

# The Amazing *Apple*



## *Apple Cinnamon No-Bake Cookies*

½ c. raisins  
1½ c. fresh dates, pitted  
2 c. almonds, roughly  
chopped  
½ c. walnuts  
1 Granny Smith apple,  
cored and roughly chopped  
cinnamon  
shredded coconut

Blend dates, apples, raisins and walnuts in the bowl of a food processor until smooth. Pour into a bowl and add the almonds. Mix until evenly combined. Add cinnamon to taste. Roll into ½" balls and roll in shredded coconut.

Makes about 45 large cookies, 2 cookies per serving  
Per Serving: Calories 145 Total Fat 9g  
Saturated Fat 1g Cholesterol 0mg Sodium 2mg  
Total Carb 15g Dietary Fiber 3g Protein 4g

## *History:*

Apple trees came to the Americas with the earliest of the settlers. They were an important crop, and almost every farm had an orchard. Most of those apples were pressed and made into hard cider—the refreshment served to visitors when they came to call. Partly due to cider's popularity, apple seeds were spread far and wide by the famous personality known as Johnny Appleseed. These trees helped to sustain settlers as they pushed west looking for new country to settle.

Myths and tales from around the world portray apples as a fruit that can bestow wisdom, beauty, and eternal youth. The apple was also recorded as an object of temptation for Eve and Snow White.

## *Health Benefits:*

"An apple a day" really can provide a lot of what your body needs. Apples are an astringent and tonic. They are a highly digestible and alkaline food, full of fiber and water to help flush the system. Eating a raw apple helps clean the teeth and exercise the gums. The malic and tartaric acids that apples contain help remove impurities in the liver and improve the action of the digestive tract, acting like an intestinal broom, cleansing as it moves through the system. Eating apples daily can improve skin diseases, arthritis and lung problems such as asthma, and help to remove heavy metals from the body.

## *Selection and Varieties:*

Be sure to choose organically grown apples since they are one of the fruits that are most often contaminated with pesticides when grown conventionally. Organic apples may have a few more blemishes than non-organic, but their taste and texture are far superior. Apples are extremely versatile and can be used in all manner of dishes. Some of the best apples for eating out of hand are Braeburn, Fuji, Gala, Granny Smith, Jonagold, Red Delicious and Pink Lady. Some heirloom apple varieties are the Jonathan (1880), McIntosh (1811) Rhode Island Greening (1740), and York Imperial (1830). Even some of the well known and common varieties have a long history. The Golden Delicious dates from the 1890's and the Granny Smith from the 1860's. There are thousands of varieties of apples, so start trying them and decide which ones you like best.

## Curried Carrot and Apple Soup

2 t. olive oil  
1 T. curry powder  
3½ c. chopped carrots  
1 large onion, chopped  
1 tart cooking apple, chopped  
3 c. vegetable or chicken stock  
salt and freshly ground black pepper  
plain yogurt

- 1) Heat oil in a large, heavy-bottomed pan. Add the curry powder and toast until fragrant.
- 2) Add the carrots, onion, and apple and stir well until coated with the curry powder. Cover the pan.
- 3) Cook over low heat for about 15 minutes, shaking the pan occasionally, until soft. Spoon the vegetable mixture into a food processor or blender, then add half the stock and process until the mixture is smooth.
- 4) Return to the pan and pour in the remaining stock. Bring the soup to a boil and adjust the seasoning before serving in bowls, garnished with a swirl of yogurt.

Serves 4 Per Serving: Calories 123 Total Fat 3g Saturated Fat 0g Cholesterol 0mg Sodium 199mg Total Carb 24g Dietary Fiber 6g Protein 2g



SACRAMENTO  
NATURAL FOODS CO-OP

OPEN DAILY TO EVERYONE  
[www.sacfoodcoop.com](http://www.sacfoodcoop.com)

## Kale and Apple Salad

1 bunch green kale, washed and stemmed  
½ t. sea salt  
¼ cup finely diced red onions  
¼ cup currants  
1 Fuji apple, cored and cut into ¼-inch dice  
¼ cup walnuts, toasted and chopped  
3 T. olive oil  
1-2 T. Katz Gravenstein Apple Cider Vinegar

- 1) Stack a few kale leaves, roll and slice into thin ribbons. Repeat with remaining kale.
- 2) Put kale in a large mixing bowl and add salt, massaging it into the kale until the leaves turn bright green and soften.
- 3) Stir in the remaining ingredients and toss to combine. Serve at room temperature. This salad will keep for several days in the refrigerator.

Serves 4 Per Serving: Calories 241 Total Fat 17g Saturated Fat 2g Cholesterol 0mg Sodium 273mg Total Carb 22g

## Slow Cooker Applesauce

6 lbs. (about 10 medium) firm, crisp apples, such as Honeycrisp, Fuji, Gala or Braeburn  
½ vanilla bean, halved and seeds scraped  
1 t. ground cinnamon  
¼ t. ground cardamom  
2 c. apple cider

- 1) Peel, core and slice the apples. Place the apples in the crock of a slow cooker and top with vanilla bean seeds, cinnamon, cardamom and cider.
- 2) Cook on high for 4 to 6 hours, stirring occasionally, until the apples are soft with just a few chunks remaining. Serve warm.

Serves 8 Per Serving: Calories 88 Total Fat 0g Saturated Fat 0g Cholesterol 0mg Sodium 0mg Total Carb 23g Dietary Fiber 4g Protein 0g