

10 Favorite Apple Desserts



Crumb-Topped Apple Trio Pie

PREP 40 minutes BAKE 1 hour 5 minutes COOL 1 hour

- 1/2 15-ounce package rolled refrigerated unbaked pie crust (1 crust)
- 2 teaspoons butter, melted
- 2 cups peeled, cored and thinly sliced Granny Smith apples (about 3/4 pound)
- 2 cups peeled, cored and thinly sliced Jonagold or Jonathan apples (about 3/4 pound)
- 2 cups peeled, cored and thinly sliced Braeburn, McIntosh or Northern Spy apples (about 3/4 pound)
- 2/3 cup sugar
- 2 tablespoons all-purpose flour
- 2 to 3 teaspoons ground cinnamon
- 1/2 teaspoon salt
- Walnut Crumb Topping (recipe follows)
- Vanilla Ice Cream

1. Let pie crust stand according to package directions. Unroll pie crust; place into a 9-inch pie plate. Tuck pie crust edge under and flute edges. Do not prick pie crust. Brush the bottom and sides with the melted butter; set aside.

2. In a large bowl, toss the apples with the sugar, flour, cinnamon and salt to evenly coat. Let stand 10 minutes. Transfer apples to pastry. Mound the Walnut Crumb Topping over filling.

3. Cover edge of pie with foil. Place pie on the center rack of a 375° oven. Place a large, foil-lined baking sheet on a rack under the pie. Bake for 30 minutes. Remove foil. Bake for 35 to 40 minutes more or until apples are tender, filling is bubbly and topping is

golden. (If necessary, loosely cover top of pie with foil to prevent overbrowning.) Cool on a wire rack. Serve with ice cream.

Makes 8 servings.

Walnut Crumb Topping: In a food processor, grind 3/4 cup walnuts with 1/4 cup each granulated and brown sugar. Add 1/2 cup each flour and rolled oats and 1/4 teaspoon each salt and cinnamon. Cover and process until combined. Scatter 6 tablespoons butter, cut into pats, over the flour mixture. Cover and process until mixture resembles coarse crumbs; transfer to a large bowl; rub the topping between your fingers to make large, buttery crumbs.

Nutrition facts per serving: 654 cal, 32 g fat, 60 mg chol, 455 mg sodium, 6 g carbo, 4 g fiber, 8 g pro.



Danish Pastry Apple Bars

PREP 30 minutes BAKE 50 minutes

- 2½ cups all-purpose flour
- 1 teaspoon salt
- 1 cup shortening
- 1 egg yolk
- Milk
- 1 cup cornflakes
- 8 to 10 tart cooking apples, peeled, cored and sliced (8 cups)
- ¾ to 1 cup granulated sugar
- 1 teaspoon ground cinnamon
- 1 egg white, lightly beaten
- 1 cup powdered sugar
- 3 to 4 teaspoons milk

1. In a large bowl, combine flour and salt. Using a pastry blender, cut in shortening until the mixture resembles coarse crumbs. In a liquid measuring cup, beat egg yolk lightly. Add enough milk to make ¾ cup liquid. Stir well to combine. Stir milk mixture into flour mixture with a fork until combined (dough will be slightly sticky). Divide mixture in half.

2. On a well-floured surface, roll half of the dough to a 17x12-inch rectangle. Fold dough crosswise into thirds. Transfer to a 15x10x1-inch baking pan and unfold dough, pressing to fit into the bottom and up sides of the pan. Sprinkle with cornflakes. Top evenly with apples. In a small bowl, combine granulated sugar and cinnamon. Sprinkle mixture over apples. Roll remaining dough to a 15x10-inch rectangle. Fold dough crosswise into thirds. Place atop apples and unfold dough. Crimp edges or use the tines of a fork to seal. Cut slits in the top. Brush top with beaten egg white.

3. Bake in a 375° oven for 50 minutes or until golden and apples are tender, covering with foil after the first 25 minutes of baking time to prevent overbrowning.

4. In a small bowl, combine powdered sugar and 2 to 3 teaspoons milk to make a drizzling consistency. Drizzle over warm bars. Let cool completely on a wire rack. Cut into bars.

Makes 32 bars.

Nutrition facts per bar: 147 cal, 7 g fat, 7 mg chol, 83 mg sodium, 21 g carbo, 1 g fiber, 1 g pro.

