

Kid-Friendly Recipes

Apple Taste Test

September 2009

Ingredients

- 3 Golden Delicious Apples
- 3 Red Delicious Apples
- 3 Fuji Apples
- 3 Granny Smith Apples

Directions

1. Wash all apples well.
2. Cut each apple into 4 quarters. Cut quarters in half again (to make 8 slices).
3. Serve the different apple varieties noting color, size and smell.
4. Taste each variety and have the students vote for their favorite one.

Makes 24 taste tests (1/8 of each variety)
Recipe developed by Network for a Healthy CA-Merced County Office of Education

Apple Rainbow Fruit Cup

Ingredients

- 2 Red Delicious apples (cut into bite sized pieces)
- 2 small cans of Mandarin Orange slices (drained)
- 2 Golden Delicious apples (cut into bite sized pieces)
- 2 Granny Smith apples (cut into bite sized pieces)
- 1 pint fresh blueberries
- 24 small plastic cups (4 oz)
- 1 large clear plastic bowl

Directions

1. Wash apples and blueberries. Drain Mandarin Oranges.
2. Slice apple and Mandarin Orange slices into bite size pieces.
3. Layer fruit in large clear plastic bowl until a rainbow of colors has been formed with the red apples, yellow apples, Mandarin Oranges, green apples and blueberries.
4. Once the bowl has been completely layered, use a large spoon to place a scoop into each plastic cup.
5. Taste!

Makes 20 taste tests (1/4 cup each)
Recipe Developed by Network for a Healthy California-

Waldorf Salad

Ingredients

- 4 medium Red Delicious apples (cored and diced)
- 1/2 cup fat-free mayonnaise
- 1 TBSP sugar
- 1 TBSP fresh squeezed lemon juice
- 1/8 tsp salt
- 1 cup chopped celery
- 1/4 cup raisins

Directions

1. Wash apples, lemon and celery.
2. In a medium bowl combine mayonnaise, sugar, lemon juice and salt.
3. Stir in apples, celery and raisins.
4. Chill for 30 minutes before serving.
5. Taste!

Makes 20 taste tests (1/4 cup each)
Recipe Developed by Network for a Healthy California-Merced County Office of Education

Apple Yogurt Trifle

Ingredients

- 6 Granny Smith Apples (cored and finely chopped)
- 6 (8 oz) containers of low-fat cherry yogurt
- 2 1/2 cups Grape Nuts® cereal.
- 24 small paper or plastic cups (4-5 oz)

Directions

1. Wash all apples well.
2. Have students evenly divide 3 of the yogurt containers and half of the chopped apple slices among the cups.
3. Add two Tablespoons of Grape Nuts® to each cup.
4. Top evenly with layers of remaining yogurt, chopped apple and a sprinkle of Grape Nuts®

Makes 24 taste tests (1/4 cup each)
Recipe adapted from Harvest of the Month Educator Newsletter (Apples)



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