

Apple Pie Cups

A fun and fruity dessert, pears work well with this recipe too!

Serving Size: Serves 8, 1 Pie Cup per serving, 30 min.

Ingredients

- 2 Tablespoons unsalted butter, softened
- 8 apples
- 2 Tablespoons packed brown sugar
- 1 teaspoon ground cinnamon
- 1 teaspoon vanilla extract
- 1/4 teaspoon salt
- 8 Graham crackers
- 1/4 cup raisins
- 1/4 cup nuts (optional)
- Whipped cream (optional)



For Whipped Cream:

- 1 pint whipping cream
- 1 teaspoon cinnamon
- 1 teaspoon vanilla extract
- 1 Tablespoon sugar

Instructions

1. Wash hands with soap and water.
2. Peel apples if desired, core, and cut into 1-inch pieces.
3. Place butter in a large skillet over medium heat until fully melted.
4. Add the apples, sugar, cinnamon, vanilla extract, and salt. Stir occasionally for 10-12 minutes or until apples are fork tender. Remove heat and allow to cool for about 3 minutes.
5. Meanwhile, chop nuts into small pieces.
6. Optional Whip Cream: In a large bowl, pour cream into bowl. Add cinnamon, vanilla extract, and sugar. On low speed, use hand mixer to mix, slowly increasing speed while mixing until cream is thick and whipped (approximately 3 minutes).
7. When cooled, divide the apple mixture into bowls. Insert 1 graham cracker into each bowl. Top with 1 scoop of whipped cream and sprinkle with raisins. Add nuts if desired.
8. Enjoy! Clean up and refrigerate any leftovers.

Analysis does not include optional ingredients.

Total calories: 170 Total fat: 3.5g Saturated fat: 2g Carbohydrates: 37g Protein: 2g Fiber: 5g Sodium: 95mg

Materials

- Cutting board
- Hand mixer
- Large bowl
- Large skillet with lid
- Measuring cups
- Measuring spoons
- Oven mitts
- Plates
- Sharp Knife
- Small bowl
- Spoon
- Wooden spoon
- Rubber Spatula
- Vegetable Peeler

Nutrition

Highlights

High in fiber

Includes fruit

Includes healthy fat



Vasos de Manzana Dulce

Porción: 8, Sirve 1 Taza por porción, 30 minutos

¡Un postre divertido y frutal, las peras funcionan bien con esta receta también!

Ingredientes

- 2 cucharadas de mantequilla sin sal, ablandada
- 8 manzanas peladas, sin corazón y cortadas en pedazo de 1 pulgada
- 2 cucharadas de azúcar morena
- 1 cucharadita de canela molida
- 1 cucharadita de extracto de vainilla
- 1/4 cucharadita de sal
- 8 galletas, como Graham crackers
- Crema batida
- 1/4 taza de pasas (opcional)

Materiales

- Tabla de cortar
- Batidora
- Tazón grande
- Sartén grande con tapa
- Tazas medidoras
- Cucharas medidoras
- Guantes de cocina
- Platos
- Cuchillo afilado
- Tazón pequeño
- Cuchara
- Cuchara de madera/ espátula
- Pelador de verduras



Para la Crema Batida:

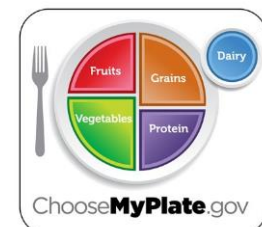
- 1 pinta de crema para batir
- 1 cucharita de canela
- 1 cucharadita de extracto de vainilla
- 1 cucharada de azúcar

Instrucciones

1. Lavar las manos.
2. Pelar las manzanas, y corte en pedazos de 1 pulgada.
3. Coloque la mantequilla en un sartén grande en fuego medio hasta derretir completamente.
4. Añada las manzanas, azúcar, canela, extracto de vainilla y sal. Revuelva ocasionalmente durante 10-12 minutos o hasta que las manzanas estén tierno. Retirar del fuego y deje enfriar por unos 5 minutos.
5. En un tazón grande, eche la crema. Añada la canela, extracto de vainilla y azúcar. En baja velocidad, utilice una batidora para mezclar, aumentando lentamente la velocidad. Mezcle hasta que la crema sea gruesa (aproximadamente 3 minutos).
6. Cuando haya enfriado, divida la mezcla de manzana en tazones. Cubra con 1 cucharada de crema batida y 1 galleta. Rocié con pasas (opcional).
7. A disfrutar! Limpiar y guardar las sobras.

Información Nutricional

- Incluye 100% granos integrales
- Incluye una buena fuente de fibra
- Incluye una taza de fruta por porción.
- Una buena opción de postre



Tamaño de la porción: Calorías: 170 Grasa Total: 3.5 g Grasa Saturada: 2g Carbohidratos: 37g Proteínas: 1g Fibra Dietética: 5g Sodio: 95mg



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Apple Pie Cups-4.24.17.v2

Number of Servings: 8 (200.62 g per serving)

Amount	Measure	Ingredient	Nutrients per serving
2.00	Tbs	Butter, unsalted	
8.00	ea	Apple, fresh, med 3", USDA	
2.00	Tbs	Sugar, brown, packed	
1.00	tsp	Spice, cinnamon, ground	
1.00	tsp	Flavor, vanilla extract	
1/4	tsp	Salt, table	
8.00	ea	Cracker, graham, plain, sml rectangle pces	
2.00	oz	Raisins, seedless	

Nutrition Facts

Serving Size (201g)
Servings Per Container

Amount Per Serving

Calories 170 **Calories from Fat 30**

% Daily Value*

Total Fat 3.5g **5%**

Saturated Fat 2g **10%**

Trans Fat 0g

Cholesterol 10mg **3%**

Sodium 95mg **4%**

Total Carbohydrate 37g **12%**

Dietary Fiber 5g **20%**

Sugars 28g

Protein 1g

Vitamin A 4% • **Vitamin C 15%**

Calcium 2% • **Iron 2%**

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories:	2,000	2,500
Total Fat	Less than	65g	80g	
Saturated Fat	Less than	20g	25g	
Cholesterol	Less than	300mg	300mg	
Sodium	Less than	2,400mg	2,400mg	
Total Carbohydrate		300g	375g	
Dietary Fiber		25g	30g	

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Apple Pie Cups-WITH WHIPPED CREAM

Number of Servings: 8 (263.05 g per serving)

Amount	Measure	Ingredient
2.00	Tbs	Butter, unsalted
8.00	ea	Apple, fresh, med 3", USDA
2.00	Tbs	Sugar, brown, packed
2.00	tsp	Spice, cinnamon, ground
2.00	tsp	Flavor, vanilla extract
1/4	tsp	Salt, table
8.00	ea	Cracker, graham, plain, sml rectangle pces
2.00	oz	Raisins, seedless
1.00	Tbs	Sugar, white, granulated
1.00	pnt	Cream, whipping, light

Nutrients per serving

Nutrition Facts			
Serving Size (263g)			
Servings Per Container			
Amount Per Serving			
Calories 360		Calories from Fat 200	
		% Daily Value*	
Total Fat	22g		34%
Saturated Fat	14g		70%
Trans Fat	0.5g		
Cholesterol	75mg		25%
Sodium	115mg		5%
Total Carbohydrate	41g		14%
Dietary Fiber	5g		20%
Sugars	29g		
Protein 2g			
Vitamin A 15%		Vitamin C 15%	
Calcium 6%		Iron 4%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			