Ginger-Cinnamon Apple Crisp

PREP 35 minutes BAKE 55 minutes COOL 20 minutes

- Nonstick cooking spray
- ¾ cup packed dark brown sugar
- ½ cup all-purpose flour
- 1½ teaspoons ground ginger
- 1 teaspoon ground cinnamon
- Dash salt
- 6 tablespoons unsalted butter, cut into pieces
- ½ cup chopped walnuts
- ½ cup chopped pecans
- ½ cup packed dark brown sugar
- ¼ cup cornstarch
- ¾ teaspoon ground ginger
- ½ teaspoon ground cinnamon
- 3 pounds Granny Smith apples, peeled, cored and thinly sliced (about 8 cups)
- Vanilla ice cream or whipped cream (optional)

1. Lightly coat a 2½- to 3-quart (13x9-inch) baking dish with nonstick cooking spray; set aside.

2. For topping: In a large bowl, whisk together the ¾ cup brown sugar, the flour, 1½ teaspoons ginger, 1 teaspoon cinnamon and the salt. Using a pastry blender, cut in butter until the mixture resembles coarse crumbs. Stir in walnuts and pecans; set aside.

3. In a very large bowl, stir together the ½ cup brown sugar, the cornstarch, ¾ teaspoon ginger and ½ teaspoon cinnamon. Add apples slices; toss to coat.

4. Transfer apple mixture to prepared dish. Sprinkle topping over the apples. Cover the dish with foil.

5. Bake in a 375° oven for 30 minutes. Remove the foil and bake for 25 to 30 minutes more or until top is browned and apples are tender. Let cool for 20 to 30 minutes before serving. If you like, serve with ice cream.

Makes 8 servings.

Nutrition facts per serving: 402 cal, 19 g fat, 23 mg chol, 29 mg sodium, 60 g carbo, 3 g fiber, 3 g pro.



Amish Apple Dumplings

PREP 40 minutes STAND 10 minutes BAKE 45 minutes
COOL 10 minutes COOK 14 minutes

- 3 cups all-purpose flour
- 1 teaspoon salt
- 1¼ cups shortening
- 1 egg, lightly beaten
- ¼ cup cold water
- 1 tablespoon white vinegar
- 8 small cooking apples (about 2 pounds)
- ¾ cup packed brown sugar
- ½ cup butter, cut up
- ⅔ cup whipping cream
- 2 tablespoons light-colored corn syrup
- 1 teaspoon vanilla
- ⅓ cup whipping cream

1. In a large bowl, combine the flour and salt. Using a pastry blender, cut in shortening until pieces are pea-size. In a small bowl, combine egg, ¼ cup cold water and the vinegar. Stir egg mixture into flour mixture until all of the dough is moistened. Form dough into a ball. Cover and let rest for 10 minutes. (Dough will be slightly sticky.)

2. Divide dough in half. Roll one portion on a well-floured surface to form a 12x12-inch square. Using pastry wheel or sharp knife, cut into four 6-inch squares.

3. Peel and core four apples. Place an apple on each pastry square. Fold corners to center over apple. Pinch edges to seal. Place dumplings in a greased 15x10x1-inch baking pan. Repeat with remaining pastry and apples.

4. Bake in a 350° oven for 45 to 50 minutes or until apples are tender and pastry is golden brown. Cool at least 10 minutes.

5. For caramel sauce: In a medium saucepan, combine brown sugar, butter, ⅔ cup whipping cream and corn syrup. Bring to boiling, stirring occasionally; reduce heat to medium. Boil gently, uncovered, for 5 minutes. Remove from heat; stir in vanilla. Transfer to a bowl; cover and set aside to cool slightly.

6. In a chilled small bowl, whip ⅓ cup cream to soft peaks. Serve warm dumplings with caramel sauce and whipped cream.

Makes 8 servings.

Nutrition facts per serving: 790 cal, 54 g fat, 98 mg chol, 401 mg sodium, 16 g carbo, 2 g fiber, 7 g pro.



Caramel Apple Cookies

PREP 45 minutes BAKE 10 minutes

- ½ cup butter, softened
- 1¼ cups packed brown sugar
- 1 teaspoon baking soda
- 1 teaspoon apple pie spice
- ¼ teaspoon salt
- 1 egg
- ½ cup apple juice or milk
- 2¼ cups all-purpose flour
- ¼ cup whole wheat flour or all-purpose flour
- 1 large tart apple (such as Granny Smith), peeled, cored and coarsely shredded (about 1 cup)
- ½ cup packed brown sugar
- 3 tablespoons butter
- 3 tablespoons apple juice
- 2⅔ cups powdered sugar
- ½ cup finely chopped toasted pecans

1. In a large mixing bowl, beat ½ cup butter with an electric mixer on medium to high speed for 30 seconds. Add 1¼ cups brown sugar, the baking soda, apple pie spice and salt. Beat until well combined, scraping sides of bowl occasionally. Beat in egg until well combined. Add ½ cup apple juice; beat on low speed until combined (mixture will look curdled). Beat in as much of the flours as you can with the mixer; stir in any remaining flour. Fold in apple.

