

# LEAP FOR HEALTH

## NEWS

### HEALTHY BAKING TIPS



**Flour.** Try substituting whole-wheat flour for half of the called for all-purpose flour in baked goods such as cakes and muffins to increase the nutrient content of your treats. Whole grains provide many nutrients vital for health, such as dietary fiber, B vitamins (thiamin, riboflavin, niacin, and folate), and minerals (iron, magnesium and selenium).

**Cream.** When recipes call for sour cream, use plain, low-fat or fat-free yogurt to make snacks that are lower in fat and calories. Dairy products that retain their calcium content, such as yogurt, have calcium as well as potassium, vitamin D and protein.

**Toppings.** Eliminate items you generally add out of habit or for appearance, such as frosting, coconut or whipped cream toppings, which are all high in fat and calories. Top off pies with frozen or low-fat yogurt instead of whipped cream or ice cream.

**Fat.** For baked goods, use half the butter, shortening or oil and replace the other half with unsweetened applesauce, mashed banana or prune puree.

**Sugar.** Reduce the amount of sugar by one-third up to one-half. Instead, add spices such as cinnamon, cloves, allspice and nutmeg, or flavorings such as vanilla or almond extract to boost sweetness.

**Nonstick cookware.** Using nonstick pans or spraying pans with nonstick spray will further reduce the amount of fat and calories added to your meals.



Your child's class read *Amelia Bedelia's First Apple Pie* by Herman Parish and Lynne Avril. It tells the story of how Amelia Bedelia learns to bake an apple pie made with Granny Smith apples.



### QUESTION FOR FAMILY TIME

**Q:** Why is eating apples good for your health?

**A:** Apples contain many nutrients, such as vitamin C, fiber and phytochemicals, which help the body stay healthy.





# APPLE CRUMB DESSERT

## INGREDIENTS

- Nonstick cooking spray
- 4 medium apples for baking
- ½ cup quick-cooking oatmeal (uncooked)
- ¼ cup light or dark brown sugar, packed
- 2 teaspoons cinnamon
- ⅓ cup 100% apple juice

## DIRECTIONS

1. Move the oven rack to the center of the oven. Preheat the oven to 350° F.
2. Spray the bottom and sides of a 9-inch square baking dish with nonstick cooking spray.
3. Wash and peel the apples. Cut them into thin slices.
4. Spread the apple slices evenly over the bottom of the baking dish.
5. In a small bowl, use a fork to mix the oatmeal, brown sugar and cinnamon.
6. Spread the oatmeal mix evenly over the apples in the baking dish.
7. Lightly pour the apple juice over the oatmeal mixture.
8. Cover the dish and bake for 20-30 minutes until apples start to soften.
9. Uncover and bake for another 15-20 minutes until apples are soft.



**YIELD:** 4 servings

**SERVING SIZE:** ¼ of recipe

## NUTRITION FACTS PER SERVING:

130 calories; 0.5g fat; 0g saturated fat; 0g trans fat; 0mg cholesterol; 0mg sodium; 33g carbohydrate; 3g fiber; 23g sugar; 9g added sugars; 1g protein; 0% Daily Value of vitamin D; 2% Daily Value of calcium; 6% Daily Value of iron; 4% Daily Value of potassium.

**Source:** USDA Mixing Bowl. What's Cooking? Fat-Free Apple Crumb Dessert

<http://www.whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/fat-free-apple-crumb-dessert>.

## What is a Baking Apple?

A baking apple holds its shape and does not breakdown into puree when heated in an oven. Braeburn, Cortland, Gala, Golden Delicious, Granny Smith, Honeycrisp, Jonagold, Jonathan, Pink Lady, Rome and Winesap are good apple varieties for baking.

**FOR MORE RECIPES, TIPS, NUTRITION INFORMATION AND CLASSES,  
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