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## Apple and nuts

HomeBreads, Rolls & PastriesBread RecipesApple Breads A friend brought a loaf of this nut bread to a ladies' church meeting at my house. It was still warm from the oven. My family likes the nutty texture and fresh apple flavor. —June Mullins, Livonia, Missouri1/2 cup butter, softened1 cup plus 2 tablespoons sugar, divided2 eggs1/2 teaspoon vanilla extract2 cups all-purpose flour1 teaspoon baking soda1/2 teaspoon salt2 tablespoons buttermilk1 cup grated peeled apple1 cup chopped nuts3/4 teaspoon ground cinnamonIn a large bowl, cream the butter and 1 cup sugar. Add eggs, one at a time, beating well after each addition. Stir in vanilla. Combine the flour, baking soda and salt; add to creamed mixture alternately with buttermilk. Stir in apple and nuts. Pour into a greased and floured 9x5-in. loaf pan. Combine cinnamon and remaining sugar; sprinkle over batter. Bake at 350° for 60-65 minutes or until a toothpick inserted in the center comes out clean. Cool for 10 minutes; remove from pan to wire rack to cool completely. 1 slice: 226 calories, 11g fat (4g saturated fat), 42mg cholesterol, 221mg sodium, 29g carbohydrate (15g sugars, 1g fiber), 4g protein. HomeRecipesDishes & BeveragesPancakes Meet the Cook: Not only are these an old family favorite, they're a neighborhood favorite as well. We have several bachelor neighbors who all rave about them. My husband (who built an addition on our house to hold all of my cookbooks!) and I have three grown children and one grandchild. —Barbara Nowakowski, North Tonawanda, New York 1 cup all-purpose flour2 tablespoons sugar2 teaspoons baking powder1/2 teaspoon salt1/2 teaspoon ground cinnamon3/4 cup milk3 tablespoons butter, melted2 teaspoons vanilla extract2 egg whites1/2 cup shredded peeled apple1/2 cup chopped walnutsAPPLE SYRUP:1/4 cup sugar4 teaspoons cornstarch1/4 teaspoon ground allspice1-1/2 cups apple juiceIn a large bowl, combine flour, sugar, baking powder, salt and cinnamon. In another bowl, combine milk, butter and vanilla; mix well. Stir into dry ingredients just until combined. Beat egg whites until stiff peaks form; fold into batter with apple and nuts. Pour batter by 1/4 cupfuls onto a lightly greased hot griddle; turn when bubbles form on top. Cook until second side is golden brown. For syrup, combine sugar, cornstarch and allspice in a medium saucepan; stir in apple juice. Cook and stir over medium heat until thickened, about 6-8 minutes. Serve over hotcakes. 3 each: 464 calories, 19g fat (7g saturated fat), 29mg cholesterol, 636mg sodium, 64g carbohydrate (34g sugars, 3g fiber), 11g protein. HomeBreads, Rolls & PastriesBread RecipesApple Breads I added bran to a favorite apple muffin recipe I had to make it more nutritious. We enjoy these warmed for a quick breakfast.1-1/2 cups wheat bran (Miller's Bran)1 cup apple juice1/2 cup vegetable oil1 egg, beaten1 teaspoon vanilla extract2 cups all-purpose flour1/4 cup sugar1/4 cup packed brown sugar1 tablespoon baking powder1/2 teaspoon salt1 baking apple, peeled and chopped1/2 cup chopped nuts1/2 teaspoon ground cinnamonIn a mixing, combine the first five ingredients; mix well. Let stand for 10 minutes. Combine flour, sugars, baking powder and salt; add to the bran mixture. Stir well (the batter will be lumpy). Fold in apple and nuts. Spoon into 12 greased or paper-lined muffin cups (cups will be full). Sprinkle with cinnamon. Bake at 375° for 25 minutes or until muffins test done. HomeRecipesDishes & BeveragesCrisps, Cobblers & Crumbles When apples are ripe for the picking, you're bound to get many requests for this tempting treat. It's a fun, festive way to bring a fall feel to your table. The recipe can be easily doubled. So it's the ideal dish...no matter how many folks you're feeding. 2 tablespoons butter2 tablespoons brown sugar1/8 teaspoon ground cinnamon3 large baking apples, thickly sliced1/4 cup chopped walnuts1 tablespoon honeyMelt butter in a large skillet over medium heat. Stir in brown sugar and cinnamon until blended. Add apples and walnuts. Cook, stirring occasionally, for 8-10 minutes or until apples are tender. Remove from the heat and drizzle with honey. Serve warm. Be the first to rate & review! Be the first to rate & review! Instructions Checklist Place unbaked triangles on waxed paper-lined baking sheet or in layers between sheets of waxed paper. Place in freezer until frozen solid. Transfer to plastic food-storage bag. Freeze for up to 1 month. Bake frozen triangles on baking sheet in 375°F oven about 16 minutes or until lightly golden. 134 calories; fat 4g; cholesterol 4mg; saturated fat 1g; carbohydrates 24g; insoluble fiber 1g; protein 2g; sodium 97mg.

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