

February Farm to School Mrs. LeMon and Mrs. Battersby



MAPLE CINNAMON APPLESAUCE

Makes 3 1/2 cups

- 6 McIntosh or other tart apples, peeled and cut into 1-inch pieces
- 2 Golden Delicious or other sweet apple, peeled and cut into 1-inch pieces
- 1/4 cup water
- 2 tablespoons pure maple syrup
- 1/2 teaspoon ground cinnamon

Combine apple pieces and water in a large saucepan. Bring to a boil, then reduce heat to maintain a simmer. Cover and cook, stirring once or twice, until the apples are very soft and falling apart, about 30 minutes. Mash the apples to the desired consistency and stir in maple syrup and cinnamon.



FARMER MARKET APPLE CAKE BARS/MUFFINS

Makes 12 muffins

- 2 cups shredded peeled apples
 - 3 tablespoons packed light brown sugar, plus 3/4 cup, divided
 - 1 teaspoon ground cinnamon, divided
 - 1/3 cup canola oil
 - 2 large eggs
 - 1 teaspoon vanilla extract
 - 3/4 cup whole-wheat pastry flour
 - 3/4 cup cake flour
 - 3/4 teaspoon baking soda
 - 1/4 teaspoon salt
 - 1/2 cup nonfat buttermilk
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- To prepare muffins: Preheat oven to 350°F. Line 12 (1/2-cup) muffin cups with cupcake liners or coat with cooking spray.
 - Combine shredded apples in a bowl with 3 tablespoons brown sugar and 1/4 teaspoon cinnamon. Set aside. Beat oil and the remaining 3/4 cup brown sugar in a large mixing bowl with an electric mixer on medium speed until well combined. Beat in eggs one at a time until combined. Add vanilla, increase speed to high and beat for 1 minute. Alternatively, mix by hand.
 - Whisk whole-wheat flour, cake flour, baking soda, salt and the remaining 3/4 teaspoon cinnamon in a medium bowl.
 - With the mixer on low speed, alternately add the dry ingredients and buttermilk to the batter, starting and ending with dry ingredients and scraping the sides of the bowl as needed, until just combined. Stir in the reserved apple mixture until just combined. Divide the batter among the prepared muffin cups. (The cups will be full.)
 - Bake the muffins until a toothpick inserted into the center comes out clean, 20 to 22 minutes.