2. Drop dough by slightly rounded teaspoons 2 inches apart onto parchment paper-lined cookie sheets. Bake in 350° oven about 10 minutes or until tops are lightly browned. Let stand 2 minutes on cookie sheets. Transfer cookies to wire racks to cool.

3. In a small saucepan, heat and stir ½ cup brown sugar, 3 tablespoons butter and 3 tablespoons apple juice over medium heat until sugar dissolves. Remove from heat. Whisk in powdered sugar. Spread frosting on cooled cookies and immediately sprinkle with pecans. If frosting begins to harden, stir in a small amount of apple juice to make spreading consistency.

Makes about 3 dozen cookies.

Nutrition facts per cookie: 154 cal, 5 g fat, 15 mg chol, 83 mg sodium, 27 g carbo, 1 g fiber, 1 g pro.





Streusel Apple Bread

PREP 30 minutes BAKE 55 minutes COOL 10 minutes

- 2 cups all-purpose flour
- 1 cup cored, chopped apple
- ½ cup butter, softened
- 1 cup granulated sugar
- 2 eggs
- 1 teaspoon vanilla
- 1 teaspoon baking soda
- ½ teaspoon salt
- ⅓ cup sour milk* or orange juice
- ⅓ cup chopped cranberries
- ⅔ cup chopped walnuts
- ⅓ cup packed brown sugar
- 2 tablespoons all-purpose flour
- 1 teaspoon lemon zest
- 1 tablespoon butter, melted

1. Grease bottom and ½ inch up sides of a 9x5x3-inch loaf pan; set aside. In a small bowl toss 2 tablespoons of the 2 cups flour with the apple; set aside. In a large mixing bowl, beat ½ cup butter with an electric mixer on medium speed for 30 seconds; gradually beat in granulated sugar until combined. Beat in eggs and vanilla. Combine remaining flour with baking soda and salt; add to beaten mixture alternately with sour milk. Stir in apple mixture, cranberries and ⅓ cup of the walnuts. Spoon into prepared pan, spreading evenly.

2. In a medium bowl, combine brown sugar, 2 tablespoons flour, the lemon zest, 1 tablespoon

melted butter and the remaining nuts; sprinkle evenly over batter in pan. Bake, uncovered, in a 350° oven for 55 to 60 minutes or until a toothpick inserted near the center comes out clean.

3. Cool in pan on wire rack 10 minutes. Remove from pan and cool completely on wire rack. Wrap and store overnight at room temperature before slicing.

Makes 12 servings.

***For sour milk:** Place 1 teaspoon lemon juice or white vinegar in a 1 cup glass measure; add milk to equal ⅓ cup. Let stand 5 minutes.

Nutrition facts per serving: 310 cal, 14 g fat, 59 mg chol, 281 mg sodium, 43 g carbo, 1 g fiber, 3 g pro.

Winter Shortcake

PREP 20 minutes BAKE 18 minutes COOL 10 minutes

- 2 cups all-purpose flour
- $\frac{1}{3}$ cup sugar
- 2 teaspoons baking powder
- $1\frac{1}{2}$ teaspoons pumpkin pie spice
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{2}$ c up butter
- 1 egg, lightly beaten
- $\frac{2}{3}$ cup milk
- 1 21-ounce can apple pie filling
- 1 cup frozen tart red cherries
- 1 teaspoon vanilla
- $\frac{3}{4}$ to 1 cup whipping cream, whipped

1. For the cake: In a bowl, combine flour, sugar, baking powder, pumpkin pie spice and salt. Cut in butter until mixture resembles coarse crumbs. In a small bowl, mix egg and milk; add to flour mixture and stir to just moisten.

2. Spread batter into a greased 8x1- $\frac{1}{2}$ -inch round baking pan. Bake in a 450° oven for 18 to 20 minutes or until a wooden toothpick inserted near center comes out clean.

Cool in pan on a wire rack for 10 minutes. Remove from pan. Split into two layers.

3. For fruit: In a saucepan, combine apple pie filling and cherries. Cook and stir the mixture until heated through. Remove from heat; stir in vanilla. Spoon half of the warm filling and some whipped cream over bottom layer. Top with the second layer, remaining filling and remaining whipped cream. Serve immediately. **Makes 8 servings.**

Nutrition facts per serving: 393 cal, 17 g fat, 71 mg chol, 355 mg sodium, 56 g carbo, 2 g fiber, 5 g pro.



