

BROWN BAG FRUIT MIX

- 1/2 C apple, unpared, diced
- 1/2 C banana, sliced
- 1/2 C grapefruit sections, cut up
- 2 T grapefruit or pineapple juice
- 1/3 C grapes, halved
- 1/3 C pineapple tidbits, juice-packed, drained

Mix apple, banana, and grapefruit sections with juice to prevent darkening of apple and banana. Add grapes and pineapple and chill. (Fresh fruits in season may be substituted, as desired.) Makes 2 servings, 1 cup each.

HI-FIBER FRUIT SAMPLER

- 12 pitted prunes (about 1/2 C)
- 2 bananas, sliced
- 2 small green apples, cored and sliced
- 2 slices fresh pineapple, quartered
- 1 orange, sliced
- 8 strawberries
- mint sprigs

Arrange fruits on 4 individual plates, dividing equally. Garnish each plate with mint sprig. Makes 4 servings. This is an official 5 A Day recipe.

Recipe provided by the California Prune Board.

Nutritional analysis per serving: Calories, 189; Fat, 1 g; Cholesterol, 0 mg; Fiber, 5 g; Sodium, 2 mg; Percent calories from fat, 4%.

SNACKIN' YOGURT

6 to 8 ounces unflavored nonfat yogurt
2 dried figs, sliced
1/4 red apple, cored, diced
1/2 small banana, sliced
2 T granola
1 T toasted pecans, chopped
2 T maple syrup

Freeze yogurt about one hour. Remove lid and invert over small bowl. Puncture bottom of container and shake to loosen contents. Remove carton or spoon yogurt into bowl. Top with dried figs, apple, banana, granola and pecans. Pour on maple syrup. Makes 1 serving. This is an official 5 A Day recipe.

APPLE RAISEN COOKIES

Sunflower seeds, oatmeal, California apples, raisins and dates all contribute to the wonderful texture of these fruit-packed cookies. Why, they're almost good for you!

- 1 1/2 cups all-purpose flour
- 1/2 cup shelled sunflower seeds
- 1/2 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon ground cloves
- 1/2 teaspoon salt
- 1 cup firmly packed brown sugar
- 1/2 cup vegetable shortening
- 2 large eggs
- 1 cup quick cooking oatmeal
- 2 California apples, cored and minced
- 1/2 cup raisins
- 1/2 cup chopped dates

1. Preheat oven to 350°F.
2. Lightly grease baking sheet; set aside.
3. Stir together flour, sunflower seeds, baking powder, baking soda, cinnamon, cloves and salt; set aside.
4. In a large bowl, beat brown sugar with shortening until creamy. Beat in eggs until well blended. Stir in flour mixture, then oatmeal, California apples, raisins and dates.
5. Drop by teaspoonfuls 2 inches apart onto prepared baking sheet.

Bake 12 to 15 minutes or until lightly browned.

Remove to racks to cool.

Makes 48 cookies.

APPLE PIE

- 3/4 cup sugar
- 1/4 cup flour dash of salt
- 1/2 tsp nutmeg
- 1/2 tsp cinnamon

MIX AND SET ASIDE

Cut 6 cups of California apples and mix into sugar mixture.

Dump into pie crust and add 2 tablespoons of butter cut into chunks on pie mixture.

Put pie crust on top and slit.

Put foil around the edges of the crust and take off 15 minutes before done.

Bake at 425 degrees for 40-50 minutes.

Pie Crust 8 or 9 inch

- 2 crust pie
- 2 cups of flour (do not use self rising flour)
- 1 teaspoon of salt
- 2/3 cups and
- 2 tablespoons of shortening
- 4-5 tablespoons of cold water Mix flour and salt, cut shortening into it - mealy mixture. One tablespoon of water at a time.

APPLESAUCE NUGGET COOKIES

- 2 c. flour
- 2 c. shortening
- 1/2 t. salt
- 1 c. brown sugar, firmly packed
- 1/2 t. cinnamon
- 1/4 t. nutmeg
- 1 t. baking soda
- 1/4 t. ground cloves, optional
- 1 c. applesauce
- 1 egg, well beaten
- 1 c. chopped nuts
- 1 pkg. (6-oz.) butterscotch bits
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Cream shortening and sugar. Add egg, applesauce and baking soda and stir well. Add dry ingredients and mix again. Stir in nuts and butterscotch bits. Drop by teaspoons 2-3 inches apart on greased baking sheet. Bake at 375°F for 12-15 minutes. Makes about 4 dozen.

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