple and chocolate chips to bowl, stirring with a spoon to combine.
4. Scoop two tablespoons of cookie dough, roll it into a ball, and put it on the baking sheet. Place cookies about 2 inches apart and repeat until all of the dough has been used.
5. Bake in the oven for 12-13 minutes or until lightly browned around the edges. Remove from oven and allow to cool completely.

Equipment:

Measuring cup, teaspoon, oven, cookie sheets, large bowl, knife, electric hand mixer, stirring spoon, scooper

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