Apple Pie

PREP 30 minutes BAKE 1 hour 30 minutes COOL 2 hours

- 1 15-ounce package rolled refrigerated unbaked piecrust
- 1 cup sugar
- 3 tablespoons quick-cooking tapioca
- 1 tablespoon ground cinnamon
- 2 pounds Granny Smith or Jonathan apples, peeled, cored and cut into $\frac{1}{4}$ -inch slices (about 6 cups)
- 3 tablespoons butter, cut into small pieces
- Milk
- Sugar

1. Let pie crusts stand according to package directions. Unroll one pie crust; place into a 9-inch pie plate.

2. In a large bowl, mix the 1 cup sugar, the tapioca and cinnamon. Add apple slices. Gently toss to coat. Transfer apple mixture to the pastry-lined pie plate. Place butter pieces evenly spaced over filling.

3. Cut slits in remaining pastry to allow steam to escape. Place pastry on filling. Trim overhang pastry to an even 1 inch all the way around. Tuck the crusts under and flute the edges. Brush the top pastry with milk and sprinkle additional sugar. To prevent overbrowning, cover edges with foil.

4. Bake in a 350° oven for 1 hour. Remove foil. Bake about 30 minutes more or until fruit is tender, filling is bubbly and crust is golden brown. Cool on a wire rack at least 2 hours before serving.

Makes 8 servings.

Nutrition facts per serving: 637 cal, 29 g fat, 84 mg chol, 601 mg sodium, 89 g carbo, 3 g fiber, 7 g pro.





Maple-Apple Pudding Bake

PREP 15 minutes **BAKE** 40 minutes

- 1 cup water
- $\frac{2}{3}$ cup maple syrup
- $1\frac{1}{2}$ teaspoons cornstarch
- 1 tablespoon butter
- 1 cup all-purpose flour
- 2 tablespoons sugar
- $1\frac{1}{2}$ teaspoons baking powder
- 3 tablespoons butter
- $1\frac{1}{2}$ cups peeled, cored and chopped apple
- $\frac{1}{3}$ cup milk
- $\frac{1}{2}$ teaspoon vanilla
- 2 teaspoons sugar
- $\frac{1}{4}$ teaspoon ground cinnamon
- 1 teaspoon butter, cut into pieces
- Whipped cream

1. In a saucepan, combine the water, maple syrup and cornstarch. Cook and stir until boiling. Cook and stir for 2 minutes more. Remove from heat and stir in 1 tablespoon butter.

2. Pour into an 8x8x2-inch baking dish or baking pan (2-quart square).

3. In a medium mixing bowl, stir together flour, 2 tablespoons sugar and the baking powder. Cut in 3 tablespoons butter until mixture resembles coarse crumbs. Stir in apples. Add milk and vanilla; stir just until batter is moistened.

4. Using a tablespoon, drop the apple batter into the warm syrup mixture in the baking dish. Combine 2 teaspoons sugar and the cinnamon. Sprinkle the cinnamon-sugar mixture over the batter. Dot top with 1 teaspoon butter.

5. Bake the dessert in a 350° oven for 40 minutes. Serve warm, topped with whipped cream.

Makes 6 servings.

Nutrition facts per serving: 374 cal, 16 g fat, 51 mg chol, 183 mg sodium, 56 g carbo, 2 g fiber, 3 g pro.

Fresh Apple Cake

PREP 30 minutes **BAKE** 50 minutes **COOL** 1 hour

- 3 cups all-purpose flour
- 2 cups sugar
- 1 teaspoon baking soda
- 1 teaspoon salt
- 1 teaspoon ground cinnamon
- 2 eggs, lightly beaten
- $1\frac{1}{4}$ cups canola oil or cooking oil
- 2 teaspoons vanilla
- 3 medium Granny Smith apples, peeled, cored and chopped (3 cups)
- 1 cup toasted, chopped pecans or walnuts
- Sweetened whipped cream (optional)
- Cinnamon (optional)

1. In a very large bowl, combine flour, sugar, baking soda, salt and cinnamon; make a well in center of dry mixture and set aside.

2. In a medium bowl, combine eggs, oil and vanilla; stir in apples and nuts. Add egg mixture to flour mixture, stirring just until moistened (batter will be stiff). Spread batter in a greased 13x9x2-inch baking pan.

3. Bake in a 350°F oven for 50 to 55 minutes or until a toothpick inserted in center comes out clean. Cool in pan on a wire rack for at least 1 hour. Serve slightly warm or at room temperature. If you like, top each serving with sweetened whipped cream and cinnamon.

Makes 20 servings.

Nutrition facts per : 324 cal, 18 g fat, 21 mg chol, 187 mg sodium, 38 g carbo, 2 g fiber, 3 g pro.

